

# 2023-24 FHSAA Track & Field

Rules Update(s) & Season Information

Updated 11/30/2023



## Important Dates

District Planning Meetings ([Coordinators List](#)) – Jan. 29-Feb. 2

First allowable practice date – Jan. 29

Preseason Classic Meets – Feb. 15-21

First regular season meets & team roster due – Feb. 22

Last regular season meet date – Apr. 19

District Meet Entries Due – Apr. 20 at 11:59 PM est.  
via [DirectAthletics](#)

District Meet Late Edits – Apr. 22 at 12:00 PM est. until 6:00 PM est.  
via [DirectAthletics](#)

District Meets ([Locations](#)) – Apr. 24-27, Apr. 29-May 2

Region Meets ([Locations](#)) – May 7-8

Florida High School Track & Field State Championships (@ UNF) –  
May 15-18

Track & Field Advisory Committee Meeting (TRAC) – May 28

## State Series Information

Click to View Classifications – [Girls](#) / [Boys](#)

District Planning Meetings ([Coordinators List](#))

[District Meet Dates/Locations](#)

[Region Meet Dates/Locations](#)

## FHSAA Publications

[2023-24 FHSAA Handbook \(Bylaws & Board Policies\)](#)

[2023-24 FHSAA Track & Field Manual \(Available in November 2022 on FHSAA.com\)](#)

[2023-24 FHSAA Officials Guidebook \(Officials Regulations, Pay, etc.\)](#)

## FHSAA Contact

Questions and concerns may be directed to:

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# Governance

## Track & Field Advisory Committee

Section 1 Boys <u><a href="#">Lawrence Davis</a></u> <b>Columbia (Lake City)</b> <i>Term Expires: June 30, 2024</i>	Section 2 Girls <u><a href="#">Kristin McWilliams</a></u> <b>Winter Park</b> <i>Term Expires: June 30, 2024</i>	Section 4 Boys TBD
Section 1 Girls TBD	Section 3 Boys <u><a href="#">Jacob Scott</a></u> <b>Charlotte (Punta Gorda)</b> <i>Term Expires: June 30, 2024</i>	Section 4 Girls <u><a href="#">Carmen Jackson</a></u> <b>Miami Northwestern</b> <i>Term Expires: June 30, 2024</i>
Section 2 Boys TBD	Section 3 Girls TBD	FACA Representative <u><a href="#">Jay Getty</a></u> <b>Hagerty (Oviedo)</b>

# NFHS Rules Changes



# 3-8-1

Permits the Games Committee to set requirements for each meet on the number of timing officials.

**Rationale:** As technology continues to evolve in the sports of track and field and cross country, not all FAT systems require separate operators and evaluators. The Games Committee may set requirements for each meet on the number of timing officials.



## 4-2-1 NOTE (NEW)

Permits state associations to set the participation limitations within their state, with six events being the maximum number.

**Rationale:** Adds flexibility for state associations to determine the number of events best suited for their state.

# 5-3-1 & 9-4-1 (NEW)

Removed and corrected information concerning track staggers

**Rationale:** Track staggers are dependent on the geometry of each individual track, and a competent surveyor should determine the lane staggers.

## 5-7-4c, d NOTE (NEW), 8-4-4 NOTE 2 (NEW)

Extraneous motion before the device is fired does not necessarily require a false start to be charged unless the runner leaves their mark with hand or foot after the set command or leaves their mark with a forward motion without the starting device being fired.

**Rationale:** The change makes it clearer as to the definition of a false start and how it should be consistently officiated.

# 5-14-1, 2

Clarifies that displacement of any hurdle by hand is an infraction.

**Rationale:** Offers guidance to officials and umpires when determining hurdle infractions.

## 6-2-2d

Clarifies when a competitor enters a vertical jump for the first time, at any height, no matter the number of competitors left that this competitor is only permitted one minute for their attempt.

**Rationale:** This clarifies in the vertical jumps how the rule is to be interpreted and adds additional support to the official's decisions when a competitor enters after the event has been started.

## 6-3-2b

Added language in vertical jumps when breaking ties and competitors withdraw from the competition/jump-off.

**Rationale:** The addition offers guidance to officials when two or more tied competitors withdraw from the competition/jump-off at the same time.

## 6-3-2b NOTES (NEW)

Any athlete withdrawing from a jump-off concedes the higher place but retains their performance in the event.

**Rationale:** The new note explains that an athlete withdrawing from a jump-off concedes the higher place but does not negate their performance in the event nor is it unsporting to simply withdraw in this scenario. The addition of the new note helps explain how to officiate these scenarios.

