

★	STARTER/REFEREE	[Summary of Rules]	2025	Boys 1st - Even Year Girls 1st Odd Year
<b>STARTING VIOLATIONS</b> [Falls due to contact within 50M ➔ RECALL]				5-7-6
1) Failure to comply with starter's commands.				5-7-4a
2) Body ON or OVER the starting line when gun is fired.				5-7-4b
3) Before gun is fired - Moves after assuming set position.				5-7-4c
4) Before gun is fired - Leaves mark with a forward motion.				5-7-4d
5) Repeated use of disconcerting acts.				5-7-4f
<b>RUNNING INFRACTIONS</b>				p.37; 39-40
6) Interference - bump, trip, impede opponent. [4-6-5a]				5-9-1
7) Three consec steps on/over inside lane line on curve.				5-12-1a
8) Ran outside assigned lane and interferes.				5-12-1bc
9) Doesn't finish in assigned lane; Cut before break line.				5-12-1de
10) Gained meaningful advantage by running inside track curb.				5-13-1
<b>HURDLE INFRACTIONS</b>				p.40
11) Did not attempt to clear each hurdle.				5-14-1a
12) Knocks down or displaces any hurdle with hand.				5-14-1b
13) Advanced/trailed a leg/foot alongside/below gate.				5-14-1c
14) Ran over hurdle not in the assigned lane.				5-14-1d
15) Ran around a hurdle / interfered with another hurdler.				5-14-1ef
<b>RELAY GUIDELINES</b>				p.24; 38-39
16) Athletes must identify from same team by uniform.				4-3-2a
17) Relay substitutionss must come from the entry card.				5-10-2
18) Relay order may be changed between heats/rounds.				5-10-3
19) Relays run in lanes: Baton must exchange in assn. lane.				5-10-4
20) Baton must be HANDED not tossed between runners.				5-10-5
21) Baton dropped in zone may be retrieved by either runner.				5-10-7
22) After pass, incoming stands still or jogs forward.				5-10-8
23) Outgoing waits inside zone & must exchange in zone.				5-10-9
24) Track Rules relative to fouling, coaching or interference apply identically to relay races.				5-10-11
<b>UNIFORM INFRACTIONS</b>				p.23-25
25) No offensive body adornment. (temp or permanent)				mhsaa
26) GAMES COMMITTEE decides if uniform top is tucked.				3-2-4j
27) Failure to wear the school-issued/approved uniform.				4-3-1
28) Uniform not worn as intended by manufacturer.				4-3-1
29) Failure to wear shoes on both feet or assigned number.				4-3-1a1,b1
30) Uniform doesn't hang below waistband/not tucked.				4-3-1b3
31) Uniform top has knotted protrusion or bare midriff top.				4-3-1b3
32) Mfg logo > 2¼ in. sq. or more than 1 logo per garment.				4-3-1b5
33) Mfg logo around the waistband is not a violation.				4-3-1b5
34) Removed part of uniform near finish line (1 warning).				4-3-3
<b>CONDUCT UNSPORTING (EVENT + MEET DQ)</b>				p.25-26
35) Intentional contact. Disrespectful toward an official.				4-6-1
36) Taunting. Criticizing. Profanity. Unethical Conduct.				4-6-1
<b>CONDUCT UNACCEPTABLE (EVENT DQ)</b>				p.13-14; 26
37) GAMES COMMITTEE must authorize finish line video.				3-2-4o
38) Using VIDEO REPLAY/TV to review an official's decision.				3-2-7
39) Fail to report before Field Ev BEGINS or Run Ev CLOSED.				4-1-3
40) Indirect action/profanity discrediting individual/school.				4-6-2
41) Willful failure to follow an official's directions.				4-6-2
42) Non-participant Interference. Teammate may also be DQd.				4-6-3
43) Assisted by pacing -or- using an aid during race/trial.				4-6-5bf
44) Contestants joining hands during a race.				4-6-5c
45) Communication using any device during race/trial.				4-6-5d
46) Coaching from a restricted area.				4-6-5e
47) Received physical assistance during a race or trial.				4-6-5gh
<b>INCIDENT REPORT</b>				
(Deliver to Referee)				
<b>Rule Number</b>				
<b>Event</b> <b>Heat/Lane</b>				
<b>School or Colors</b>				
<b>DESCRIPTION OF OFFENSE</b>				
<b>STARTER Signature</b>				
<b>REFEREE DECISION</b>				
<input type="checkbox"/> MEET DQ				
<input type="checkbox"/> EVENT DQ				
<input type="checkbox"/> WARNING				
<input type="checkbox"/> NO CALL				
<b>REFEREE SIGNATURE</b>				

