



**NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION**

**2018-19**

**POLICY AND PROCEDURES**

**FOR**

**BOYS AND GIRLS  
INDOOR TRACK**



**INDOOR TRACK COMMITTEE**

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- **ATHLETIC TRAINERS** – Schools requesting medical services are to provide the necessary supplies for the athletic trainer at all regular season and tournament events.

## **POINTS OF SPECIAL EMPHASIS**

### **1. By-Law Article I Policy; Sect. 8: Extra School Contests**

- A. No scrimmages, exhibitions, or practices of any type involving any NHIAA member schools shall be permitted after the first scheduled contest has been played by that school in that sport. Additionally, teams cannot participate in any post-season contests at any level once the sports season, as defined by the NHIAA, has been completed. Teams in the sport of indoor track may practice/compete in National Federation sanctioned events between the end of the sport season and the CNESSPA (New England) Championships. Participation in non sanctioned events cannot be granted by the NHIAA as it would violate the mandate to follow NFHS Rules. Individuals wishing to participate in such events may do so as long as they are not representing their member school. This means no school uniforms, registration as an individual only, and no school sponsored transportation. If a group of students from a school or schools choose to take a bus to an event they may collectively do so as long as it is not sponsored by the school district. Upon a written request from the school principal a coach may be present at a non sanctioned event if participation is for the reason cited in the Extra School Contest By-Law.

### **2. Concussion Statement:**

The NHIAA mandates the following of the NFHS guidelines for management of Concussions.

Concussions: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.

Please visit [www.nhiaa.org](http://www.nhiaa.org); “What’s New” to view the  
NFHS Guidelines for Management of Concussions  
and the New Hampshire SB402 and its language as written

### **3. Electronic Devices:**

Personal electronic devices are prohibited in the competition area at all times, including while warming up. Violations may result in a disqualification.

## Championship Meet Information

### DATES AND TIMES OF STATE MEET:

DIVISION	DATE	TIME
<b>I – Boys &amp; Girls</b>	<b>Sunday, February 3, 2019</b>	<b>10:00 a.m.</b>
<b>II – Boys &amp; Girls</b>	<b>Sunday, February 3, 2019</b>	<b>3:30 p.m.</b>
<b>DELAY TIMES</b>	<b>DIVISION I</b>	<b>1:00 p.m.</b>
	<b>DIVISION II</b>	<b>5:00 p.m.</b>
The Committee suggested adding a provision to delay the start time rather than just cancel an event.		
<b>Snow Date</b>	<b>Sunday, February 10, 2019 at UNH</b>	

1. The meet will be held at the Leverone Field House at Dartmouth College.
2. The rules governing this meet will be those found in the National Federation Rules Book and in the NHIAA Handbook.
3. Seeding for the State Meets will take place at Londonderry High School on:
  - i) **Division I - Tuesday, January 29, 2019 at 5:00 p.m.**
  - ii) **Division II - Tuesday, January 29, 2019 at 7:00 p.m.**
 All coaches are invited to participate in the seeding meeting.
4. **By-Law Article I: Policy, Sect. 18: Admission Fees for NHIAA Tournament Events**  
 An admission charge of \$8.00 for Adults and \$6.00 for Students will be charged to spectators. This includes all team members who are not entered in the meet. All non-qualifiers will be expected to pay. A maximum of two (2) managers will be allowed to enter with the team.
5. **Division II - ORDER OF EVENTS:**

10:00 a.m.	- Shot Put; High Jump; Long Jump
10:00 a.m.	- 4 x 800m Relay (Girls/Boys)
	- 55m Hurdle Trials (Boys/Girls)
	- 55m Dash Trials (Boys/Girls)
	- 3000m Run
	- 55m Hurdle Finals (Girls/Boys)
	- 300m Dash (Girls/Boys)
	- 1500m Run (Girls/Boys)
	- 55m Dash Finals (Girls/Boys)
	- 4 X 400m Relay (Girls/Boys)
	- 1000m Run (Girls/Boys)
	- 4 X 200m Relay (Girls/Boys)
	- 600m Run (Girls/Boys)
- Division I - ORDER OF EVENTS:**

