

Changing the Order of Events or the Actual Events Competed (Track & Field)

In dual, triangular and quadrangular meets, the listed events must be competed unless the changes are listed on the contest contract signed by the school administrators/certified OHSAA assignor or communicated well in advance of the meet. If there is no exception, schools shall expect to compete in each of the events as listed. If some events are not offered or cannot be competed, the offending school, will forfeit the points.

Invitationals must list their order of events in advance of schools entering their meet; the entering of the meet is the acceptance of the modified order of events.

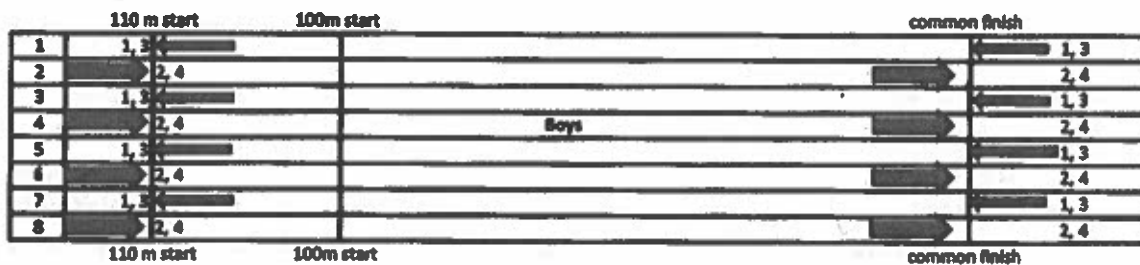
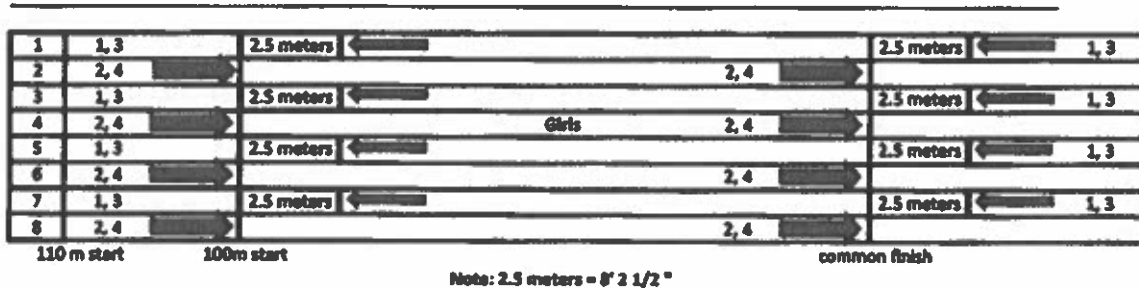
Updated: Additional Allowable Events (Track & Field)

In addition to events outlined in the approved OHSAA Standard Order of Events, schools in Ohio may compete in additional events as outlined in NFHS Rules 1 & 7. All changes to the standard OHSAA order of events must be communicated per the information found in the previous section. The below rules also apply to 7th & 8th grade competition unless otherwise noted.

- All schools must be notified in advance of the change to the order of events per NFHS and OHSAA policy.
- Triple Jump must be competed following NFHS Rule 6
- Javelin and Hammer Throw are **PROHIBITED** during all competitions involving OHSAA member-school.
- If an official is asked to allow an event that is not outlined in this section as an allowed event, they must prohibit that event from taking place and report the issue to the OHSAA using a game report.
- "Special Events" must be competed under USATF Youth Rules as outlined in NFHS Rule 7 unless the OHSAA has stated otherwise below.
 - Decathlon, Pentathlon, Heptathlon, Steeplechase, & Race Walking shall follow the rules outlined in NFHS Rule 7 and USATF Youth rules.
 - Shuttle Relays, Specialty Relays, Team Field Events and Mixed (Gender) Relays shall follow the regulations outlined below. **Only the events as detailed below may competed at an competition involving OHSAA member-schools. The order of distances, exchange zones, starting lines, etc. CANNOT be adjusted. In addition, all OHSAA & NFHS competition rules apply.**
 - Shuttle Relays
 - Shuttle Hurdles
 - A maximum of four teams can be assigned to a section, with each team being placed in two lanes (1/2, 3/4, 5/6, 7/8).
 - Odd lanes will have hurdles set up in reverse position from the normal hurdles for runners 1 & 3 and will run in reverse direction.
 - Even lanes will have hurdles set up in normal position for runners 2 & 4 running in standard direction.
 - The incoming runners' torso must cross the exchange line before the outgoing runner may start. This exchange line shall be 1 meter before the end line of the incoming runner.
 - Boys 4x110MHR
 - 30" hurdles shall be used and placed on the standard 110MH markings
 - Runners 1 & 3 shall start at the common finish, finishing at the standard 110MH starting line.
 - Runners 2 & 4 shall start at the standard 110MH starting line, finishing at the common finish.

- Girls 4x100MHR

- 30" hurdles shall be used and placed at the standard 100MH markings.
- Runners 1 & 3 shall start at a line 2.5 meters (8' 2 1/2") beyond the common finish line, ending at a line 2.6 meters (8' 2 1/2") before the normal 100MH starting line. (Note: The exchange mark would be 3.5 meters from the normal start)
- Runners 2 & 4 shall start at the standard 100MH start, ending at the common finish.



