

2022

# Track and Field Rules Clinic



# NMAA Executive Director

- Ms. Sally Marquez



# Covid Safe Practices



- Mask Wearing
  - No masks for outdoor sports. When indoor, mask wearing for all. This includes locker rooms and weight rooms.
- Social Distancing
  - In effect to the greatest extent possible
- Personal Equipment
  - No sharing of personal athletic equipment.
- Sanitization

# Covid Safe Practices

- Quarantine

- Vaccinated student- athletes and coaches do not have to quarantine if exposed to someone with COVID -19
- Unvaccinated student-athletes and coaches are subject to a 5-day quarantine period if exposed.



# Test to Stay

Unvaccinated Individuals in close contact with confirmed cases of Covid-19 in the school setting, may participate in a test-to-stay program to avoid quarantine. Does not apply to close contact with confirmed cases of Covid-19 in the community or household setting.

To participate in test to stay requires an individual to test negative on rapid Covid-19 tests on day one, three, and five (or days two, four and five) following exposure (day zero is the day of exposure).

Failure to test (regardless of the reason) when an individual is at school on a required testing day terminates test to stay for the individual and a return to quarantine at home for the duration of the quarantine period is required.

# Test to Stay

If an individual has a close contact exposure while participating in the test-to-stay program the testing sequence must be restarted.

If an individual on test to stay exhibits Covid-19 symptoms requiring self-isolation, then modified quarantine is terminated and the individual must self-isolate at home pending confirmation of a negative test.

Test to stay does not change self-isolation requirements for those who have tested positive for Covid-19.



# Covid Safe Practices



- Transportation

- Mask wearing on the bus

- Overnight travel

- Unvaccinated – “One per room”
- Vaccinated – Can share rooms
- Household members can share rooms

