

NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

# TRACK & FIELD MANUAL



2024-2025

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# **NEBRASKA SCHOOL ACTIVITIES ASSOCIATION**

## **NSAA MISSION AND PURPOSE**

The public and non-public high schools of Nebraska voluntarily agreed to form the Nebraska School Activities Association for the following purposes:

- To formulate and make policies which will cultivate high ideals of citizenship, fair competition, sportsmanship, and teamwork which will complement the member schools' curriculum programs.
- To foster uniformity of standards in interscholastic activity competition
- To organize, develop, direct, and regulate an interscholastic activity program which is equitable and will protect and promote the health and physical welfare of all participants.

## **Who is the NSAA? The Other Half of Education**

- The NSAA is a non-profit organization, comprised of 309 public and non-public member high schools in the State of Nebraska. Member schools voluntarily agree to conduct NSAA-sanctioned activities consistent with the rules established locally and the rules established collectively as members of the NSAA.
- The NSAA sanctions 24 sports and 5 performing arts activities and directs 28 State Championships for nearly 100,000 student-activity participants annually.
- The NSAA Constitution and Bylaws, Activity Manuals and policies form the governance structure of the organization. These regulations are approved and changed only by member schools and a member-elected Board of Directors through the legislative process initiated and driven by member schools. Unless otherwise noted, NSAA rules and regulations apply to current 9th thru 12th grade students.
- NSAA rules set baselines for participation such as: academic requirements; attendance requirements; transfer eligibility; sportsmanship.
- The primary functions of the NSAA Staff are to: assist member schools with compliance questions related to eligibility, transfers and playing rules; enforce the rules established by the member schools; and administer NSAA State Championship events.
- The NSAA honors and recognizes students, coaches and volunteers for their excellence and achievements through multiple awards programs.
- The NSAA annually registers officials and judges. Member schools are responsible for hiring officials and judges during the regular season.
- When parents, families, students, or community members have questions or concerns related to NSAA-sanctioned activities, those must be directed first to the administration of the member school.
- Staffing, playing time, and team rules are decisions made by the member school, not the NSAA. The NSAA has no authority to interfere with these member school decisions.



This TRACK & FIELD MANUAL has been prepared and designed to provide general information for the use in the administration of interscholastic NSAA Track & Field competition, including the post season. Sections of the NSAA Bylaws & Approved Rulings related to track and field are included in this manual.

Track and Field coaches and athletic directors should be familiar with these policies. It is their responsibility to conduct their track and field program with the rules established by the NSAA.

The regulations in this manual shall be considered official unless the schools are notified of a change.

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## **CHANGES, UPDATES AND CLARIFICATIONS TO THE 2025 TRACK AND FIELD MANUAL ARE HIGHLIGHTED IN YELLOW**

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## 2025 NFHS Rules Changes & Rationale

**3-6-3, 5-7-6:** Adjusts the recall distance to within the first 50 meters.

**Rationale:** Starters oversee recalling races in track and field events. 50 meters is sufficient in calling a fair start. Athletes are accelerating and are up to racing speed well before the 100-meter mark. In addition, the current recall distance is problematic depending on the number of officials on the track and location of field events that may obstruct the view of the 100-meter distance around the entire curve.

**5-10-1, 5-10-11, 5-11:** Reorganizes Sections 10 and 11 for ease of use.

**Rationale:** Reorganization of Sections 10 and 11 concerning relay races and infractions. The change moves all infractions into Section 11 (Relay Infractions) for ease of use by officials.

**5-13-3:** Clarifies how to determine if an infraction occurred when an athlete leaves the track on a straightaway.

**Rationale:** Provides guidance to the meet referee as to when an athlete leaves the track on a straightaway and whether or not a competitor should be disqualified.

**6-2-2f (NEW):** Offers officials guidance when warning competitors their time limit is about to expire.

**Rationale:** This change gives athletes notification that their time limit is about to expire. Additionally, the change brings officiating practices in line with other rules codes while still giving the games committee options for using flags, signal clock or verbal signals.

**6-2-2 CHART:** Defines field event time limits for all competitors.

**Rationale:** The change to the table and additions of the notes helps clarify the time limits of all competitors throughout the entire competition in field events.

**6-3-2 NOTES 1:** Clarifies the starting height in a jump-off with athletes at varying heights.

**Rationale:** Aligns language in rules book with current situations and interpretations. Gives directions to officials and event judges for the starting height in a jump-off when athletes exit the event at varying heights due to passes. The jump-off will begin at the next height in the progression after the tying height.

**6-8-2:** Further defines an active flight and continuing flight.

**Rationale:** The change clarifies the definition of an active flight (five-alive) and continuing flight (straight through) for vertical jump competitions.

