

# 2019-20 NFHS TRACK AND FIELD and cross country Rules PowerPoint

Rules Changes

Major Editorial Changes

Points of Emphasis

# Important Dates

- Jan. 24, 2020 In person Track and Field clinic.
- Jan. 28, 2020 Deadline to submit Qualifying Meet Form.
- Feb. 10, 2020 Track and Field season begins.
- April 1, 2020. Roster and schedule due on MaxPreps.
- May 1-2, 2020 A-3A District Track and Field meets.
- May 8-9, 2020 A-3A State meet (UNM). 4A-5A District meets.
- May 15-16, 2020 4A-5A State meet (UNM).

# Coaches/Officials

- Meet referees may be coaches who are certified track officials via the NMAA/ NMOA. Three coaches from three different schools at a meet who are NMOA certified can serve as the meet officials.
- Course / Training is Saturday, January 25, 2020 8:30-10:30 AM.

# Regional Track and Field Assignors

- **Central-** Vance Lee Jr.
  - [vance.leejr@yahoo.com](mailto:vance.leejr@yahoo.com) 575.495.5886
- **North-** David Velasquez
  - [tulatrack@yahoo.com](mailto:tulatrack@yahoo.com) 575.491.5671
- **South-** Oscar Payen
  - [zebra\\_409@yahoo.com](mailto:zebra_409@yahoo.com) 915.525.1051

# Track and Field Information at [www.nmact.org/track-and-field](http://www.nmact.org/track-and-field)

- NMAA Track and Field Bylaws
- NFHS Rule Changes
- State Meet Schedule
- State Qualifying Meets
- Certified Officials
- Qualifying Results Form
- 2020 Rules Clinic
- Pole Vault Certification Course
- Hand Held Timing Conversion Process
- Other Information

# Direct Athletics

- Instructions to obtain an account are on the [www.nmact.org](http://www.nmact.org) webpage under the track and field section.
- [http://www.nmact.org/file/TandF\\_DA.pdf](http://www.nmact.org/file/TandF_DA.pdf)
- It is your responsibility to input all state qualifiers on Direct Athletics.
- You must input all state qualifiers within seven days of the athlete qualifying.

# If you do not have a Direct Athletics account

- If you do NOT know your username and password or would like to create a new account....

1) Go to [www.directathletics.com](http://www.directathletics.com)

2) Click on the “Sign Up” link to the left of the login boxes at the top of the page.

3) Follow onscreen instructions to set up a new TEAM account. You will be able to create an account online or retrieve forgotten information for an existing account.

# Qualifying Results form online

- Meet hosts are responsible for filling out the online qualifying results form after they host a meet.
  - This can be coordinated with an official.
  - <http://nmact.powermediallc.org/athletic-directors/track-field-qualifying-results/>



# State Qualifying Meet List

- The deadline to fill out an application to host a state qualifying Track and Field Meet is January 28.
- [https://www.nmact.org/file/2020\\_Track\\_Meets.pdf](https://www.nmact.org/file/2020_Track_Meets.pdf)
- Throughout the season this list will be updated and marked if we have received your qualifying results form from your meet.

# State Meet Entries

- All results must be submitted to the NMAA office no later than 11:59 PM on Sunday prior to the state championships through the designated NMAA database.
- A \$500 fine will be imposed to each school that makes additions to their team state championship entries after the published entry deadline.

# Meet Limitations

- 10 Varsity Meets prior to the district meet.
- School cannot be scheduled or represented in more than ten. Only exception is the Marilyn Sepulveda Meet.
  - (Does count towards individual meet limitation).

# Post Season eligibility

- **Minimum Contests for Post-Season Competition Eligibility (Individual)** Students must participate in a minimum of one quarter (1/4) of the varsity contests scheduled to be eligible for post-season competition. A player who sustains an injury that precludes participation in one quarter of varsity contests scheduled during the regular season may participate in post-season competition provided the student has been on the team roster throughout the season. In addition, the injury must be certified in writing by a licensed medical physician and submitted to the Director as well as kept on file by the school principal. For this exception to apply, the injured player cannot have participated in any other sport (inside or outside of the school) during the regular sports season. Note: Sub-varsity players can be moved up for post-season play without playing in one quarter of the varsity contest scheduled.

# Special Olympics

- Please contact Chris with participants.
  - [chris@nmact.org](mailto:chris@nmact.org)
- 100 Meters and potentially the 400 Meter Unified Relay.

# Triple Jump

- Take off boards at the state meet in the triple jump are set at a minimum of 24 feet for girls and 30 feet for boys.

# Track Warm Up

- At the State meet, due to safety concerns, the track will be closed prior to all running events.
- There will be no warm up time on the track.
- Only athletes participating in a field event can be in that designated area.

# No Coaches Meeting

- Packet pick-up will take place at the NMAA Office between 3:00 P.M. and 6:00 P.M. on Thursday, May 7<sup>th</sup> or Thursday, May 14<sup>th</sup>.
- Or you can pick up your packets at the Southeast Gate at the UNM facility upon your arrival at the State meet.
- The coaches packet will serve as the coaches meeting. Make sure you read the “Coaches Packet” and the “Important Reminders” document. Please contact **Jackie or Chris** if you have any questions.