3:30.p.m.	- Shot Put; High Jump; Long Jump
3:30 p.m.	- 4 x 800m Relay (Girls/Boys)
	- 55m Hurdle Trials (Boys/Girls)
	- 55m Dash Trials (Boys/Girls)
	- 3000m Run
	- 55m Hurdle Finals (Girls/Boys)
	- 300m Dash (Girls/Boys)
	- 1500m Run (Girls/Boys)
	- 55m Dash Finals (Girls/Boys)
	- 4 X 400m Relay (Girls/Boys)
	- 1000m Run (Girls/Boys)
	- 4 X 200m Relay (Girls/Boys)
	- 600m Run (Girls/Boys)

6. **Entries are due on DirectAthletics by: Monday, January 28, 2019 at 6:00 p.m.**  
**Note:** It takes 24 hours for new users to be accepted into the Direct Athletics system.
7. Spikes that are 1/4" or shorter will be allowed in events except the Shot Put.
8. Hard Shell shot puts made with a polyethylene shell are banned from being used at the Meets Division Championships.
9. It is the responsibility of the coach to ensure competence and control in the athlete(s) throwing rotational shot put.
10. All times or distances that do not appear on the New Hampshire Indoor Track "Battle Notes" must be verified.
11. Any questions concerning the entry form should be directed to:  
**Rick Berryman - Rick@LancerTiming.com**
12. Only athletes who have met the qualifying standards (SEE #14) set by the NHIAA Indoor Track Committee, are eligible to be entered in the meet. All qualifying standards must be met at NHIAA sanctioned meets.
13. In case of inclement weather the day of the meet:  
 The decision to postpone a tournament event on weekends and holidays will be made by the NHIAA. **SCHOOLS WILL NOT BE NOTIFIED.** It will be the responsibility of the schools playing to check the NHIAA website (visit [www.nhxaa.org](http://www.nhxaa.org) and click on the "Special Alerts" button on the front page or click on the "tournament info" link) you can also check the Lancer Timing website ( [www.lancertiming.com](http://www.lancertiming.com) )  
 The NHIAA will notify Game Directors, Supervisor of Officials, Police and Athletic Trainers. **TEAMS SHOULD NOT LEAVE FOR THE TOURNAMENT SITE UNTIL THE NHIAA WEBSITE HAS BEEN CHECKED.** The following cell phone numbers can be utilized - Larry Martin: 303-0688
14. **2018-19 QUALIFYING STANDARDS:**

DIVISION I			DIVISION II		
Event	Boys	Girls	Event	Boys	Girls
55m HH	8.94	9.74	55m HH	9.04	9.74
55m	6.94	7.74	55m	6.94	7.74
300m	38.54	44.74	300m	39.24	44.74
600m	1:29.24	1:45.24	600m	1:30.24	1:46.24
1000m	2:43.24	3:13.24	1000m	2:46.24	3:15.24
1500m	4:20.24	5:05.24	1500m	4:25.24	5:10.24
3000m	9:25.24	11:10.24	3000m	9:40.24	11:10.24
Shot Put	42'0"	30'	Shot Put	40'	29'0"
High Jump	5'10"	4'10"	High Jump	5'8"	4'10"
Long Jump	19'6"	15'3"	Long Jump	19'0"	15'3"
4 X 400 Relay	Top 12	Top 12	4 X 400 Relay	Top 15	Top 15
4 X 200 Relay	Top 12	Top 12	4 X 200 Relay	Top 16	Top 16
4 X 800 Relay	Top 9	Top 9	4 X 800 Relay	Top 9	Top 9

15. **Conversion Times:** For qualifying purposes conversion time from meet results will be allowed for the 1500 and the 3000. These times must be converted by the “Battle Notes” Coordinator. En-route times will not be accepted.
16. If there are less than 12 final entries in an event the NHIAA Indoor Track Committee will fill the field up to 12 athletes, selecting these athletes from non-qualifiers. In the hurdles and dash the Committee reserves the right to fill the field up to 16 in case of ties. This will be done at the seedings meetings by those coaches present.
17. After the seeding meeting, no changes to entries will be allowed. If an athlete scratches from an event, he/she is out of the meet from that point on. This means that they cannot compete in the end of the meet relays.
18. If an athlete is entered in multiple events, the Indoor Track Committee reserves the right to enforce an “Honest Effort” Policy.

