

**2021**



**TSSAA**  
**TRACK & FIELD**  
**COACHES' INFORMATION**



## **2020 Track and Field Rules Changes**

**(For comments on the 2020 rules changes, see page 76)**

**4-6-5g, 8-6-1** — Clarifies that a competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.

**5-3-3, 5-3-4, 5-10-6 thru 11** — Clarifies that in the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

**6-2-6** — Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway.

**6-3-2b(4)(a)** — This change provides metric measurements for tie-breaking jump-offs for vertical jumps.

**6-9-5** — The length of long jump and triple jump pits constructed after 2019 shall be at least 23 feet (7 meters).

**8-1-1** — Clarifies that a course should be clearly marked with any or all of the methods listed in the rule.

**8-1-3** — Clarifies cross country course layouts.

Each state high school association adopting these rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS rules should contact the rules interpreter designated by his or her state high school association.

The NFHS is the sole and exclusive source of model interpretations of NFHS rules. State rules interpreters may contact the NFHS for model rules interpretations. No other model rules interpretations should be considered.

## **TSSAA INFORMATION**

For more information, visit the track section of our website or go to the links listed below:

### **Classifications:**

Track is a Division I Small and Large and DII A and AA sport. Sectional Information will be made available on <http://tssaa.org/>

### **Regulations & Meet Qualifying Procedures:**

<https://cms-files.tssaa.org/documents/tssaa/sports-regulations/2020-21/2020-21TrackRegulations.pdf>.

### **Catastrophic Insurance:**

<https://cms-files.tssaa.org/documents/tssaa/2019CatastrophicInsurance.pdf>

### **Pole Vault Check List:**

<https://tssaa.org/approved-pole-vault>

### **Coaching Requirements:**

<https://tssaa.org/coaches-education>

### **Concussion:**

<https://cms-files.tssaa.org/documents/tssaa/Concussion-Policy-updated-12.2019.pdf>

### **Heat policy:**

<https://cms-files.tssaa.org/documents/tssaa/HeatPolicy.pdf>

### **Lighting policy:**

The NFHS Lightning Policy (Appendix G) can be found on page 88 of the 2020 NFHS Track & Field Rules Book.

## **POST-SEASON ONLINE ENTRY INSTRUCTIONS (ALL TRAX TIMING):**

### **TSSAA Track & Field**

#### **Online Entry procedures for SUB-SECTIONAL or SECTIONAL Qualifying Meets**

\*\*Head Coaches bear the ultimate responsibility for making sure that their entries are correct and accurate. A head coach may assign the online entry responsibility to one of their assistants; however, the head coach should be certain to double check the entries submitted before the final deadlines.

If you are interested in further details or have simple curiosity about the process, you are welcome to contact Jim Kaiser for more information. ( [jimkaiser@mindspring.com](mailto:jimkaiser@mindspring.com) or 859-492-9990 )

### **HEAD COACHES –**

Your first stop should be to go to the TSSAA website at [www.tssaa.org](http://www.tssaa.org) . Click on the link for DI and DII Track Post-Season Online Entry Form. Information about the online entry process will be made available on or before March 1<sup>st</sup>.

If your school competes in a Sub-sectional meet, you will be required to complete your online entries prior to the posted deadline for your Sub-Sectional meet. Advancers to the Section final meet and then the State Championship will be automatic and you will not need to re-enter athletes again. Sub-Sectional online entry will be open starting on April 15<sup>th</sup> and continue until the final meet entry deadline determined by your meet director.

If your school competes in only a Section final meet, you will be required to complete your online entries prior to the posted deadline for your Section final meet. Advancers to the State Championship will be automatic and you will not need to re-enter athletes again. Sectional online entry will be open starting on April 15<sup>th</sup> and continue until the final meet entry deadline determined by your meet director.

