

# *SECTION VIII*



## MODIFIED SPRING TRACK and FIELD HANDBOOK

2023

SECTION VIII – NASSAU BOCES

## **CONTACT INFORMATION**

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## **IMPORTANT INFORMATION**

**Sport Season**---March 27, 2023 through June 3, 2023

**Required Number of Practices**---For Scrimmage/Meet is 6

**Maximum Number of Meets**---8

**Minimum Number of Nights Rest Between Meets**---2

**Individual Limitations Per Meet**---The total distance in 2 running events may NOT exceed 2300 meters. Relays count as a running event. A student-athlete may enter a maximum of four (4) events per day as long as one is a relay. No more than two track events or two field events may be entered each day. (Feb. 2023)

**Rules Governing Body**---All Track Meets will be contested under the National Federation of High Schools (NFHS) Rule Book, with Modified exceptions.

## **BOYS & GIRLS MODIFIED SPRING TRACK PROGRAM**

Use the National Federation Track Rules with Modified exceptions:

- 1) A student-athlete may enter a maximum of four (4) events per day as long as one is a relay. Relays count as a running event. No more than 2 running events or 2 field events. If an athlete is participating in 2 running events, the total distance he/she is running may not exceed **2300** meters. Relay races count as running events.
  
- 2) The 55 meter hurdle race has **5 (five)** hurdles which have the following spacing:  
12 meters-----start to the 1<sup>st</sup> hurdle  
8 meters-----distance between hurdles  
11 meters-----5<sup>th</sup> hurdle to finish line  
Hurdle races must be run with 2 or more competitors. The hurdles should be **30 inches** in height.
  
- 3) One false start is allowed to a competitor before disqualification.
  
- 4) The competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacturer. The top shall not be knotted or have a knot-like protrusion. Bare midriff tops are NOT permitted. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
  
- 5) Any visible garments worn underneath the uniform top and/or bottom is considered a foundation garment and, is therefore, NOT subject to logo/trademark/reference/color restrictions.
  
- 6) All Relay team members must wear uniforms CLEARLY indicating that the members are from the same team. The criteria to determine this is through a) predominant color, b) school logo, and c) color combination of all outer garments worn as a uniform. The official should be able to observe that all members of the relay are from the same team.
  
- 7) No hats are to be worn during competition. Hard barrettes used to hold the hair back may not exceed 2 inches in length.
  
- 8) Spikes are now allowed at the Modified level.
  
- 9) All race distances are to be measured in metrics.
  
- 10) Only the 1<sup>st</sup> 2 heats count for scoring purposes. **(Exception: Hurdles)**

11) Officials will check the field event areas. Field events run **simultaneously** with the running events. Maximum number of entrants per team in each field event will be **6**. All Scorers must be predetermined.

**Shot Put**—4K metal or soft. (not 8 lbs). Ring or painted surface. A safe landing area.

**High Jump**—Landing pit is 16 x 8 x 2 feet with common cover. Hard unyielding surfaces such as concrete, wood, or asphalt that extend out from beneath the sides or back of the HJ landing pit shall be padded with a minimum of 2-inch dense foam or other suitable material (4 feet wide). The mats must have a common cover. Boys-opening height is 4' 0" and moves up 3" until 5'. Then 2".

Girls-opening height is 3' 6" and moves up 3" until 5'. Then 2".

**Long Jump**---Take-off board is approximately 8 feet from landing pit.

As per new rules, long jump/triple jump pits must contain a minimum depth of 12 inches of sand in the landing area and the sand must be level with the front edge of the pit. If the long jump/triple jump pit has drop-in covers, the sand must still be 12 inches in depth in the landing area and may be level to the line of the shelf at which the covers lay. The sand must be free of any debris, rocks, glass, etc, or any objects that would deem the pit unsafe. It is the host school's responsibility to ensure their facilities are up to the standards of the rules. Host schools must do their due diligence and inspect facilities before the competition. If the officials declare that long jump pit is illegal, the host school will forfeit those points and the points will be equally distributed between the other teams in the meet.