6-4-1,  
6-5-1,  
& 6-6-1

Permits athletes in the throws to apply tape to their fingers as long as the fingers are not taped together and all fingers can move independently.

**Rationale:** The rules change offers flexibility to athletes to apply tape to their fingers or wear a wrist wrap as long as there are no artificial aids within the wrap such as hard plastic pieces to keep the wrist stiff.



## 9-6-1 (NEW)

Clarifies the indoor track and field exchange zone.

**Rationale:** Offers guidance on the relay exchange zone for indoor track and field.

# FHSAA Rules Changes

*Major Changes are covered here. Editorial changes are not listed in this presentation. All coaches should take care to read and review the updated 2023-24 FHSAA Track & Field Manual.*



## 4.14.1.1.1.7

**Virtual Meets Prohibited.** All meets shall be contested in person on site. Virtual competitions may not be contested.

## 4.14.1.1.2(h)

**Javelin.** Rubber Tips are optional on javelins.

## 4.14.1.1.3

**Physical Meet Management Requirements.** The following are requirements for the physical management of state series track & field meets and all sanctioned qualifying meets during the regular season. The requirements are considered merely a starting point and not considered limited in scope. FHSAA strongly recommends these management requirements be applied to all regular season meets as they are considered meet management best practices.

- (a) **Spectators.** Spectators shall be restricted to the stands and/or areas specifically designated and marked for spectators. Spectators will utilize available home and/or away stands and viewing areas outside of the fenced area separating the running surface of the venue.
- (b) **Infield.** The infield shall be considered a restricted area and not accessible to spectators, coaches, or athletes. Access is limited to immediate meet management personnel. Field events may be conducted on the infield as needed provided the venue permits.
- (c) **Coaching Boxes.** Coaching boxes shall be designated prior to the start of the meet and clearly defined.
- (d) **Uniformed Security.** Uniformed security shall be visibly present inside the venue and competition area of the track to assist with potential incident management.
- (e) **Officials.**
  - (1) Weights and measures shall be conducted and implements impounded until competition is completed.
  - (2) A full crew of officials (one per field event, starter, referee, and clerk) are strongly recommended for district meets.
  - (3) Officials shall be clearly identifiable by visibly worn credentials or uniform.
- (f) **Team Areas.**
  - (1) A separate warm-up field shall be available nearby to the competition area.
  - (2) A separate tent-city or team area shall be available nearby to the competition area. The warm-up field and tent city or team area may be the same space if necessary and as space permits.

## 4.14.1.1.5

**Timers and Timing Contractors.** Site timers at all state series meets and sanctioned qualifying meets shall be registered FHSAA Officials with a minimum exam score of an 80 on the current year's track & field officials exam. In all meets, the site timer shall be considered the Chief Timer as defined in USATF Rule 128.

## 4.14.1.2.2(b)

### **FHSAA Para-Athlete Division Eligibility**

Each athlete's physical eligibility must be verified by a licensed physician and maintained on permanent file at the school. Registration prior to the start of the season is required and medical documentation verifying eligibility must be submitted along with the student's registration for the Para-Athlete Division. Registration may be completed using the FHSAA online registration form (click to access the form).

## 4.14.2.2.4(a)

### Advancement of Teams and Individuals – District Meet to the Region Meet

- The top four (4) marks in each event at the district meet automatically qualify for the region meet.
- The next eight (8) best marks established at sanctioned qualifying meets during the regular season in each region not automatically qualifying by place at the district meet in each event will qualify for the region meet.
- Declaration of Non-Consideration. All athletes receiving automatic qualifiers for the region meet must compete.
- An athlete must compete and finish an event at the district meet to compete in that event at the region meet, regardless of whether the athlete qualifies automatically or at-large.
- Athlete eligibility to advance is limited to the event(s) they are entered into at the district meet.



## 4.14.2.2.4(b)

### Sanctioned Regular Season Qualifying Meets

- **Purpose.** Regular season qualifying meets are established to provide schools additional opportunities to qualify for advancement to the region meet while adding value to the full body of work for all FHSAA member-school track & field student-athletes.
- **Sanctioning.** Sanctioning is required for a regular season track meet to be considered a qualifier.
- **Qualifying marks.** Rank order marks will be available and published on TFRRS Florida.
- **Officials.** Registered FHSAA Track & Field Officials are required for all regular season qualifying meets.
- **Timing.** Site timers at all regular season qualifying meets shall be registered FHSAA Officials.

Good luck this season!