

Rules in this section shall apply to both boys' and girls' indoor track and field unless otherwise specified.

22.1 IMPORTANT DATES

2019-2020 DATES	CALENDAR WEEK	ACTIVITY
Monday, August 12, 2019 – Sunday, December 15, 2019	6th - 24th	Weight training/conditioning permitted. No practice/contests allowed.
Monday, December 16, 2019	24th	1st Practice (Current medical history/exam, athletic participation/parental permission, and substance misuse forms must be on file.)
Saturday, January 4, 2020	26th	1st Meet (Eligibility must be submitted online.)
Saturday, February 15, 2020	32nd	End of Regular Season
Monday, February 17, 2020	33rd	Entry to State Meet (Boys' and Girls')
Saturday, February 22, 2020	33rd	Boys' and Girls' State Meet - LSU, Baton Rouge
Monday, February 24, 2020 – End of School	34th – TBD	Weight training/conditioning permitted. No practice/contests allowed.
Sunday, May 17, 2020	46th	Summer Rules Begin

22.2 CONTEST LIMITS - A team shall be limited to one meet per calendar week during the regular season. (Sunday - Saturday)

22.3 GENERAL

22.3.1 Uniforms - Participants shall follow the same uniform guidelines as outdoor track and field found in Rule 23.6.21.

22.3.2 A regular season indoor track and field meet conducted by a Louisiana college and university, in which LHSAA schools participate shall be co-hosted by an LHSAA school. The principal of the LHSAA school co-hosting the Louisiana collegiate meet shall obtain written permission to co-host the meet at least 14 calendar days prior to the meet.

1. All entry fees for qualifying meets shall be set by the host organization.
2. All authorized LHSAA and LHSCA membership cards shall be honored for admission to all indoor track and field meets conducted in Louisiana in which LHSAA schools participate.
3. An LHSAA school shall not participate in a Louisiana collegiate meet that is not co-hosted by an LHSAA school and approved by the LHSAA.
4. An LHSAA school shall not participate in any event in any Louisiana collegiate meet that is not permitted under the LHSAA by-laws that pertain to this sport. Contestants shall not run in any event that is not sanctioned by the LHSAA.
5. A school shall not compete in any manner in any Louisiana collegiate meet against independent teams, recreation teams, junior colleges or community teams, four-year colleges or university teams, professional or semi-professional teams or individuals who compete "unattached" in high school events. (Exception: Participation against club teams)

6. In the sports of boys' and girls' indoor track and field, member schools shall be allowed to compete against individuals from club teams under the following restrictions. The meet shall be conducted without recording any team points and score and without awarding any team honors; all participants on the club team shall be high school age and shall meet the eligibility requirements of their respective state high school athletic association and of the high school they attend. The uniform rules of the NFHS shall be strictly enforced.

7. The practice of having the times/distances or heights recorded by LHSAA contestants officially compared against the times recorded by the contestants from teams cited in the previous rule or the times, distances or heights recorded by "unattached" individuals for the purpose of determining place of finish in the meet for awarding meet honors shall be a violation of the Independent Team Rule found in Section 4 of the By-laws.

8. An LHSAA school(s) or individual(s) that fails to comply with this rule shall be subject to the penalties outlined in Section 5, "Penalty Code."

22.4 RULES OF COMPETITION

22.4.1 All indoor track and field meets shall be conducted in accordance with the NFHS Track and Field Rules. Special rules may be adopted to facilitate meet management. All LHSAA indoor track and field rules shall apply.

22.4.2 Events:

<u>Running Events</u>	<u>Field Events</u>
60 Meter Dash	Pole Vault
60 Meter Hurdles (39" - Boys)	Shot Put - plastic
60 Meter Hurdles (33" - Girls)	High Jump
400 Meter Dash	Long Jump
800 Meter Run	Triple Jump
1600 Meter Run	
3200 Meter Run	
4 x 200 Meter Relay	
4 x 400 Meter Relay	
4 x 800 Meter Relay	

22.5 STATE MEET

22.5.1 The Executive Director shall secure possible sites for the state meet and present them to the Executive Committee for selection.

22.5.2 The meet host shall appoint the meet director.

22.5.3 The organization and administration of the meet shall be left to the discretion of the meet host as long as the meet complies with LHSAA constitutional rules and by-laws.