Online entry in 2021 will use the “Athletic Online Entry System” – ([Athletic.net](http://Athletic.net))

While online entry for specific Sub-Sectional and Sectional meets will not open until April 15<sup>th</sup>, coaches are encouraged to visit the website anytime to “claim your team” and “update your athlete/roster names”. Questions about this task are welcome – please contact Jim Kaiser at 859-492-9990 or by email at [jimkaiser@mindspring.com](mailto:jimkaiser@mindspring.com) .

### **SUB-SECTIONAL MEET DIRECTORS—**

Before March 1<sup>st</sup>, please contact Jim Kaiser at 859-492-9990 or by email at [jimkaiser@mindspring.com](mailto:jimkaiser@mindspring.com) so that communication is established and your meet information, time schedule, & deadlines can be posted online at the State Championship website –<http://tssaasports.com/>

Your results database operators should also make contact with Jim Kaiser about Hytek software version updates & other important issues related to the meet database sent after the conclusion of the meets.

### **SECTIONAL FINAL MEET DIRECTORS—**

Before March 1<sup>st</sup>, please contact Jim Kaiser at 859-492-9990 or by email at [jimkaiser@mindspring.com](mailto:jimkaiser@mindspring.com) so that communication is established and your meet information, time schedule, & entry deadlines can be posted online at the State Championship website – [tssaasports.com](http://tssaasports.com)

Your results database operators should also make contact with Jim Kaiser about Hytek software version updates & other important issues related to the meet database sent after the conclusion of the meets.

\*\*note\*\*-if you have Sub-Sectionals that feed into your Section final meet – we want to post meet & advancement information plus a time schedule if available on the State Championship website.

**\*\*Reasons for utilizing online entry & single-provider database preparation**

- Faster State Qualifier list preparation & communication
- Smaller chance for manual mistakes due to human error
- Allows for flexibility of individual meet directors but maintains a state-wide formal process
- Problems are easier to find and the responsible party is identifiable – eliminating “blame-games”

Athletic.net is a resource for coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and tools to simplify common coaching tasks.

*Follow the 4 steps below to get started:*

## 1. Sign up for a free coach account (if you do not have one)

- Go to: [www.athletic.net](http://www.athletic.net)
- Click on '**Log In**' in the upper right-hand corner, and then click '**Sign Up**' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

## 2. Add meets to your season calendar

- **Log In** to Athletic.net
- Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team.
- Click "**Add a Meet**" in your calendar box
- Where it says "Meet ID:" enter an ID if you were given one and click **Add**
- Repeat this process for the rest of your season calendar.  
*(You can also add other meets, even if you don't know the Meet ID. Just select your state and click "Next >" instead of entering your meet ID.)*
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

## 3. Enter team roster

- Open the side menu by clicking on your name.
- Click on your team and then click "**Edit Athletes**" from the list of links for your team.
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

## 4. Register athletes for a Meet

- Locate the meet on your team page and click on the meet name.
- Click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Entries will be saved automatically. *For meets that collect entry fees online, be sure to enter payment information if you want your entries to be accepted.*
- Use the "**Add an Athlete**" buttons to add athletes to your roster if needed.

## **Quick Help Guides for Athletic Online System**

Create Coach Account on Athletic.net - <https://youtu.be/DCqi27F8bkk>

Updating Team Rosters on Athletic.net - <https://youtu.be/FaDiWiMoa-8>

Registering for a Meet on Athletic.net - <https://youtu.be/hkGhF5EFjdk>

**SUB-SECTIONAL AND SECTIONAL MEET INFORMATION:**

**\*This is the information that the TSSAA office received as of 1/09/2020. For updated information, go <https://portal.tssaa.org/common/postseason/index.cfm?id=10&schoolYear=2020>.**

Div.	Class	Meet	Director	School	Date	Comments
1	Large	Section 2 Subsectional Track	Rickey Field	Riverdale HS	April 30/May 1	
1	Large	Section 2 Sectional Track	Rickey Field	Riverdale HS	May 2	
1	Large	Section 2 Decathlon	Taffi Davenport	Stewarts Creek HS	April 12-13	
1	Large	Section 2 Pentathlon	Taffi Davenport	Stewarts Creek HS	April 14	



## **2021 TSSAA TRACK & FIELD REGULATION POINTS OF EMPHASIS:**

### 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. STATE MEET INFORMATION

#### A. Decathlon and Pentathlon

The boys decathlon and girls pentathlon meet shall be held on Thursday and Friday of the week prior to the State Track Meet. All qualifiers in all divisions will compete on Thursday in the pentathlon and on Thursday and Friday in the decathlon.