- Specialty Relays

- 4x1600MR

- Start at the traditional 1600M starting line
- Break at the one turn break line
- All exchanges utilize the 4x800 exchange zone

- Distance Medley (1200, 400, 800, 1600)

- Start at the traditional 1600M start line
- Break at the one turn break line
- All exchanges utilize the same zone as the 4x800

- Sprint Medley (100, 100, 200, 400)

- Start at the traditional 4x100MR starting line.
- 1st and 2nd exchanges use the traditional 4x100MR exchange zone.
- 3rd exchange use the traditional 4x800MR exchange, extended on the front end of the zone to be 30 meters. The exchange zone will be the same as the traditional 4x200MR exchange FOR LANE ONE extended across all lanes.
- 4th runner can break after receiving the baton when clear.

- Intermediate Medley (800, 400, 400, 800)
 - Start at the traditional 800M starting line using a two-turn break line.
 - All exchanges utilize the same zone as the 4x800MR.
- 1600 Meter Medley (200, 200, 400, 800)
 - Start at the traditional 4x200 starting line.
 - First & second exchange will be the traditional 4x200 exchange zones
 - Third exchange is at the 4x800 exchange zone.
 - Forth runner may break after receiving the handoff IN THEIR LANE
- Swedish Relay (100, 300, 200, 400)
 - Start at the 200M starting line
 - First exchange is the #3 4x100 exchange zone
 - The second runner breaks at one of the two options, as determined by the games committee, based on the layout of the track.
 - After the second runner has left the exchange zone or
 - At the 800M break line.
 - Second exchange is the #2 4x100 exchange zone for lane one SHORTENED TO 20 METERS— extended across all lanes
 - Third exchange is the 4x400 final exchange zone.
- Games Committees have the ability to run the same relay as multiple separately scored events. For example: A meet can run a traditional 4x100 and a csecond separately scored 4x100 for throwers only or jumpers only.
 - These events **must** follow all NFHS rules and items like pizza boxes, shot puts, discs, etc. cannot be used a relay batons.
- Mixed (Gender) Relays
 - A waiver must be obtained from sports administrator, a minimum of 21 days in advance, allowing the events.
 - The below competition rules are followed:
 - **ONLY** the 4x100, 4x200, 4x400, 4x800, 4x1600 may be competed as mixed gender events.
 - The races **MUST** contain an equal number of male and female athletes
 - Female athletes **MUST** be the 1st and 2nd leg
 - Male athletes **MUST** be the 3rd and 4th leg
 - Team Field Events
 - When throwing implements are used, they **MUST** follow NFHS and OHSAA competition regulations. Each gender much use the appropriate throwing implement.
 - All events **MUST** be scored
 - 50% of the points awarded to each gender
 - All NFHS rules apply to competition
 - **NO meet, conference, official or district may set aside these rules**
- Team Field Events: NFHS rule 5-10-1 clearly identifies relays as races between teams of four competitors, not one of whom may run more than one distance (leg). Therefore, there is no such event as a relay field event. The following rules apply to Team Field Events and shall be followed.
 - Invitational Meets sponsoring team field events shall determine the number permitted to participate for each team (2 or 3 or 4).
 - If a team enters and competes the required number (2 or 3 or 4), the team score shall be determined by adding the individual best of each team member.

- If one or more team members fail to attain the starting height in pole vault or high jump, or fouls all trials in long jump, shot or discus, the team total is still determined by adding the best efforts of all team members. Thus, in a three-person team, the team score could be from the efforts of two members, and if the total is high enough, the team could still score points in that event.
- In the team pole vault or high jump, the following procedure shall be used in the case of a tie in team competition:
 - The team that has the competitor with the best performance of all competitors shall be awarded the higher place.
 - If the tie still remains, the team that has the competitor with the fewest misses at the height last cleared shall be awarded the higher place.
 - If the tie still remains, the team that has the competitor **tied for the best performance** with the lowest total number of unsuccessful trials throughout the competition shall be awarded the higher place.
 - If the tie still remains, the team with the lowest total of unsuccessful trials throughout the competition shall be awarded the higher place.
 - If the above fail to break the tie, the result remains a tie.
- In the team shot put, discus, or long jump the following procedure shall be used in the case of a tie.
 - The team that has the best overall throw is awarded the higher place.
 - If the tie remains, the team that has second best overall throw is awarded the higher place.
 - If the tie remains, the team that has the third best throw is awarded the higher place.
 - If the above fail to break the tie, the result remains a tie.
- In the discus, long jump and shot put, four trials with no final trials shall be used.
- The 5,000M can be competed per the below regulations.
 - The race shall be started using a properly measured waterfall start.
 - All NFHS & OHSAA competition rules apply
 - The 5,000M and 3,200M cannot be competed at the same meet regardless of the number of days the meet spans.
 - The 5,000M CANNOT be competed at the 7th & 8th Grade Level
- Certified Officials may not officiate non-OHSAA approved events and should not allow events to take place in any manner not outlined in the rules (including safety cages).
- None of these additional events will be part of any tournament competition, only those events in the OHSAA order of events will be part of the tournament.

Updated: Allowable Events (Cross Country)

Relay events in Cross Country are prohibited. No events outside of the standard race are allowed.

Updated: Scoring & Ties (Track & Field & Cross Country)

All NFHS regulations must be followed for the breaking of ties. Additional information on determining qualifiers in the tournaments when ties occur can be found in the tournament regulations.

Cross Country Course (Cross Country)

The maximum length of a course is 5,000M. Shorter courses are allowed however their length must be disclosed in advance of the contest