22.5.4 Schools shall compete for state championship honors in the following divisions:

Division I - Classes 5A and 4A - Boys and Girls

Division II - Classes 3A, 2A, 1A, B, and C - Boys and Girls

22.5.5 A school shall be required to compete in a preliminary qualifying meet in order to compete in the state indoor meet. Only those meets hosted by Louisiana State University and McNeese University during the current indoor season shall be recognized as qualifying meets.

22.5.6 Entry Forms: All entries to the state meet shall be prepared and submitted electronically, via Direct Athletics no later than the deadline established in Rule 22.1, Important Dates, in this section. A school with a delinquent declaration may still enter its contestants but must do so electronically with the meet director between the hours of 8:00 a.m. and 12:00 noon the day following the end of the entry deadline established in Rule 22.1, Important Dates, in this section. Declarations received in the late period shall incur a \$30 fine per entry, including alternates, in addition to the standard entry fee. The late declaration shall include the school's name, athlete's name and gender; event relays should include the names of all athletes and any alternates.

22.5.7 Entry Restrictions:

1. A school shall enter no more than two individual contestants who meet the qualifying standard in each event.
2. A school shall enter only one relay team in a relay event.
3. Each contestant shall only be allowed to enter four events.

22.5.8 Entry Fees: A school shall pay separate entry fees for boys' and girls' teams. The required entry fees shall be paid with a school check payable to the LSU Track and Field Officials' Association at the meet during packet pickup. \$150 per team (boys or girls) with ten or more contestants or \$15 per contestant for a team with fewer than ten.

22.5.9 Qualifying for Running Events:

1. Official entry lists shall be the basis for seeding events and drawing lanes.
2. Boys and girls will qualify to compete in the state meet under the following plan:

60 Meter Dash	Top 16 times from all qualifying meets
60 Meter Hurdles	Top 16 times from all qualifying meets
400 Meter Dash	Top 12 times from all qualifying meets
800 Meter Dash	Top 12 times from all qualifying meets
1600 Meter Run	Top 12 times from all qualifying meets
3200 Meter Run	Top 12 times from all qualifying meets
4 X 200 Meter Relay	Top 12 times from all qualifying meets
4 X 400 Meter Relay	Top 12 times from all qualifying meets
4 X 800 Meter Relay	Top 12 times from all qualifying meets

3. In case of ties in qualifying times, the games' committee will determine those qualifying to the state meet.

22.5.10 Qualifying for Field Events:

1. In the trials each contestant shall be given three attempts in the long jump, triple jump, and shot put. The seven contestants with the best performances in these events shall qualify for the finals and shall be allowed three more attempts.
2. Boys and girls will qualify to compete in the state meet under the following plan:

Pole Vault	Top 16 from all qualifying meets
Shot Put	Top 16 from all qualifying meets
High Jump	Top 16 from all qualifying meets
Long Jump	Top 16 from all qualifying meets
Triple Jump	Top 16 from all qualifying meets

3. In case of ties in qualifying marks, the games' committee will determine those qualifying to the state meet.

22.5.11 Team Scoring:

<u>Place</u>	<u>Points</u>
1 st	10
2 nd	8
3 rd	6
4 th	4
5 th	2
6 th	1

22.5.12 Special Rules:

1. The no-false-start rule shall be observed; a contestant shall be disqualified on one false start.
2. If a runner is lapped in a distance race, an official shall move him/her to the inside of the track. A minimum of 10 runners shall remain in the race at all times.

22.5.13 Check-in for Coaches: Coaches shall check-in between 10 a.m. and 2 p.m. on the day of the state meet. Team packets with meet heat sheets shall be distributed during check-in.

22.5.14 Check-in for Contestants

1. Running Events: Runners shall check-in with the clerk of course at the check-in area one event prior to the event in which they shall compete.
2. Field Events: Contestants shall check-in with the event's head judge at the event site 30 minutes prior to the event in which they shall compete.

22.5.15 Weigh-in for Shot Put: Weigh-in for shot put will begin two hours prior to the event start time and will end one-half hour prior to the event start.

22.5.16 Final Results:

1. Individual results shall be posted at the conclusion of the event.
2. Final results shall be posted on the LHSAA website at www.lhsaa.org.

22.5.17 Interrupted Competition: If competition is interrupted because of events beyond the control of the responsible administrative officials, the competition shall be completed the next day from the point of interruption. If this is not possible, the meet must be resumed within 72 hours following the cancellation of the original meet. If the meet cannot be completed within 72 hours, there shall be no team champions named in that class/division unless the points earned by any school(s) competing will not change the outcome of the meet.