

SECTION 22: TRACK AND FIELD, INDOOR

Rules in this section shall apply to both boys' and girls' indoor track and field unless otherwise specified.

22.1 IMPORTANT DATES

2011-2012 DATES	CALENDAR WEEK	ACTIVITY
Monday, August 8, 2011 – Sunday, January 1, 2012	6th – 27th	Weight training/conditioning permitted. No practice/contests allowed.
Monday, January 2, 2012	27th	1st Practice (Medical, parents' permission, and substance misuse forms must be on file.)
Friday, January 6, 2012	27th	1st Meet (Eligibility must be filed online.)
Saturday, February 11, 2012	32nd	End of Regular Season
Monday, February 13, 2012	33rd	Entry to State Meet (Boys' and Girls')
Saturday, February 18, 2012	33rd	Boys' and Girls' State Meet
Monday, March 12, 2012	37th	Deadline for submitting GPAs online for seniors for All-Academic
Monday, February 20, 2012 – Saturday, May 12, 2012	34th – 45th	Weight training/conditioning permitted. No practice/contests allowed.
Monday, May 14, 2012	46th	Summer Rules Begin

22.2 CONTEST LIMITS

22.2.1 Calendar Week: A team shall be limited to one meet per week during the regular season. (*Sunday-Saturday*)

22.2.2 School Day Contest: A school shall not compete during instructional time (*Monday-Friday*) during the regular season. This rule is explained in by-laws in Section 9: "Athletics and Instructional Time." This rule shall be waived for the state championship meet.

22.3 GENERAL

22.3.1 A student participating in indoor track and field shall meet LHSAA eligibility requirements. If a student is not registered in another sport with the LHSAA, he/she shall be registered with the LHSAA prior to competing in the first regular-season varsity meet.

22.3.2 Indoor track and field shall adhere to the sports seasons rule, sports seasons calendar, and independent team rule. This rule is explained in by-laws Section 4: Sports Seasons.

22.3.3 If a team enters no more than two contestants in a meet, the student(s) may be accompanied by a faculty coach/representative, or an LHSAA-approved non-faculty coach from any other school/school system entered in the meet, if both schools' principals give written permission. The written permission shall be presented to the meet director prior to the start of the meet.

22.3.4 With the exception of watches, contestants shall not wear jewelry while competing. Any items worn in the hair that are made of a hard substance (beads, barrettes, etc.) shall be declared as illegal jewelry and the competitor or team will be disqualified from that event. Soft rubber bands and ribbons may be worn to hold the hair in place without penalty.

22.3.5 Each competitor's uniform shall consist of a full-length track jersey and track shorts issued by the school. Shorts may vary in length and style but must be the same color for all team members. Bicycle shorts, thigh huggers, abbreviated thigh huggers, leotards, body suits, abbreviated briefs (*French or high cut*) and similar apparel may be worn under the shorts but not in the place of school issued shorts. One piece uniforms issued by the school are only legal if school issued shorts are worn over the one piece apparel.

22.3.6 A regular season indoor track and field meet conducted by a Louisiana college and university, in which LHSAA schools participate shall be co-hosted by an LHSAA school. The principal of the LHSAA school co-hosting the Louisiana collegiate meet shall obtain written permission to co-host the meet at least 14 calendar days prior to the meet.

1. All entry fees for qualifying meets shall be set by the host organization.
2. All authorized LHSAA and LHSCA membership cards shall be honored for admission to all indoor track and field meets conducted in Louisiana in which LHSAA schools participate.
3. An LHSAA school shall not participate in a Louisiana collegiate meet that is not co-hosted by an LHSAA school and approved by the LHSAA.
4. An LHSAA school shall not participate in any event in any Louisiana collegiate meet that is not permitted under the LHSAA by-laws that pertain to this sport. Contestants shall not run in any event that is not sanctioned by the LHSAA.