19. **Uniforms:**

All team members shall wear the school-issued uniform. In relay races, each team member shall wear identical uniforms (same color and design of jersey and shorts). In relay races, when other apparel is worn under the jersey, it must be a single solid color and the same color for all relay team members who choose to wear it. When spandex or similar undergarment is worn under the uniform bottom and terminates above the knees, it is considered a foundation garment and not subject to any restrictions. It does not need to be identical for all team members choosing to wear it nor does it have to be a single, solid color. When spandex or similar undergarment is worn under the uniform bottom and extends below the knees, it must be unadorned and a single solid color, meet logo restrictions (a single manufacturer’s logo and/or school name or insignia no larger than 2 ¼ inches), and be the same color for all relay team members who choose to wear it. The key is the length of the undergarment when worn as intended by the manufacturer. No hats or caps or other adornment may be worn.

20. **SCHOOL REPRESENTATIVE AT POST – SEASON ACTIVITIES**  
**(BY-LAW ARTICLE I: Policy; Sect. 10)**

Athletes participating in NHIAA sponsored post-season activities must have a school designated adult supervisor in attendance at the event throughout the athletes' participation in such event. The school designated adult supervisor must be authorized by the high school principal. The school designated adult must be a member of the faculty and staff of the school, preferably an administrator. This person should have the authority and skills to deal with issues that could arise during a tournament event to include dealing with coaches, student athletes, and fans. In individual sports it is permissible (although not recommended) for the principal to name a non-faculty person such as a parent as the school designated adult representative to supervise an individual student athlete. The school designated adult must sign in with the tournament director prior to the start of the competition (the sign in sheet is sometimes kept at the pass gate). In the case of a non staff person for an individual tournament, written authorization from the principal must be provided to the tournament director. It is an expectation that the school representative be present throughout the event. Failure to comply will cause a team/individual to be excluded from the tournament event.

21. **50/50 RAFFLES:**

Fifty/Fifty drawings are permitted by the New Hampshire Interscholastic Athletic Association; at the site of an NHIAA member school hosting any round of an NHIAA tournament event(s). Fifty-fifty raffles will not be permitted at "neutral sites" that are not NHIAA Member School sites.

22. **JEWELRY AND BODY PIERCING RULE:**

Prohibition of jewelry is not necessary in track and field and cross country. The wearing of jewelry ordinarily present little risk of injury to either the competitor or opponents. Elimination of the rule allows officials to focus on meet administration directly related to competition. Coaches continue to have the obligation to see that competitors are properly equipped.

23. **ELECTRONIC DEVICES:**

Personal electronic devices are prohibited in the competition area at all times, including while warming up. Violations may result in a disqualification.

24. **TOURNAMENT EVENT POSTPONEMENTS (WEATHER):**

- **Neutral Site – During the Week:** The decision to postpone a tournament event during the week will be made by the NHIAA. Schools, Supervisor of Officials, Game Directors, Police and Trainers will be notified by the NHIAA.
- **Neutral Site – Weekends & Holidays:** The decision to postpone a tournament event on weekends and holidays will be made by the NHIAA. **SCHOOLS WILL NOT BE NOTIFIED.** It will be the responsibility of the schools playing to check the NHIAA website (visit [www.nhiala.org](http://www.nhiala.org) and click on the “tournament info” link). The NHIAA will notify Game Directors, Supervisor of Officials, Police and Trainers. **TEAMS PLAYING IN EARLY GAMES SHOULD NOT LEAVE FOR THE TOURNAMENT SITE UNTIL THE NHIAA WEBSITE HAS BEEN UPDATED.**

25. **NEW ENGLANDS**

A total of 6 athletes from each event including relay teams from both Divisional Meets combines, will qualify for the New England Championships. Times and distances from the Division Meets will be used for the New England Seedings.