★	UMPIRE	[Summary of Rules]	2025	Boys 1st - Even Year Girls 1st Odd Year
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11) Interfered with another hurdler.				5-14-1f
<b>RELAY INFRACTIONS</b>				p.39-40
12) Unclear if athletes are of the same team by uniform.				4-3-2a
13) Competitor wearing gloves during relay competition.				5-11-1b
14) Baton not passed legally within the exchange zone.				5-11-1c
15) Baton is recovered illegally after being dropped.				5-11-1d
16) Carries baton in a manner other than with the hand.				5-11-1e
17) Team finishes without a baton.				5-11-1f
18) After passing the baton, incoming runner interferes.				5-11-1g
19) Outgoing runner lines up outside designated zone.				5-11-1hi
20) Team member runs more than one leg.				5-11-1j
21) Finish with a different baton than team started with.				5-11-1k
22) Teammates simultaneously touch baton out of zone.				5-11-1l
23) Incoming runner pushes outgoing runner.				5-11-1m
24) Throwing the baton after race is ended.				5-11-1n
25) Failure to pass baton or finish in assigned lane.				5-12-1d
<b>UNIFORM INFRACTIONS</b>				p.23-25
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<b>REFEREE SIGNATURE</b>				

**APPEAL/PROTEST PROCESS**

- |   |       |
|---|-------|
| 1) Jury of Appeals = final board of appeals.  | 3-5-1 |
| Coach protests to REFEREE. If coach still feels the                                   |       |
| 2) rules have been misapplied, a written appeal shall be made to the JURY OF APPEALS. | 3-5-2 |

**SITUATIONS SUBJECT TO APPEAL/PROTEST 3-5-3**

- |  |        |
|--|--------|
| 3) Misapplication of a rule or error in placing.<br>[30-minute limit from announcement of event results] | 3-5-3a |
| 4) Clerical error / Team Scoring error.<br>[48-hour limit from end of meet]                              | 3-5-3b |
| 5) Correction of results (of ineligible participant).<br>[no time limit]                                 | 3-5-3c |
| 6) Fail to follow procedure announced in advance.<br>[time schedule; field event procedure; advancing]   | 3-5-3d |

**NOT SUBJECT TO APPEAL/PROTEST 3-5-4**

- |   |        |
|---|--------|
| 7) Judgment decisions pertaining to rule violations.  | 3-5-4a |
| 8) A decision made by finish judges/timers.<br>[not involving misapplication of rule / procedure] | 3-5-4b |
| 9) Whether a start is fair or legal.  | 3-5-4c |

**DESCRIBE THE RULING OR SITUATION IN QUESTION**

**RULE 3-2-7**

*Video Replay ...*

*Other than from approved official finish line equipment,  
shall not be used to make decisions related to the meet.*

Event	Heat/Lane
School	
Athlete ID or Bib #	
NF RULE NUMBER IN QUESTION	
Signature (Coach)	

**JURY OF APPEALS  
RECOMMENDATION**

☐ **APPEAL  
FAVORED**

☐ **APPEAL  
DENIED**

☐ **ERROR  
CORRECTED**

**REFEREE'S FINAL  
DECISION**

**REFEREE SIGNATURE**



**p.14** **< REFEREE IS IN CHARGE >** **Rule 3-4-1**

The REFEREE is directly in charge of activities during the meet.  
The REFEREE shall answer questions which are not specifically placed under the jurisdiction of other officials.