#### B. Running Events

All lane assignments will be based on the athlete's qualifying performance.

#### C. Running Events in Division I Small and Division I Large

The starting procedure for the 1600M, 3200M, and 4x800 M Relay will be a two alley start with a one curve stagger. The six best times advancing to the state meet will be seeded in the outside alley for all of these mentioned races.

In the following Division I Small and Division I Large Running Events:

Sections vs. Times with the slowest seeded runners/teams in the first section:

100 M High Hurdles, 100 M Dash, 4x200 M Relay, 4x100 M Relay, 400 M Dash, 300 M Hurdles, 800 M Run, 200M Dash, and 4x400 M Relay

#### D. Field Events in Division I Small and Division I Large

In the Long Jump and Triple Jump, there will be two flights of eight with each competitor getting three jumps.

After each competitor in both flights completes three jumps, then the top nine from both flights will get three more jumps. The top eight finishers will receive a medal.

In the Shot Put and Discus, there will be two flights of eight with each competitor getting three throws. After each competitor in both flights completes three throws, then the top nine from both flights will get three more throws.

The top eight finishers will receive a medal.

# TMSAA Track & Field Regulations

<b>Boys' Track Events</b>	<b>Girls' Track Events</b>
110 Meter LH (30 in.)	100 Meter LH (30 in.)
100 Meter Dash	100 Meter Dash
4x200 Meter Relay	4x200 Meter Relay
1600 Meter Run	1600 Meter Run
4x100 Meter Relay	4x100 Meter Relay
400 Meter Dash	400 Meter Dash
800 Meter Run	800 Meter Run
200 Meter Dash	200 Meter Dash
4x400 Meter Relay	4x400 Meter Relay
<b>Boys' Field Events</b>	<b>Girls' Field Events</b>
Discus Throw	Discus Throw
High Jump	High Jump
Long Jump	Long Jump
Shot Put*	Shot Put*

\*The boys' shot put must weigh 4.0 kilograms (8.818 lbs). The girls' shot put must weigh 2.744 kilograms (6 lbs).

## Track Regulations

### I. TSSAA Uniform Rule

- A. 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. Number of Events Open to Participants

- A. No contestant may participate in more than three events in any meet. This regulation applies to all track competition - regular-season meets as well as invitational, conference, sub-sectional, sectional, regional, and state meets.
- B. A school may enter no more than three girls or three boys in any individual event and no more than one team in a relay.

### III. Sectional

- A. In middle school track, there will be two classifications: Class A and Class AA. Classification can be found [here](#).
- B. Four Sectionals (Murfreesboro, Chattanooga, Johnson City, and Memphis) will be held across the state with the qualifiers advancing to the State Championships. There will be 16 qualifiers in each event (4 from each Sectional) for each classification to the State Championships from the Sectional meets.
- C. Sectionals must be completed by May 15, 2021.
- D. There will be a fee of \$50 for a girls' team and \$50 for a boys' team for each school that participates in the championship series. Check with your school administration to see if this was paid with your school's membership in August. This can be reviewed on the school ledger on the TSSAA Portal.

### IV. State Meet Information

- A. Running Events - All lane assignments will be based on the athlete's qualifying performance.
- B. The following scoring system shall be used in the state meet - 10-8-6-5-4-3-2-1.
- C. The Middle School Track & Field State Championships will be held May 22, 2021 at Austin Peay State University in Clarksville, TN.

