



Standing Regulations
For
Track & Field

2024-2025

Track and Field Dates

Track and Field

Start Practice Date	School Decision
Wednesday, April 2, 2025	Track Coaches Meeting @ 6:00pm Via Teams
Wednesday, April 2, 2025	Track Eligibility Lists Due
Wednesday, April 23, 2025	Last Day for Track Drop/Adds by 12 noon
April 7 - 11, 2025	Track Meet Week #1
April 14 - 17, 2025	Track Meet Week #2 (short week)
April 21 - 25, 2025	Track Meet Week #3
April 28 – May 2, 2025	Track Meet Week # 4

*Note – only three meets per school during the four week span.

Wednesday, May TBA	Track Regional #1	Coral Springs High School
Wednesday, May TBA	Track Regional #4	Western High School
Wednesday, May TBA	Track Regional #2	Blanche Ely High School
Wednesday, May TBA	Track Regional #3	Flanagan High School
Wednesday, May TBA	Track County Championship	Western High School

Regional Track Meet dates are tentative and are dependent on the availability of high school Stadiums

***All meet dates are subject to change based on weather conditions**

MSAA TRACK & FIELD

The National Federation Rules Book will be adhered to with the following additions if not included in the rules.

- 1) The **typed** eligibility roster form including name, grade, birth date, uniform number, conduct grades, and the unweighted GPA, **MUST** be submitted to the County Athletic Department by **April 2, 2025**. Conduct grades and the GPA must be taken from the third marking period of the 2023-2024 school year. **Any additions or deletions to the team roster must be submitted to the County Athletic Office by Noon on April 23, 2025**. An athlete not listed on the roster is ineligible to participate. A forfeit of any points scored by an ineligible athlete will result if an ineligible athlete participates in any meet.
- 2) Parental permission and insurance forms must be on file for each student and copies brought to **each** competition in case of injury.
- 3) **The principal of each school must sign the contract for each meet.** The home school should initiate the contract. The contract should indicate the date, arrival time, time of the contest, location, the cost of any admission fee, any specific facility limitations (ex: lack of long jump pit, etc.), uniform colors and if spikes may be used (indicate the spike size). The contract should include if the visiting team will be expected to assume any responsibilities, such as judge a field event or provide any timers.
- 4) The MSAA requires the home team to provide administrative supervision at an athletic contest. If your principal decides that an administrator is necessary for an away contest that is a school-based decision.
- 5) Each school shall compete in THREE regular season track meets and be required to enter athletes for their regional meet scheduled. Any athlete that qualifies for the County Track & Field Finals is expected to attend unless serving a school suspension.
- 6) **Each school must exchange a list of contestants' names prior to the first event of the day. The format of the exchanged list should show a list of athletes participating in each event.**
- 7) **A contestant may participate in a total of four (4) events; no more than three (3) may be running or field events.** (Ex: 3 running/1 field, 2 field/2 running or 1 running/3 field). Contestants must wear athletic shoes in all events.
- 8) **Runners may not run a total distance of more than one and one-half miles in any meet.** This total is to include all distances run in a relay event and an individual event.
- 9) **DUAL MEETS:** Each school may enter three (3) contestants in the individual running events and three (3) contestants in all field events. One (1) relay team per school may be entered.

TRI OR QUAD MEETS: Each school may enter two (2) contestants in the individual running events and two (2) contestants in all field events. One (1) relay team per school may be entered.

10) SCORING OF THE MEETS SHALL BE AS FOLLOWS:

Dual Meet	Individual Events	5-3-1	Relay Events	5-0
Tri Meets	Individual Events	5-3-2-1	Relay Events	5-3-0
Quad Meets	Individual Events	6-4-3-2-1	Relay Events	6-4-2-0
Regional Meets	Individual Events	10-8-6-5-4-3-2-1		
	Relay Events	10-8-6-5-4-3-2-1		

11) ONLY ADULTS MAY KEEP OFFICIAL SCOREBOOKS.

12) The order of running events at all meets shall be as follows (girls and boys):

- a. 100M low hurdles
- b. 100 meter dash
- c. 1600 meter run
- d. 800 meter relay (4 x 200)
- e. 400 meter dash
- f. 800 meter run
- g. 400 meter relay (4 x 100)
- h. 200 meter dash
- i. 1600 meter relay (4 x 400)

13) The order of field events (high jump, long jump, shot put, and discus) will be determined by the participating schools. (Every school may not be equipped for all field events – lack of a field event facility must be noted in the contract)

14) The 1K discus will be utilized for the middle school boys and girls discus event.

15) The 4K shot will be utilized in all meets by both boys and girls.

16) The international rule on running starts 11 meters behind the exchange zone will be allowed in the 400 and 800-meter relays in all meets. The exchange must still be made within the exchange zone.

100M low hurdles (boys & girls) -- the 100 meter low hurdles uses 10 hurdles with 27 feet 10 3/4 inches between hurdles. The distance from the starting line to the first hurdle is 42 feet 8 inches and the distance from the last hurdle to the finish line, is 34 feet 5 1/2 inches. **Boys will use 33 inch hurdles and the girls will use hurdles that are 30 inches in height.**

(All distances listed are found in the track rule book on page 33, rule 5, section 3, article 8 – using the 100 meter race distance)

17) Starting blocks may be used for the Regional and County meets.

