

Michigan High School Athletic Association, Inc.
CROSS COUNTRY/TRACK AND FIELD REGULATIONS COMMITTEE MEETING MINUTES
January 22, 2013, 9:30 a.m.

Members Present:

Bob Acre, DeWitt	Mike Messner, Constantine
Chris Ceresa, Highland	Dan Roggenbaum, Jackson
Chris Christensen, Addison	Jim Smart, Manton
Lew Clingman, Grand Rapids	Fred Smith, Buchanan
Amy Coughlin, Waterford	Rick Smith, Eaton Rapids
Dave Emeott, Kentwood	Jim Sperling, Adrian
Rudy Godefroidt, Hemlock	Megan Thayer, Pontiac
Dave Jones, Mason	Scott Werner, Westphalia
Jack Kramer, Clare	Dan Wytko, Portage
Brian Macomber, Rockford	Stephen Zaranek, Grosse Pointe, MITCA
Ryan McMahan, Milan	

Members Absent:

Thomas Wilcher, Detroit

MHSAA Staff Present:

Nate Hampton
Mark Uyl

The committee met for the purpose of reviewing specific National Federation sport rules and MHSAA tournament policies, and interpretations that are applicable to Track and Field and Cross Country during the regular season and MHSAA tournaments. The following is a review of items discussed by the committee as well as recommendations to staff for inclusion in tournament information and recommendations that will advance for Representative Council consideration.

Following the welcome, introductions, statement of committee purpose and the committee relationship to the Representative Council, the committee discussed the following:

1. 2012 Committee Minutes and Recommendations
2. Cross Country Discussion:
 - 2012 Final Site- Michigan Speedway
 - MHSAA Cross Country post season tournament – Oct. 25-26, 2013
 - Review of 2012 Cross Country Tournament
 - Timing and Results
 - Online Rules Meeting
 - The committee reviewed the 2012 Cross Country tournament series. Discussion took place on the Regional assignment process which centered around two main concerns. The first concern consisted of Regionals that continue to have a number of top teams in the state in that grouping, preventing some potential top-10 teams from advancing to the Finals. The second concern dealt with some Division 3 and many Division 4 Regionals that have less than 8 complete teams finish the race with the top 3 teams advancing to the Finals. In Divisions 1 and 2, most Regionals have 13-plus complete teams finish the race and the same advancement formula of the top 3 is used. The committee believed this inequity between large and small divisions needed to be addressed.
3. Track and Field 2013 Final Sites:
 - Division 1: East Kentwood HS
 - Division 2: Ada Forest Hills Eastern HS
 - Division 3: Comstock Park HS
 - Division 4: Hudsonville HS
4. The committee reviewed the work of the Regional Site Assignment Committee, the work of the Standards Committee and also reviewed the Final meet time schedule.
5. 2013 Track and Field additional qualifier standards to Regional and from Regionals to Finals.

6. Participating School Tournament Information
7. MHSAA Model Policy for Managing Heat and Humidity
8. NFHS Rule 5.7.3 Mechanics for starting command and the step-up to the start line from a distance of 3 meters. The step-up mechanic will not be used during the MHSAA Regional or Finals Post Season Tournament. The desire to use alley starts as opposed to waterfall starts would cause unnecessary complications.
9. Regional use of FAT Systems

2011 National Federation Rules and Editorial Changes:

3-19-2, 6-2-17 Only legal implements, as inspected by the implement inspector, shall be allowed in warm-ups and competition.

4-3-1, 2 For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official and the referee shall notify, or cause to be notified, the head coach of the offending school of the competitor's violation and warning.

5-1-5 New When feasible, it is recommended that there be an obstacle-free zone on the inside and outside of the track at least one meter in width.

5-10-7, Note The baton shall be handed from the incoming runner to the outgoing runner with the exchange zone. Both runners shall not touch the baton outside of the 20-meter exchange zone.

6-2-2 The three preliminary trials shall be taken in flights of no less than five in the order in which the competitors are listed.

6-2-3, 7-2-3 One or more competitors that there are scoring places shall qualify for the Finals.

6-4-2 The discus shall meet the following specifications, thus allowing a ¼ inch range in the rim thickness :

	Boys	Girls
Rim thickness ¼" from the edge:		
Minimum:	12mm (.472")	12mm (.472")
Maximum:	13mm (.512")	13mm (.512").

6-5-9j New Specifies that the use of the "cartwheel technique is a foul.

6-6-9 If the javelin breaks during the throw or in the air, it shall not count as a trial and a replacement throw shall be awarded.

7-2-10 New Adds time limits for consecutive attempts in field events and includes chart for all prescribed event time limits.

7-4-2 The approach shall consist of an unvarying surface.

7-4-6, 7-5-11 In addition to the commonly used four-sided flat crossbar ends, the use of a crossbar fitted with alternative ends (semicircular) is permitted.

7-5-19 Changes the range for the position of the standards to **18 inches (45.7cm)** measured beyond the vertical plane of the top of the stopboard, zero (0) point, up to a maximum distance of 31.5 inches (80cm) in the direction of the landing surface.

7-5-21 Forearm covers may be worn to prevent injuries and competitors may also use chalk or an adhesive, or similar substance such as rosin, directly on the pole during competition.

7-6-9 One or more competitors than there are scoring places shall qualify for the finals.