**2021 TSSAA DIVISION I STATE DECATHLON & PENTATHLON**  
**May 20<sup>th</sup>-21<sup>st</sup>, 2021**  
**Austin Peay State University, Clarksville, TN**

Qualifying sites and directors can be found on the TSSAA website: <https://portal.tssaa.org/common/postseason/>.

**DIVISION I STATE PENTATHLON**

**May 20, 2021**

**Small Class – Start Time: 9:30 AM**  
**Large Class – Start Time: 10:00 AM**

**Order of Events**

<b>Small Class</b>	<b>Large Class</b>
100 Meter Hurdles	100 Meter Hurdles
High Jump	Long Jump
Shot Put	High Jump
Long Jump	Shot Put
800 Meters	800 Meters

**DIVISION I STATE DECATHLON**

**Day 1 - May 20, 2021**

**Small Class – Start Time: 9:00 AM**  
**Large Class – Start Time: 11:00 AM**

**Order of Events**

<b>Small Class</b>	<b>Large Class</b>
100 Meters	100 Meters
Pole Vault	Triple Jump
Discus Throw	Pole Vault
Triple Jump	Discus Throw
400 Meters	400 Meters

**Day 2 - May 21, 2021**

**Small Class – Start Time: 9:00 AM**  
**Large Class – Start Time: 9:00 AM**

**Order of Events**

<b>Small Class</b>	<b>Large Class</b>
110M High Hurdles	110M High Hurdles
Long Jump	High Jump
Shot Put	Shot Put
High Jump	Long Jump
1500 Meters	1500 Meters

\*There will be a 20-minute break between each event in the pentathlon and decathlon

# 2021 TMSAA State Track and Field

**Friday, May 21, 2021 – 4:00pm-6:00pm:** Track open for walk-through;  
Team packets available for pick-up. T-shirt vendor will be on site.

## **Saturday - May 22, 2021**

### **9:00am**

High Jump (pit 1) - AA Boys  
High Jump (pit 2) - A Girls  
Long Jump - AA Girls (4 jumps)  
Shot Put - A Girls (4 throws)  
Discus - AA Boys (4 throws)

### **10:15am**

Long Jump - A Boys (4 jumps)  
Shot Put - A Boys (4 throws)  
Discus - AA Girls (4 throws)

### **11:00am**

High Jump (pit 1) - AA Girls  
High Jump (pit 2) - A Boys

### **11:45am**

Long Jump - AA Boys (4 jumps)  
Shot Put - AA Girls (4 throws)  
Discus - A Girls (4 Throws)

### **1:00pm**

Long Jump - A Girls (4 jumps)  
Shot Put - AA Boys (4 throws)  
Discus - A Boys (4 throws)

### **1:45pm** Officials Break

**2:30pm** All running events on a rolling schedule;  
Order of classification: Girls A, Girls AA, Boys A, Boys AA

100/110 Meter Hurdles

100 Meter Dash

4X200 Meter Relay

1600 Meter Run

4X100 Meter Relay

400 Meter Dash

800 Meter Run

200 Meter Dash

4X400 Meter Relay

## 2021 TRACK STATE MEET SCHEDULE

TUESDAY, MAY 25<sup>th</sup>

### DI Small Classification Track and Field

Field Events	Running Events
9:00 AM - Girls' Long Jump	4:00 PM - Running Event Finals
9:00 AM - Girls' Shot Put	Order of Events:
9:00 AM - Girls' High Jump	4 x 800 Meter Relay
9:00 AM - Boys' Pole Vault	100/110 Meter High Hurdles
9:00 AM - Boys' Triple Jump	100 Meter Dash
9:00 AM - Boys' Discus	4 x 200 Meter Relay
11:00 AM - Boys' High Jump	1600 Meter Run
11:00 AM - Girls' Triple Jump	4 x 100 Meter Relay
11:00 AM - Girls' Discus	400 Meter Dash
11:00 AM - Boys' Long Jump	300 Meter Hurdles
11:00 AM - Boys' Shot Put	800 Meter Run
12:00 PM - Girls' Pole Vault	200 Meter Dash
	3200 Meter Run
	4 x 400 Meter Relay
	Order in Running Events:
	Girls followed by Boys