**p.14** **< INTERVAL OF AUTHORITY >** **Rule 3-4-2**

The REFEREE'S authority begins upon arrival at the meet site and concludes 30 minutes after the last event results have been announced or made official. The REFEREE retains clerical authority over the contest through the completion of any reports, including those imposing disqualifications, that are responsive to actions occurring while the REFEREE had jurisdiction. State associations may intercede in the event of unusual incidents after the REFEREE'S jurisdiction has ended or in the event that a contest is terminated prior to the conclusion of regulation play.

**p.14** **< RERUNS >** **Rule 3-4-3**

The REFEREE has the sole authority to determine if a race shall be rerun, and if so, who is eligible to participate in the rerun and when it should be scheduled.

**NOTE: Refer to RULES 5-9-2 and 5-9-3 for interference guidelines.**

a - Determine if a rerun is necessary:

1. Acknowledge that a race rerun will rarely, if ever, be fair to everyone and should be avoided if at all possible.

2. To consider a rerun, one of the following must apply:

- (a) interference by another competitor resulting in disqualification;
- (b) interference caused by a nonparticipant; or
- (c) a meet administration error: wrong staggers, hurdle setting, official's instructions, etc.

3. Reruns should be considered only in races or relays with individual legs of 400 meters or less for a one-day meet. A competitor who is eligible and elects to participate in the rerun wipes out any performance, including place, time or record, in the original race.

4. Any disqualification that occurred in the original race would stand.

**p.15** **< SOLE AUTHORITY >** **Rule 3-4-4**

The REFEREE has the sole authority for ruling on infractions, except as provided in Rule 3-6-1. The REFEREE has sole authority for ruling on irregularities not covered within the rules.

The REFEREE may seek the advice of the head umpire or field referee/head field judge before making a ruling. The REFEREE is also authorized to disqualify a competitor who commits an infraction personally observed by the REFEREE.



**p.15** **< DEFICIENT VENUE >** **Rule 3-4-5**

Upon determining that the event venue does not meet the criteria set forth in the rules, the REFEREE shall declare that the event will not be contested, and points for the event will be divided among visiting teams.  
The host team will receive no points.

**p.15** **< NOTIFICATION OF DISQUALIFICATION >** **Rule 3-4-6**

When a competitor is disqualified, the REFEREE shall notify or cause to be notified, the competitor and the competitor's coach of the disqualification.

**p.15** **< LAP COUNTERS >** **Rule 3-4-7**

The REFEREE shall note and call aloud, for the benefit of each competitor, the laps remaining in individual races or relay legs of two laps or more. This responsibility may be delegated to a lap caller.  
Lap cards may be used in lieu of verbal reports.

**p.15** **< COACH/CAPTAIN/REFEREE MEETING >** **Rule 3-4-8**

Prior to the meet, the REFEREE shall, either by a meeting or written communication, address the following with all head coaches and team captains:

- a. All team members are expected to exhibit good sporting conduct.
- b. The head coach shall verify verbally, or in writing, that all of the team's competitors are properly equipped (uniform and equipment) in compliance with these rules.
- c. Any special circumstances, procedures and information pertaining to the meet.

**p.15** **< APPROVAL OF RESULTS >** **Rule 3-4-9**

The REFEREE shall approve the official scorer's final results and record the time the meet was officially concluded.

## MHSAA REGIONAL & FINAL MEET CLERKING PROCEDURES 2025

☐ **800M Run**

1 section - if 20 runners or less  
2 sections - if 21 or more runners  
[16 run in 2nd section]

☐ **1600M Run**

1 section - if 24 runners or less  
2 sections - if 25 runners or more  
[16 run in 2nd section]

☐ **4x800M Relay**

1 section @ REGIONALS  
1 section @ FINALS [if 20 teams or less]  
2 sections @ FINALS [if 21 teams or more]  
if 21-24 teams ➡ ➡ ➡ 12 teams in 2nd section  
if 25 or more teams ➡ 16 teams in 2nd section  
[single row each waterfall]