26. **APPEAL PROCESS:**

Larry Martin will serve as the referee at the NHIAA Indoor Track State Meets. Any protest you have should be directed to him directly, and he will rule on your protest. If you do not agree with his decision, you may appeal his decision (provided, of course, it can be appealed) to the jury of appeals, who will act as a Final Board of Appeals and whose decision will be binding.

**A. WHAT IS SUBJECT TO APPEAL?**

1. Misapplication of a rule.
2. Clerical errors in placing competitors in individual events or relays - provided the appeal is made no later than 30 minutes after the conclusion of the meet.
3. Errors in team scoring - provided discovery is made within 48 hours of the completion of the meet.
4. Misapplication or failure to follow a procedure contained in the terms and conditions of competition announced in advance by the meet director or games committee. This would include such items as the time schedule, the number of qualifiers to advance, etc.

**B. WHAT IS NOT SUBJECT TO APPEAL?**

1. Any judgment decision pertaining to violations or alleged violations of the rules.
2. A decision made by the finish judges or timers that does not involve a misapplication of a rule, or the terms and conditions of competition.

**C. WHAT IS THE APPEALS PROCESS?**

1. Must be made by the head coach in writing (form below).
2. Must include the competitor's name, school and the event involved.
3. The specific rule in question.
4. A brief description of the situation or ruling being appealed.

**27. Divisional Alignment:**

Indoor Track shall be aligned in two (2) divisions based upon enrollments and petitions subject to the approval of the Classification Committee.

**2018-19 Indoor Track Divisional Alignment**

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<b>DIV. I (1200+)</b>		<b>DIV. II (1-1199)</b>			
<b>18 Schools</b>		<b>41 Schools</b>			
Pinkerton	3449	Goffstown	1114	Kearsarge	541
Nashua South	1862	Portsmouth	1078	Monadnock	502
Nashua North	1744	Windham	925	Gilford	491
Exeter	1705	Milford	855	Prospect Mountain	479
Concord	1661	Merrimack Valley	819	Campbell	466
Man. Central	1510	Man. West	816	Winnisquam	448
Bedford	1498	Hollis/Brookline	806	Somersworth	438
Londonderry	1496	Pembroke	799	St. Thomas Aquinas	432
Man. Memorial	1455	Oyster River	794	Conant	400
Keene	1420	Souhegan	789	Belmont	396
Spaulding	1391	Kingswood	783	Raymond	384
Dover	1336	Kennett	752	White Mountains	373
Merrimack	1219	Con-Val	733	Newport	356
Alvirne	1200	Hanover	725	Bishop Brady	320
Timberlane	1173	Coe-Brown	714	Trinity	314
Salem	1170	Plymouth	677	Mascenic	312
*Bishop Guertin	789	Bow	661	Franklin	309
*Winnacunnet	1078	Pelham	656	Epping	280
		Sanborn	646	Newmarket	267
		Lebanon	575	Derryfield	257
				Wilton-Lyndeborough	159

**INDOOR TRACK PROTEST/APPEAL FORM**

COACH'S NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

COMPETITOR'S NAME: \_\_\_\_\_

EVENT: \_\_\_\_\_

Brief description of what situation is being protested:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The specific rule that refers to above:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

REFEREE'S ACTION: \_\_\_\_\_

Would you like to appeal this decision? YES \_\_\_\_\_ NO \_\_\_\_\_ Coach's Initials: \_\_\_\_\_

JURY OF APPEALS ACTION: \_\_\_\_\_

Signature of Committee Chairman: \_\_\_\_\_

**NOTE:** A copy of this form must be mailed to:  
**NHIAA Office**  
**251 Clinton Street**  
**Concord, New Hampshire 03301-8432**