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5. A school shall not compete in any manner in any Louisiana collegiate meet against independent teams, recreation teams, junior colleges or community teams, four-year colleges or university teams, professional or semi-professional teams or individuals who compete "unattached" in high school events. (*Exception: Participation against club teams*)
6. The practice of having the times/distances or heights recorded by LHSAA contestants officially compared against the times recorded by the contestants from teams cited in the previous rule or the times, distances or heights recorded by "unattached" individuals for the purpose of determining place of finish in the meet for awarding meet honors shall be a violation of the Independent Team Rule found in Section 4 of the By-laws.
7. An LHSAA school(s) or individual(s) that fails to comply with this rule shall be subject to the penalties outlined in Section 5, "Penalty Code".

22.4 RULES OF COMPETITION

22.4.1 All indoor track and field meets shall be conducted in accordance with the NFHS Track and Field Rules. Special rules may be adopted to facilitate meet management.

22.4.2 All LHSAA indoor track and field rules shall apply.

22.4.3 Events:

Running Events

55 Meter Dash

55 Meter Hurdles (39" – Boys)

55 Meter Hurdles (33" – Girls)

400 Meter Dash

800 Meter Run

1600 Meter Run

3200 Meter Run

4 x 200 Meter Relay

4 x 400 Meter Relay

4 x 800 Meter Relay

Field Events

Pole Vault

Shot Put – plastic

High Jump

Long Jump

Triple Jump

22.5 COMPETING SCHOOLS AND/OR INDIVIDUALS

22.5.1 An LHSAA school shall **not** compete in an indoor track and field meet event against a team and/or individual that does not comply with by-laws Section 6: Athletic Contests. This includes:

1. A non-member school in good standing with a state association that is a member of the NFHS.
2. A non-member school not in good standing with a state association that is a member of the NFHS.
3. A non-member school that is not allowed to participate against member schools of a state association that is a member of the NFHS.
4. A college team
5. A member of an independent track and field club team
6. One who competes unattached from a member school team
7. A club team, if Rule 6.3.3.4 and all of its parts are not adhered to.

22.6 STATE MEET

22.6.1 The LSU Track and Field Officials' Association shall host the meet.

22.6.2 The meet host shall appoint the meet director.

22.6.3 The organization and administration of the meet shall be left to the discretion of the meet host as long as the meet complies with LHSAA constitutional rules and by-laws.

22.6.4 The meet shall be conducted in the LSU Field House on the Baton Rouge campus.

22.6.5 Schools shall compete for state championship honors in the following divisions:

Division I - Classes 5A and 4A - Boys and Girls

Division II - Classes 3A, 2A, 1A, B, and C - Boys and Girls

22.6.6 A school shall be required to compete in a preliminary qualifying meet in order to compete in the state indoor meet. Only those meets hosted by Louisiana State University and McNeese University during the current indoor season shall be recognized as qualifying meets.

22.6.7 Entry Forms: All entries to the state meet shall be prepared electronically, via www.lsusports.net.

22.6.8 Entry Restrictions:

1. A school shall enter no more than two individual contestants who meet the qualifying standard in each event.
2. A school shall enter only one relay team in a relay event.
3. A contestant shall be allowed to enter only one "limited entry event" which includes the 1600 meters and 3200 meters. Violation of this rule shall result in the contestant being scratched from all "limited entry events."
4. Each contestant shall only be allowed to enter four events.

22.6.9 Entry Deadline: Must be electronically mailed to www.lsusports.net no later than the deadline established in Rule 22.1, Important Dates, in this section. ***A school with a delinquent declaration may still enter its contestants but must do so electronically with the meet director between the hours of 8:00 a.m. and 12:00 noon the day following the end of the entry deadline established in Rule 22.1, Important Dates, in this section. Declarations received in the late period shall incur a \$30 fine per entry, including alternates, in addition to the standard entry fee. The late declaration shall include the school's name, athlete's name and gender; event relays should include the names of all athletes and any alternates.***