**WEDNESDAY, MAY 26<sup>th</sup>**

**DII Track and Field**

<b>Field Events</b>	<b>Running Events</b>
9:00 AM - A Boys' Shot Put	8:00am – 3200 Meter Run (DII AA only)
9:00 AM - AA Boys' Discus	
9:00 AM - A Girls' Long Jump	
9:00 AM - AA Girls' Triple Jump	4:00 PM - Running Event Finals
9:00 AM - A Boys' High Jump	Order of Events:
9:00 AM - A Girls' Pole Vault	4 x 800 Meter Relay
10:30 AM - A Girls' Shot Put	100/110 Meter High Hurdles
10:30 AM - AA Girls' Discus	100 Meter Dash
10:30 AM - A Boys' Long Jump	4 x 200 Meter Relay
10:30 AM - AA Boys' Triple Jump	1600 Meter Run
10:30 AM - A Girls' High Jump	4 x 100 Meter Relay
10:45 AM – AA Girls' Pole Vault	400 Meter Dash
12:00 PM - AA Boys' Shot Put	300 Meter Hurdles
12:00 PM - A Boys' Discus	800 Meter Run
12:00 PM - AA Girls' Long Jump	200 Meter Dash
12:00 PM - A Girls' Triple Jump	3200 Meter Run (DII A Only)
12:00 PM - AA Boys' High Jump	4 x 400 Meter Relay
12:30 PM - A Boys' Pole Vault	
1:30 PM - AA Girls' Shot Put	
1:30 PM - A Girls' Discus	
1:30 PM - AA Boys' Long Jump	
1:30 PM - A Boys' Triple Jump	
1:30 PM - AA Girls' High Jump	
2:30 PM - AA Boys' Pole Vault	
	Order in Running Events: Girls followed by Boys

**THURSDAY, MAY 27<sup>th</sup>**  
**DI Large Classification Track and Field**

<b>Field Events</b>	<b>Running Events</b>
9:00 AM - Girls' Long Jump	4:00 PM - Running Event Finals
9:00 AM - Girls' Shot Put	Order of Events:
9:00 AM - Girls' High Jump	4 x 800 Meter Relay
9:00 AM - Boys' Pole Vault	100/110 Meter High Hurdles
9:00 AM - Boys' Triple Jump	100 Meter Dash
9:00 AM - Boys' Discus	Unified 100 Meter Dash
11:00 AM - Boys' High Jump	4 x 200 Meter Relay
11:00 AM - Girls' Triple Jump	1600 Meter Run
11:00 AM - Girls' Discus	Unified 4 x 100 Meter Relay
11:00 AM - Boys' Long Jump	4 x 100 Meter Relay
11:00 AM - Boys' Shot Put	400 Meter Dash
12:00 PM - Girls' Pole Vault	300 Meter Hurdles
2:00 PM - Unified Long Jump	800 Meter Run
followed by Unified Shot Put	200 Meter Dash
	3200 Meter Run
	4 x 400 Meter Relay
	Order in Running Events:
	Girls followed by Boys



## **SPRING 2021 IMPORTANT DATES:**

First Practice Date .....	Feb. 15, 2021
First Contest Date.....	Mar. 15, 2021
Deadline to File Eligibility & Schedules.....	Mar. 15, 2021
DI (Small & Large) Sectionals & DII Regions (Must be completed) .....	May 19, 2021
DI & DII Decathlon and Pentathlon State Champions.....	May 20-21, 2021
DI & DII State Meets .....	May 25-27, 2021
Dead Period.....	Jun. 28 – July 11, 2021

## **TACA TRACK COMMITTEE:**

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As many of you know, our office receives a tremendous amount of calls each day. It is sometimes difficult to reach us by telephone. Please try to utilize e-mail for a quick response to any questions you may have.



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