## 12) **ORDER OF EVENTS**

### **Running Events**

55m meter Hurdles

400 meters

100 meters

800 meters

55 meters

200 meters

1500 meters

4 x 100 meter relay

4 x 400 meter relay (optional)

(more than 1 relay team may be entered, but only 1 may score)

### **Field Events**

Shot Put

Long Jump

High Jump

(It is suggested that the High Jump be run for boys and girls simultaneously. The Shot Put and Long Jump should be run independently for boys and girls.)

13) **SCORING**

<b>Dual Meet:</b>	1 <sup>st</sup> place----5 pts. 2 <sup>nd</sup> place---3 pts. 3 <sup>rd</sup> place---1 pt.	<b>Relay:</b>	1 <sup>st</sup> —5 pts. 2 <sup>nd</sup> --0 pts.
<b>Tri Meet:</b>	1 <sup>st</sup> place----5 pts. 2 <sup>nd</sup> place---3 pts. 3 <sup>rd</sup> place---2 pts. 4 <sup>th</sup> place---1 pt	<b>Relay:</b>	1 <sup>st</sup> —5 pts. 2 <sup>nd</sup> —3 pts. 3 <sup>rd</sup> ---0 pts.
<b>Quad Meet:</b>	1 <sup>st</sup> place----6 pts. 2 <sup>nd</sup> place---4 pts. 3 <sup>rd</sup> place---3 pts. 4 <sup>th</sup> place---2 pts. 5 <sup>th</sup> place---1 pt	<b>Relay:</b>	1 <sup>st</sup> —6 pts. 2 <sup>nd</sup> —4 pts. 3 <sup>rd</sup> —2 pts. 4 <sup>th</sup> —0 pts.
<b>5 Team:</b>	1 <sup>st</sup> place----8 pts. 2 <sup>nd</sup> place---6 pts. 3 <sup>rd</sup> place---4 pts. 4 <sup>th</sup> place---2 pts. 5 <sup>th</sup> place---1 pt.	<b>Relay:</b>	1 <sup>st</sup> —8 pts. 2 <sup>nd</sup> —6 pts. 3 <sup>rd</sup> —4 pts. 4 <sup>th</sup> —2 pts. 5 <sup>th</sup> ---0 pts.

**NASSAU TRACK & FIELD and CROSS COUNTRY OFFICIALS ASSOCIATION**

**MODIFIED LEVEL---SPRING TRACK**

**1) SAFETY**

a- All athletes and spectators shall remain in the bleachers or behind a designated line on the field so as to be away from the finish line and not interfere with the progress of the meet.

b- Please check all equipment (hurdles, shots, high jump) to see if it is in proper working order and meets the requirements in the rule book.

c- No warm ups will take place at the shot put, high jump, or long jump unless there is an adult supervisor/coach at that individual site of competition. At the conclusion of any field event, there shall be no further practice and implements shall be removed from the area.

d- It is strongly recommended that a safety barrier (ropes or flagging) be in place surrounding the shot put event so as to enhance the safety of the athletes participating in that event and reduce the propensity of injury to all persons.

**2) EFFICIENCY at the FINISH LINE**

a- Only officials, coaches, and managers are permitted at or near the finish line.

b- Coaches or managers should have a run-down of the athletes who are entered in the race so as to write down the time that the official gives them to expedite the recording at the finish line.

c- Officials will do their best to time all athletes entered in a particular race.

**3) UNIFORMS**

1) The competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacturer. The top shall not be knotted or have a knot-like protrusion. Bare midriff tops are NOT permitted. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.

2) Any visible garments worn underneath the uniform top and/or bottom is considered a foundation garment and, therefore, NOT subject to logo/trademark/reference/color restrictions.

3) All Relay team members must wear uniforms CLEARLY indicating that the members are from the same team. The criteria to determine this is through a) predominant color, b) school logo, and c) color combination of all outer garments worn as a uniform. The official should be able to observe that all members are from the same team.

4) Spikes are allowed at the Modified level of competition.

**4) SUPERVISION**

a- An adult supervisor or coach must be in charge of each field event (high jump, shot put, and long jump) and properly run that particular event to its conclusion.

b- An adult supervisor or coach shall help supervise the infield, if athletes and spectators are present, so as to not have them interfere with the progress of the meet.