22.6.10 Qualifying for Running Events:

1. Official entry lists shall be the basis for seeding events and drawing lanes.
2. Boys and girls will qualify to compete in the state meet under the following plan:

55 Meter Dash	Top 20 times from all qualifying meets
55 Meter Hurdles	Top 20 times from all qualifying meets
400 Meter Dash	Top 14 times from all qualifying meets
800 Meter Dash	Top 14 times from all qualifying meets
1600 Meter Run	Top 14 times from all qualifying meets
3200 Meter Run	Top 14 times from all qualifying meets
4 X 200 Meter Relay	Top 14 times from all qualifying meets
4 X 400 Meter Relay	Top 14 times from all qualifying meets
4 X 800 Meter Relay	Top 14 times from all qualifying meets
3. In case of ties in qualifying times, the games' committee will determine those qualifying to the state meet.

22.6.11 Qualifying for Field Events:

1. In the trials each contestant shall be given three attempts in the long jump, triple jump, and shot put. The nine contestants with the best performances in these events shall qualify for the finals and shall be allowed three more attempts.
2. Boys and girls will qualify to compete in the state meet under the following plan:

Pole Vault	Top 16 from all qualifying meets
Shot Put	Top 16 from all qualifying meets
High Jump	Top 16 from all qualifying meets
Long Jump	Top 16 from all qualifying meets
Triple Jump	Top 16 from all qualifying meets
3. In case of ties in qualifying marks, the games' committee will determine those qualifying to the state meet.

22.6.12 Team Scoring:

<u>Place</u>	<u>Points</u>
1 st	10
2 nd	8
3 rd	6
4 th	4
5 th	2
6 th	1

22.6.13 Special Rules:

1. The no-false-start rule shall be observed; a contestant shall be disqualified on one false start.
2. If a runner is lapped in a distance race, an official shall move him/her to the inside of the track. A minimum of 10 runners shall remain in the race at all times.

22.6.14 Entry Fees for the State Meet:

1. A school shall pay separate entry fees for boys' and girls' teams.
2. The required entry fees shall be paid with a school check payable to the LSU Track and Field Officials' Association at the meet during packet pickup. \$100 per team (*boys or girls*) with ten or more contestants or \$10 per contestant for a team with fewer than ten.

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22.6.15 Check-in for Coaches: Coaches shall check-in between 10 a.m. and 2 p.m. on the day of the state meet at the LSU Field House located at the north end of the Bernie Moore Track Stadium. Team packets with meet heat sheets shall be distributed during check-in.

22.6.16 Check-in for Contestants

1. Running Events: Runners shall check-in with the clerk of course at the check-in area one event prior to the event in which they shall compete.
2. Field Events: Contestants shall check-in with the event's head judge at the event site 30 minutes prior to the event in which they shall compete.

22.6.17 Weigh-in for Shot Put: Weigh-in for shot put will begin two hours prior to the event start time and will end one-half hour prior to the event start.

22.6.18 Awards:

1. Team championship: first and second place trophies shall be presented in both boys' and girls' divisions.
2. Individual awards shall be presented to the top three places in each individual event and to members of the top three relay team in both boys' and girls' divisions.

22.6.19 Final Results:

1. Individual results shall be posted at the conclusion of the event.
2. Final results shall be posted on the LHSAA website at www.lhsaa.org.

22.6.20 Interrupted Competition: If competition is interrupted because of events beyond the control of the responsible administrative officials, the competition shall be completed the next day from the point of interruption. If this is not possible, the meet must be resumed within 72 hours following the cancellation of the original meet. If the meet cannot be completed within 72 hours, there shall be no team champions named in that class/division unless the points earned by any school(s) competing will not change the outcome of the meet.

22.7 SPRING PRACTICE: A school shall not conduct spring practice in indoor track and field.

22.8 SUMMER ACTIVITIES: A team shall not be restricted in summer competition as long as its members do not wear school uniforms and/or use the school name when competing.