National Federation Points of Emphasis

1. Officiating when the acceleration zone is not used
2. Mechanics for head event judge when excused competitor has not returned
3. Head event judge responsibilities to enhance event safety
4. Use of flags by field event judges
5. Continuous flights, "5 Alive" and "5 Active"

Recommendations to MHSAA Staff

1. NFHS New Rule 4.3.1, 2; 9.6.1 PEN 2: For MHSAA post season XC and Track and Field Regional and Finals Tournament, schools/teams and individuals will continue the required expectation that legal uniforms must be worn. No warnings will be issued.

Rule 4.3.1 Modifies the penalty for wearing an illegal uniform – The competitor shall be required to make the uniform legal before becoming eligible for further competition and shall be issued a warning that a subsequent violation shall result in a disqualification from the event.

A. For Track and Field Regular Season Events:

Follow the prescribed penalty format, regardless of the many varying meet compositions for duals, double duals and multi team events.

B. For Track and Field/Cross Country Regional and Final Tournament:

Given the varying facilities and field events that may be in areas that are not easily communicated with by officials, notification of warnings may be difficult. Locating a team's coach may also prove difficult in giving a timely notification of any warnings issued. There is also the difficult process of a coach then issuing the warning to all team members that will be dispersed in competition, warm-up and not in an area for easy communication. Therefore,

(1) It is the committee's opinion that for Regional and Final competition in Track and Field and Cross Country by direction of the MHSAA (games committee) a general jewelry and uniform warning will be issued to all coaches and athletes prior to competition. The warnings will be written (all pre-meet information) including MHSAA tournament information for participating teams, all regional specific information, during the meet PA announcements and signage in all venues.

(2) Should a competitor compete while wearing jewelry or an illegal uniform in MHSAA Regional or Final the athlete, relay team or cross country team will be disqualified from further competition in that specific event.

2. Survey Member School that sponsor Track and Field, along with Colleges and Universities to determine the following:
 - A. Who owns FAT Systems
 - B. Brand of Systems
 - C. Operator of Owned Systems
 - D. If owners will allow systems to be used at other sites
 - E. Rental fees
 - F. Rental and Operator fees
3. The committee also requested that staff address two items in the online rules meeting in the fall for Cross Country.
 - A. First, remind schools of Rule 9-4-4 regarding "run outs" prior to the starting mechanism being sounded.
 - B. Second, provide further information and clarification of what students in grade 6 and below can do, and cannot do, when training and running at the same place and time as students in grades 7 and 8.

Recommendations to the Representative Council

1. Cross Country

- A. Expand the number of Cross Country Regionals from the current number of 9 to 10 in each division (19-2).
- B. When 12 or more complete teams (5 runners or more) finish a Regional run, advance the top four teams to the Final meet. This would replace the current rule that only allows a 4th place team to advance if 4 or more runners finish in the top 20 places (21-0).

2. Track and Field

- A. Eliminate the Semifinal round of competition from the MHSAA Finals Meet.

Rationale:

- Elimination of the Semifinal round of competition in the 110 meter hurdles, 100 meter hurdles, 100 m dash and the 200 m dash will allow one less round of competition.
- Given the use of FAT at all Finals sites, FAT will allow for accurate and fair advancement to the Finals.
- See attached schedule (17-0, 4 abstained)

- B. Move towards use of Fully Automated Timing System at all Regional competition.

Rationale:

- Accurate times for advancing to Finals
- Accurate times for entering Regionals
- Accurate and consistent reporting times to Regionals, Finals and Media Reports (format/style)
- Eliminate time adjustments (20-0)

3. To accommodate possible FAT fees without any additional cost to the MHSAA, reformat current Regional Financial Reports to include timing as an expense item. Remove the following:

- A. Head Finish Judge (1) - \$20
- B. Assistant Finish Judges (12) - \$12 each
- C. Finish Line Recorder (1) - \$15
- D. Head Timer (1) - \$20
- E. Assistant Timers (18) - \$12 each

The potential maximum timing expense with FAT use that would be reimbursable from the MHSAA is \$415.

(20-0)

ELIMINATION OF SEMIFINAL HEATS FROM THE ONE DAY MHSAA TRACK and FIELD STATE FINALS

8 LANE TRACK

2 heats- top 3 finishers in each heat qualify plus 2 additional fastest F.A.T times qualify

3 heats- top 2 finishers in each heat qualify plus additional 2 fastest F.A.T. times qualify

4 heats- top finisher in each heat qualifies plus additional 4 fastest F.A.T. times qualify

5 heats- top finisher in each heat qualifies plus additional 3 fastest F.A.T. times qualify

6 heats- top finisher in each heat qualifies plus additional 2 fastest F.A.T. times qualify

7 heats- top finisher in each heat qualifies plus additional fastest F.A.T. time qualifies

9 LANE TRACK

2 heats- top 4 finishers in each heat qualify plus additional fastest F.A.T. time qualifies

3 heats- top 2 finishers in each qualify plus additional 3 fastest F.A.T. times qualify

4 heats- top 2 finishers in each heat qualify plus additional fastest F.A.T. time qualifies

5 heats- top finisher in each heat qualifies plus additional 4 fastest F.A.T. times qualify

6 heats- top finisher in each heat qualifies plus additional 3 fastest F.A.T. times qualify

7 heats- top finisher in each heat qualifies plus additional 2 fastest F.A.T. times qualify