18) **THE FOLLOWING RULES OF CONDUCT SHALL BE OBSERVED AT ALL MEETS:**

- **A coach and/or other responsible person must accompany all teams at meets.**
- **The athletic director and/or coach of the host school are responsible for securing meet officials and seeing that the meet is run efficiently. It is recommended that each school furnish three (3) officials and three (3) watches, other than the coach who should be free to supervise his/her team.**
- Contestants should remain in a designated area until called for his/her designated event. At no time should people crowd the finish line.
- Observe maximum safety precautions. Shots and discus should only be used in designated areas.

19) **REMINDEE CONTESTANTS THAT RUNNING EVENTS HAVE PREFERENCE OVER FIELD EVENTS.** However, it is the responsibility of the contestant to inform the official of the field event, that he/she is participating in a running event and is to return to the field event immediately after completion of the running event.

20) All attendants, coaches, and team members should be instructed prior to the meet that once competition begins there can be **NO COACHING OR RUNNING ALONG THE SIDE OF THE TRACK DURING COMPETITION.**

21) **NO** food or drinks are allowed on the field at any meet. The MSAA encourages the use of water or sports drinks for proper hydration but the drinks should be stored in the athlete's backpack or gym bag for use when they are not participating in an event.

22) All contestants must wear a shirt and shirt tails must be tucked in with waistband of shorts above hips.

23) Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Compression shorts, biking shorts, training shorts, etc. manufactured as an undergarment are prohibited as the uniform bottom. However, they may be worn underneath the uniform bottom, providing they are unadorned and of a single, solid color.

- 24) The only headgear permissible is a commercially manufactured headband, 1" – 2" in width. Material must be made of non-abrasive materials, soft material is permissible (as stated in track rule book listed under uniforms).
- 25) **JEWELRY IS PERMITTED unless it is determined that it may be a safety hazard, especially in events such as high jump and long jump.**
- 26) NO face or body paint or colored hair spray is permitted.
- 27) Be sure all equipment is properly marked to avoid loss and/or theft.
- 28) Unsportsmanlike gestures exhibited while participating in any event is subject to disqualification.
- Unsportsmanlike Conduct:
- a. Throwing a baton
 - b. Taunting
 - c. Illegal uniform, etc;
- 29) An athlete must participate in a minimum of **two (2) regular season** meets in order to be eligible for entry to the Regional Meet.
31. Any **athlete** ejected from a contest for unsportsmanlike conduct must sit out the next meet. The athlete is not permitted to ride the bus, suit up, or sit on in the team area. If the ejection occurs during the last meet of the season, the athlete must sit out the first game of the next season in which he/she participates. In addition, the athlete must complete the Unsportsmanlike Learning Packet. Parent or guardian, coach, and the school principal must sign the packet. The school athletic director must submit the packet to the County Athletic Department prior to the athlete returning to any interscholastic competition.
32. Advancement from the Regional track meets to the championship track meet:
1. **Sixteen (16) athletes or relay teams will advance to the MSAA Track & Field Championship Meet**
 2. **The winner of each event in the MSAA Regional Track meet will advance to the MSAA Track & Field Championship Meet.**
 3. **The next best twelve times, distances, or Heights, regardless of their region, will advance to the MSAA Track & Field Championship Meet.**
33. **AGE REQUIREMENT:** A student who turns 15 on or before August 31, 2024 is ineligible to participate in any MSAA athletic contest. A student who turns 15 on or after September 1, 2024 is eligible for the entire school year depending on grades and conduct.

34. Some of our schools will charge for admission at their home track meets. **Members of a track team, in uniform, who are competing shall be admitted without question. In addition each team is entitled to be accompanied by a maximum of three coaches (girls coach, boys coach and field events coach) and three (3) student trainers.**

REGIONAL AND CHAMPIONSHIP MEET REGULATIONS

1) Each school will be permitted to enter a maximum of three (3) athletes for each event for the Regional Meet. Each school will be permitted to enter one relay team per relay event. **All entries must be submitted by flrunners.com** DATE TBA

2) **Official entry forms will be sent to the participating schools Athletic Director and/or directions on how to electronically submit team/player names. Lane assignments will be at random and will be assigned by the County Athletic Office.**

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4) For the "County Finals" meet, a knowledgeable referee and jury of appeals will be appointed. Jury of appeals will consist of 3 officials.

NOTE: Referee cannot be part of Jury of Appeals.

5) Every attempt will be made by the MSAA to provide electronic timing and officiating by members of the Broward County Track and Field Officials Association.

6) A Head Umpire will be used:

A. If RED flag goes up, there may be a violation or disqualification.

B. If there is a disqualification, they will try to notify the athlete; but if athlete cannot be found, they will call for the coach to see the referee.

7) The referee is the only person who may disqualify a contestant. Umpires/inspectors report "potential violations" to the referee, who will then make his/her ruling. If a coach wants to appeal the referee's decision, he/she must

complete a Jury of Appeals form after talking with the referee, if there has been a misapplication of the rule. **JUDGEMENT CALLS MADE BY THE OFFICIALS CANNOT BE APPEALED.** No appeal request will be heard 30 minutes after race or completion of field event.

8) **APPEAL PROCESS:**

- a. Must be submitted by Head Coach on designated form.
- b. Name of competitor's school and event listed
- c. Specify rule number in question
- d. Brief description of what is being appealed

9) A host facility **MAY** charge a \$1 parking fee at any division and or county competition.