☐ **3200M Run**

1 section per MHSAA  
[Single row each waterfall]



## INCLEMENT WEATHER

### CONTEST SUSPENSION GUIDELINES



[p. 1 of 2]

***"If you can see it, flee it; If you can hear it, clear it."***

**- National Lightning Safety Council**

**I. On threatening days, game management should consult with contest officials about steps to be followed if conditions worsen.**

**II. When suspending an outdoor contest, officials and game management shall follow these policies.**

A. When lightning is observed or thunder is heard, the contest must be suspended. The occurrence of lightning or thunder is not subject to interpretation or discussion — **lightning is lightning; thunder is thunder.**

B. Severe weather in the form of rain or snow may make the field unplayable.

**III. When a contest is suspended, the home school administration shall attempt to arrange for the security of all participants.**

A. Contestants and support personnel shall be moved to appropriate indoor facilities.

B. When lightning is observed or thunder is heard and the contest is suspended, contestants shall not return to the playing field until lightning has been absent from the local sky and thunder has not been heard for 30 minutes.

C. Spectators shall be advised of the action being taken to seek shelter. Some hosts may be able to offer shelter to spectators but are not required to do so.

**IV. In considering resumption of competition, the following steps shall be followed.**

A. Delays for contests scheduled prior to 3 p.m. must not exceed three (3) hours.

Delays for contests scheduled for 3 p.m. or later must not exceed one and one half (1½) hour.

Delays on nights not followed by school for all the competing teams may be longer by mutual agreement of participating schools.

A postponed contest shall be rescheduled on a date/time mutually agreed to by the schools involved.

## INCLEMENT WEATHER

(continued)



[p. 2 of 2]

B. A decision to resume the contest within the time frame must be made by the officials who shall consult the home team administration and visiting school administration present at the contest.

C. The home school is responsible for facilities and will be given priority consideration in the final decision if there is not consensus among the 3 parties.

D. The final decision shall consider liability and conditions of facilities as well as future schedules, need to play the contest and the quality of all other options.

**NOTE: MHSAA tournament policies for MHSAA tournament contests, or more restrictive local policies for regular-season contests would supersede these policies and should be shared with the opponents and officials prior to the contest, preferably in writing.**

Otherwise, and to the extent allowed by the playing rules code, the official(s) shall make the final decision regarding game suspension once the game begins.

### REGULAR-SEASON CONTEST DELAYS



When a league or conference does not have a written policy regarding late contest start time, the following MHSAA policy shall apply:

1. If a team fails to arrive for a regular-season contest at the time stated on the contract, it shall be necessary for the host administration to delay the contest, declare the game forfeited, reschedule the contest, or declare the event "no contest."
2. If the host management has been notified of the reason for the delay and projected arrival, the officials must stand by for 60 minutes beyond the scheduled starting time. When the team arrives, a reasonable amount of time must be provided for the visiting team to conduct a pregame warm-up. The warm-up shall not be less than 15 minutes.
3. If the host management has not been notified that there is a delay and the reason for it, the officials have permission to leave the site, without obligation, 30 minutes after the contracted start time has passed.

#### ⇒ MHSAA tournament play:

**The Participating School Tournament Information for each sport will prescribe the specific action to be taken.**

#### ⇒ Regular Season play:

**League and conference policy supersedes the policy above, so coaches and officials should inquire with their league to see if any policy exists.**



I. IF THERE IS A WATCH OR WARNING AT AN MHSAA TOURNAMENT SITE ...

A. **WATCH** or **WARNING** issued at least three hours prior to the event:

1. If the local district policy closes the tournament facility, all participating teams must be called and informed of postponement with information pertaining to next playing date and time included in the call.
2. If the host district policy does not close the facility, all participating schools who have not called the host must be called to be sure all who are scheduled to play will be present. (The participating school local policy must prevail)
  - a. If one team of a dual type competition (i.e. Baseball Tournament) cannot be present by their policy, no contest shall be held. The competition for that day/night must be rescheduled on the next possible day.
  - b. If the competition is multiple team type (i.e. Track, Tennis), the meet shall be conducted as long as a reasonable number of teams (60% ) can be present.

