

# 2020-2021 TSSAA Handbook

## UNIFIED TRACK AND FIELD REGULATIONS

### I. GENERAL REGULATIONS

#### TSSAA Uniform Rule:

All uniforms must follow the NFHS Rules. The referee will warn every participant prior to the meet that they must compete in a legal uniform, and if a contestant competes in an illegal uniform, then that contestant is disqualified from that event. There are no team warnings or individual warnings after the meet begins. Officials should use preventative officiating as much as possible.

### II. APPROVED EVENTS

The approved events for TSSAA Unified meets are listed below:

#### Unified Track and Field Events

1. Shot put
2. Long jump(Girls)
3. Long jump(Boys)
4. 100-meter dash(Girls)
5. 100-meter dash(Boys)
6. 4 x 100-meter relay

### III. STATE MEET INFORMATION

#### A. Running Events

All lane assignments will be a blind draw and the school will be in the same lane for all running events.

#### B. Field Events

Each athlete and partner will be allowed three throws in the shot put and three jumps in the long jump.

#### C. Team Awards

First and Second place teams will receive awards. In the event of a tie, priority shall be placed on the team with the most first place finishes. If a tie remains, priority shall be placed on the team with the most second place finishes, and then continue to third place, etc., until the tie is broken. If the tie still remains, a coin flip will determine the placement.

### IV. SCORING

The following scoring system shall be used in the state meet — 10-8-6-5-4-3-2-1.

### V. NUMBER OF EVENTS OPEN TO PARTICIPANTS

Each contestant is limited to participation in a maximum of two individual events and one relay.

### VI. SECTIONAL MEETS

A. In Unified Track there shall be four sectionals. Teams placing first and second shall advance from the sectional to the state meet. If there is a tie in the sectional, priority shall be placed on the team with the most first place finishes. If a tie remains, priority shall be placed on the team with the most second place finishes, and then continue to third place, etc., until the tie is broken. If the tie still remains, a coin flip will determine the placement.

B. TSSAA will select the sectional site and the director. The time schedule for all sectional meets shall be determined by the director and the participating schools.

C. All schools entering the sectional meets must submit their entries online with Tennessee Runner at [tn.milesplit.com](http://tn.milesplit.com). Teams qualifying for the State Meet must submit their entries online with Tennessee Runner.