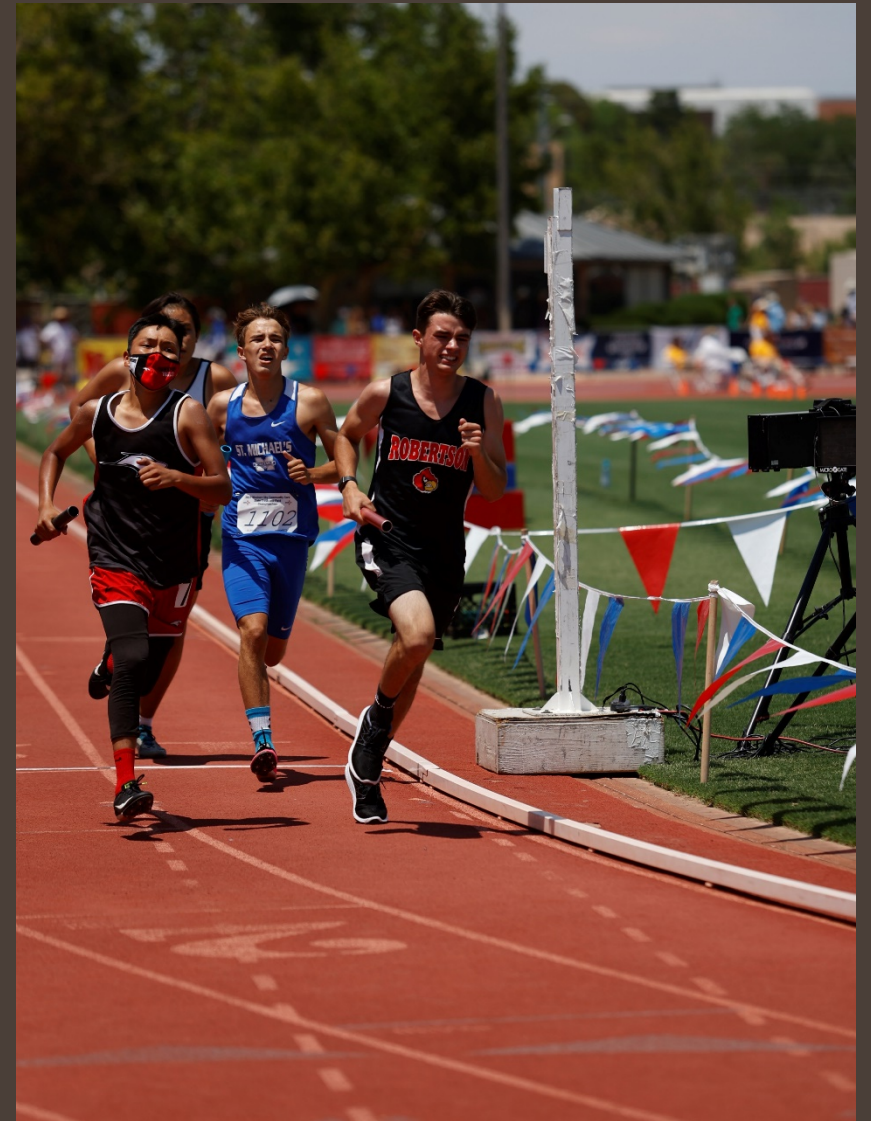
# Important Dates

- January 21<sup>st</sup>, 2022 - In person Rules Clinic at the Crowne Plaza.
- February 7<sup>th</sup>, 2022 - Official start of the Track and Field Season.
- February 12<sup>th</sup>, 2022 – First Competition Date.
- March 1<sup>st</sup>, 2022 - Roster and schedule due on MaxPreps.
- April 29<sup>th</sup> & 30<sup>th</sup>, 2022 - A-3A District Track & Field Meets.
- May 6<sup>th</sup> & 7<sup>th</sup>, 2022 - A-3A State Track & Field Meet.
- May 6<sup>th</sup> & 7<sup>th</sup>, 2022 - 4A-5A District Track & Field Meets.
- May 13<sup>th</sup> & 14<sup>th</sup>, 2022 - 4A-5A State Track & Field Meet.



# 4X800 (3200) Meter Relay

- The NMAA has officially made this race an official State Track and Field Event.
- As per NFHS rules, it is possible to run boys' and girls' at same time.
- Runners break in after the first turn.



# State Track & Field Meet

- Original Qualifying Process per the qualifying standards.
- 1<sup>st</sup> and 2<sup>nd</sup> place finishers in their event at the District Meet qualify for the State Track and Field Meet.
- Original State Track and Field Schedule.



# Track and Field Meet Limitations

10 Varsity meets prior to the district meet.

7 Sub varsity

7 Junior High







# 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
- Certified Officials
- 2022 Rules Clinic
- Pole Vault Certification Course
- Hand Held Timing Conversion Process
- Other Information



# MileSplit

## Claiming Your Team

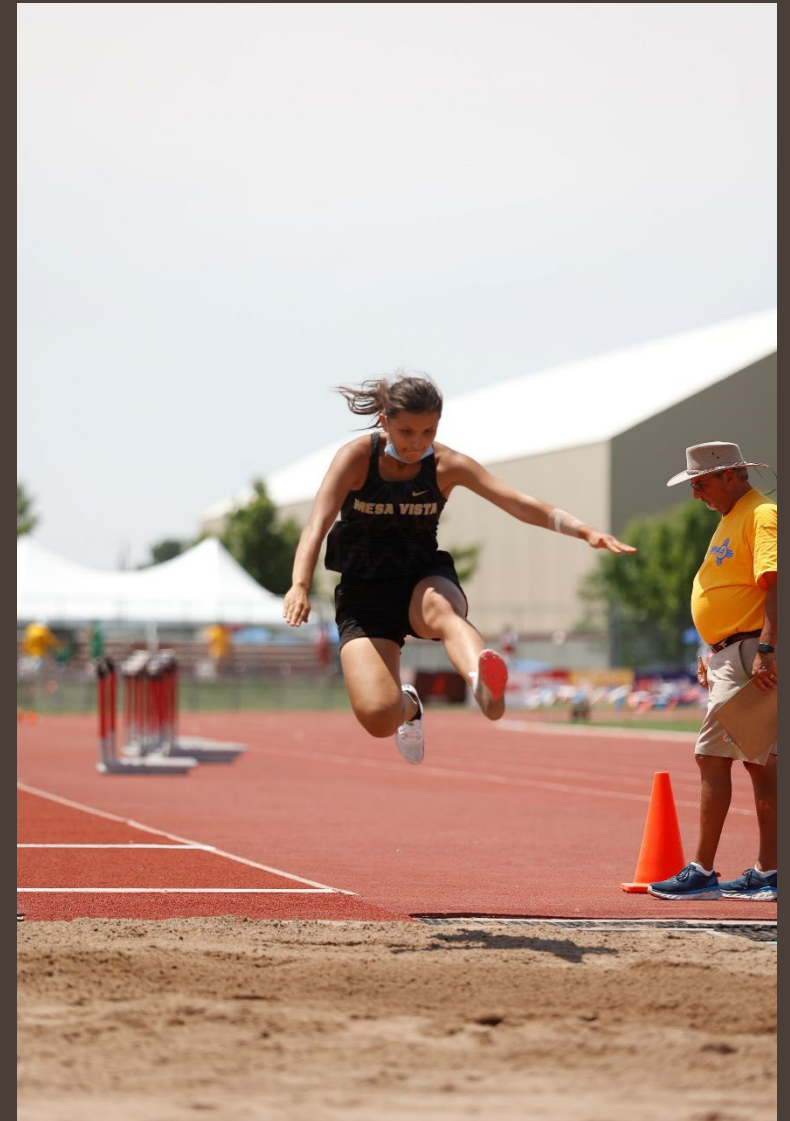
1. If you do not already have an account, create a free one at <https://nm.milesplit.com/register>