B. **WATCH** or **WARNING** issued less than three hours before event:

1. If the competing teams are enroute, no decision shall be made until both teams in a bracket have arrived or contact has been made, unless local policy forbids use of facility once the **WATCH** or **WARNING** has been issued.
2. If competing teams arrive, are on the premises, and local policy permits, play the contest when and if time permits.
3. If it is not possible on that date, reschedule for the next playable date.
4. Local policy shall always prevail.



C. **WATCH** or **WARNING** first issued during contest:

1. Suspend play.
2. Take necessary steps and precautions as directed by local policy.
3. Resume play at the point of suspension as soon as permitted. If not that day/night, then reschedule for the next possible date.

II. IF THE WATCH OR WARNING IS IN AN AREA OF ONE OR MORE COMPETING SCHOOLS AND NOT AT A TOURNAMENT SITE:

- A. It shall be the responsibility of the competing school to inform the manager of the tournament immediately.
- B. The decision as to play or not to play shall be made by the Tournament Manager, based on the information presented and the type of sport event involved.
1. If one or more local policies do not permit travel or competition, the game, games, or tournament shall be postponed.
  2. If the scheduled competition is of a multiple team nature (i.e. Track and Field), the competition may take place even though all teams are not able to be present. (60% is suggested guideline).
  3. The rationale for No. 1 and No. 2 hinges on the fact that in No. 1, both teams of a dual type competition must be present if a contest is to take place. No. 2 permits competition, even though all teams cannot be present.
- C. If one or more schools are on the road to the tournament site at the time of **WATCH** or **WARNING**, no decision shall be made until all concerned have been contacted. (i.e.. an authorized person from the assigned schools).
- D. If one school arrives on site and the opponent cannot travel due to local policy, the game shall be postponed and rescheduled on the next possible date.

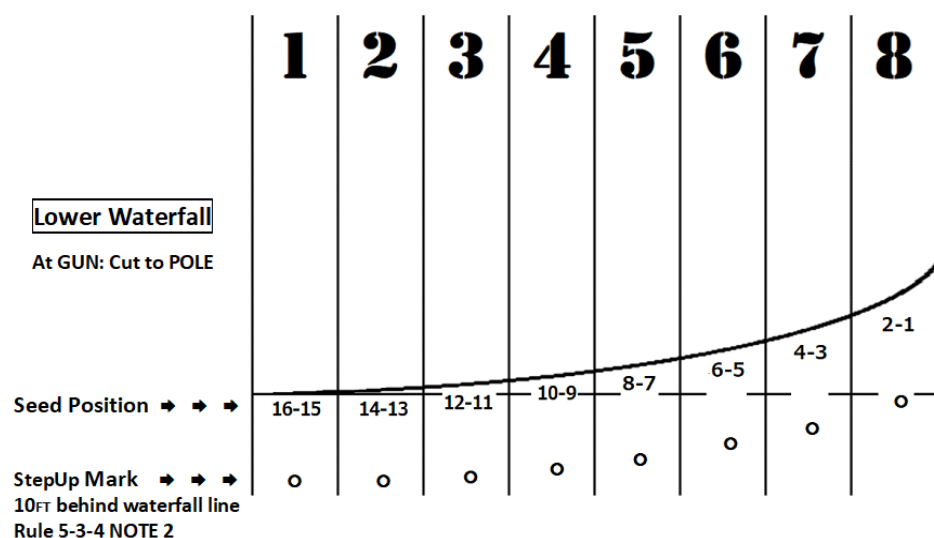
**GENERAL GUIDELINE:**

*The local Tournament Manager has full jurisdiction over the policies of the tournament site. If the above guidelines do not cover a certain situation, the decision on the matter shall be that of the Tournament Manager.*



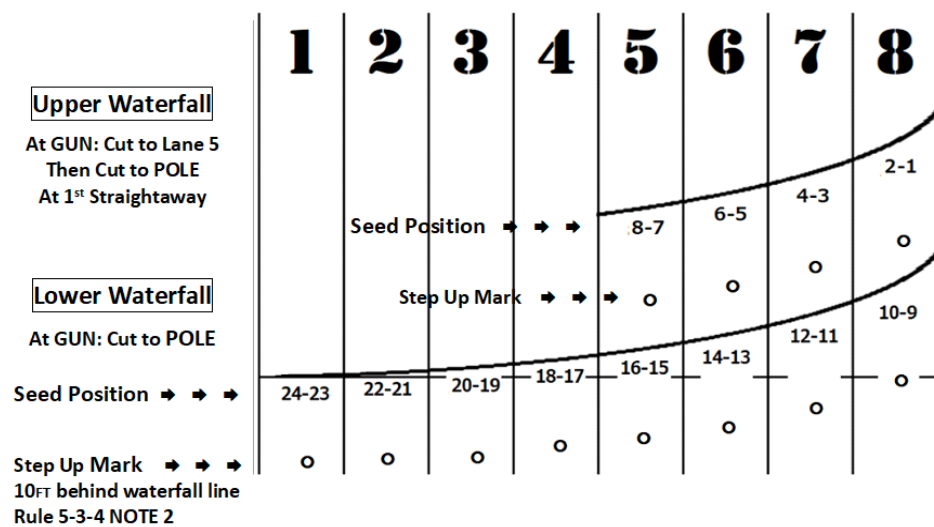


## SINGLE Waterfall Seed Positions



## DOUBLE Waterfall Seed Positions

1-turn Stagger (Lane 5) → → → [44FT]



## Shortcut for measuring UPPER WATERFALL ...

8-LANE TRACK: 1-turn stagger of Lane 5 (44 FT) = The 2-turn stagger of Lane 3 (44FT)

6-LANE TRACK: 1-turn stagger of Lane 4 (33 FT) = The 2-turn stagger of Lane 2 (33FT)



You have a meet today. You arrive at the track and the waterfall start lines are not there! OK, now what?

You check out **2025 NFHS Rule 5-3-4** and find the wording includes “The curved starting line MAY be established by” and “distance for spacing of the pins is ARBITRARY and SUFFICIENTLY accurate.” So relax, chalking, and even painting waterfall starting lines is not an exact science.

You can do it!

The rule book states, “drive a row of pins.” What? Nobody wants “pins” or “nails” or anything driven into the surface of their track. All you need is a dozen 3’ Garden Stakes, a dozen volunteer athletes, a 165FT tape measure and some sidewalk chalk.

1. Put an **X** 12IN from the inside lane line of LANE 1 on the start/finish line.

**For the UPPER WATERFALL**, put the **X** 12IN from the inside lane line of LANE 5 44FT (the 1-turn stagger) forward from the common finish line, then repeat steps 2-6).

2. Beginning from the original **X** put TEN more **X**'s about 8IN from the inside lane line of LANE 1 every 10FT (or 3 large steps). Or 12IN out from a raised inside curb, if you have a curb.
3. Recruit a DOZEN volunteers to hold GARDEN STAKES on each chalked **X**, then have them face the OUTSIDE of the track.
4. Beyond the final GARDEN STAKE hold down the end of your tape and stretch the tape against the curve of GARDEN STAKES touching each one all the way back to the ORIGINAL **X**. (You might need a tape measure longer than 100FT).
5. At the starting line, use **WHITE sidewalk chalk** and strike an arc beginning at the original **X** in LANE 1 to the outside of LANE 8. Keep tension on the tape as it comes off each successive GARDEN STAKE while striking the arc.
6. BEHIND the curved line you just drew, in the center of each lane, use **GREEN sidewalk chalk** to place step-up marks 10FT (3 large steps). The shape can be a circle, square or dash. A circle is recommended.



1 Dozen 3-FT Garden Stakes



165-FT Tape Measure



Sidewalk Chalk



1 Dozen Volunteers