2. Once your account is created go to <https://nm.milesplit.com/teams>

3. Find your team on the list, click on it, and click the claim team button.

### Helpful Article/Video:

<https://support.milesplit.com/en/a/how-do-i-claim-my-team>





# MileSplit



## Updating Your Roster

Update your roster to reflect this year's list of athletes. i.e. Update grad years so that athletes who have graduated are removed from your active roster, change their status to inactive if they quit the team, moved away, etc.

- **Article/Video:** <https://support.milesplit.com/en/a/how-do-i-edit-my-teams-roster>

## MileSplit

All entries must be done through MileSplit. All results need to be sent to MileSplit.

If you need any further assistance, please contact:

[registration@milesplit.com](mailto:registration@milesplit.com)

Jeff Oncken





# MileSplit

- If you host a meet and it is handheld timed, times must be converted prior to submitting to MileSplit.
- In 2023 all state qualifying meets must be Fully Automatic Timed.
- These new bylaws were voted on and approved at the September 8<sup>th</sup> NMAA Board of Directors meeting.



# 2022 NFHS Track and Field Rules Changes



# Rule 4-3-1



logo larger than 2 1/4"  
around waistband only



b. Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any outer garment (e.g., t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform, when worn.

5. A single manufacturer's logo/trademark/reference, no more than 2 1/4 square inches with no dimension more than 2 1/4 inches, is permitted on the top or one-piece uniform. **Bottoms may have manufacturer's logo/trademark/references larger than 2 1/4 square inches around the waistband.**

# Rule 4-3-1b, 8 (new)



- Players may wear head coverings for religious reasons.
- The headwear must fit securely and be made of non-abrasive or soft materials.



## Rule 6-2-6 thru 9

### Section 2 General Rules For Field Events

**ART. 6 . . .** Warm-ups shall not be allowed unless supervised by an event official or the contestant's coach and the venue has been declared open by the meet director.

**ART 7 . . .** Warm-up approaches, in horizontal jumps, pole vault or javelin shall only be run in the direction the event will be conducted.

**NOTE:** During competition and while a competitor is on the clock (6-2-2), it is permissible for an athlete, after an aborted attempt, to run, jog, or walk backward in the opposite direction the event is being conducted.

**ART 8 . . .** Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area or throwing implements associated with the competition.

**ART 9 . . .** At the conclusion of any field event, there shall be no further practice and implements, including vaulting poles, shall be removed from the area.

**PENALTY: (Articles 6-9)** First offense shall result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

## Rule 5-3-3, 5-10-6 NOTE

### Section 3 Track Markings

**ART. 3 . . .** An exchange zones is designated for exchanging the baton during relay races. It is an area the width of one lane and 20 or 30 meters long. The lines marking the limits of the exchange zone are included in these measurements. In relay races in which the incoming competitor is running 200 meters or less **in lanes**, the exchange zone shall be extended 10 meters in the direction of the incoming competitor.

**ART. 6 . . .** Each competitor shall carry his/her own team's baton by hand throughout the race and shall pass it to the succeeding teammate. The first competitor shall start with the baton, and the last competitor shall carry the baton until he/she has finished the race. The baton must be passed while the baton is within the exchange zone. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.

**NOTE:** In the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone in which the incoming competitor is running 200 meters or less **in lanes** will be 30 meters long. All exchange zones for races **with incoming legs of more than 200 meters or when the incoming competitors are not in assigned lanes** will remain at 20 meters.

# Providing Aid

- A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing assistance nor his/her team gains an advantage as a result of providing the assistance.
- The competitor receiving the assistance is disqualified.
- Providing Assistance  
4.6.Art. 5g



# Contact Information



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