**6-9-22:** Establishes a standard placement of the high jump crossbar and standards.

**Rationale:** The change creates a standard distance for the placement of the high jump crossbar and standards.



## **2025 Editorial Changes**

3-1-1c, 3-2-7, 3-2-8, 3-4-2, 4-3-1b, 6-10-6

## **2025 NFHS Points of Emphasis**

- 1. Managing Vertical Jump Landing Systems: A Guide for Track and Field Officials**
- 2. Excused Athletes**
- 3. Time Limits in Vertical Jumps**
- 4. False Starts**

## KEY DATES

Start of Spring Practice	- Week 35, Monday, March 3, 2025
First Spring Contest	- Week 37, Thursday, March 20, 2025
NSAA District Entry Deadline	- Not Applicable (District Host will set deadline)
District Meets (Class A & B)	- Week 45, Tuesday, May 13, 2025
District Meets (Class D)	- Week 45, Wednesday, May 14, 2025
District Meets (Class C)	- Week 45, Thursday, May 15, 2025
State Championship (Class A & B)	- Week 46, Wednesday, May 21 & Thursday, May 22, 2025
State Championship (Class C & D)	- Week 46, Friday, May 23 & Saturday, May 24, 2024

## NSAA and NFHS Policy Statement on Steroids

The Nebraska School Activities Association (NSAA) and the National Federation of State High School Association (NFHS) strongly oppose the abuse of anabolic steroids and other performance-enhancing substances by high school student-athletes. Such use violates legal, ethical, and competitive equity standards, and imposes unreasonable long-term health risks.

The NSAA and the NFHS support prohibitions by educational institutions, amateur and professional organizations, and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purposes.

## NSAA Point of Emphasis on Pole Vault

***A point of emphasis is to be communicated to all track and field coaches and administrators regarding the pole vault, stressing that NFHS rules require vaulters be placed on vaulting poles for warm-up and competition that are rated at or above the vaulter's actual weight.*** This expectation results from a concern about legal liability and reports of some vaulters in Nebraska being equipped with poles that are rated less than the vaulter's actual weight. Coaches must sign the pole vault verification card for all competitions, verifying the vaulter's weight and the weight rating of the pole being used.

**The NSAA Board of Directors will reserve the option to spot check weights through weigh-ins for vaulters if there are concerns about compliance with this rule.**

## Warning about the Inherent Dangers of Track and Field

Schools, coaches, student athletes and parents should be aware that track and field, like all sports, will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in this sport, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

The NSAA encourages student athletes in all activities, and their parents, to discuss risks and risk minimization with coaches, school administrators and state high school association officials.

## ACCOMODATIONS FOR STUDENT WITH DISABILITIES

Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. In order to determine if the NSAA can authorize such accommodation, the school administration should contact the NSAA to request an accommodations hearing.

*For a complete listing of the NSAA Bylaws refer to the  
[NSAA CONSTITUTION](#)*

## APPROVED RULING 2.1.2 MEDICAL PERSONNEL AT REGULAR SEASON CONTESTS

Severe injuries, sudden illnesses and other critical incidents do not often occur during school activities, but it is important for every school to have an emergency action plan (EAP) for administrators, faculty, coaches and staff members to follow should emergencies occur. Due to lack of universal availability of medical coverage and other logistical reasons, NSAA does not require that schools have a physician, trainer or ambulance on-site at regular season activities; however, each school should have a plan in place should there be an emergency involving students, coaches, officials, or spectators requiring medical attention.

## APPROVED RULING 2.1.2 REQUIRED TRAINING COURSES

Concussion in Sports, Heat Illness Prevention, Sudden Cardiac Arrest Education

All coaches, activity sponsors, and volunteers are required to complete the NFHS Concussion in Sports, Heat Illness Prevention, and Sudden Cardiac Arrest Training courses at least once every three years. These courses should be taken prior to any pre-season or regular season physical workouts that the respective coach would be present for or involved in administering. Any course taken after May 1 would be considered valid for the following school year. All first year coaches are required to complete all three courses prior to the start of the activity season which they are to coach.

Please access the courses at [www.NFHSLearn.com](http://www.NFHSLearn.com)

### ***CPR/AED Certification***

All head coaches/sponsors and assistant coaches/sponsors are required to be CPR/AED certified once every two years. Certification should be completed prior to any pre-season or regular season physical workouts that the respective coach/sponsor would be present for or involved in administering. All first-year head coaches/sponsors and assistant coaches/sponsors are required to complete certification prior to the start of the activity season which they are to coach. Coaches aides and volunteer coaches are not required to be CPR/AED certified.



# NSAA BYLAWS GOVERNING ALL ACTIVITIES

## 2.11 PENALTIES

- 2.11.1 **School Violations.** For violation by a member school of any of the provisions of the Constitution, Bylaws, or rules adopted by the Representative Assembly or approved by the member schools or the Board of Directors, the Board of Directors or Executive Director may impose, but not be limited to, one or more of the following penalties:
- 2.11.1.1 Issue a private or public reprimand to the school.
- 2.11.1.2 Recommend that the responsible school official receive a private or public reprimand.
- 2.11.1.3 Enforce the forfeiture of one or more contests in team or individual sports. If an athlete is ejected in the final game of the season, the suspension will carry over to the following season of the same sport.
- 2.11.1.4 Enforce the forfeiture of points scored by students in individual competition.
- 2.11.1.5 A student or staff member may be reprimanded, placed on probation, or suspended from participation for one or more contests.
- 2.11.1.6 Recommend that the school declare the guilty student ineligible for up to ninety school days or the remainder of the school year.
- 2.11.1.7 Place the school on probation for a period not to exceed one calendar year.
- 2.11.1.8 Suspend a school for part or all of the season of an activity.
- 2.11.1.9 Expel the school from Association membership for a period not to exceed one calendar year.
- 2.11.2 **Student Violations.** If a student violates any of the provisions of the Constitution, Bylaws, or Approved Rulings during the course of an Association-sponsored district contest, playoff, or state contest, the Board of Directors or Executive Director may suspend the student from further competition for any portion or all of the remainder of the sub-district, district, playoff, or state contests.
- 2.11.3 **Participant Ejections from Athletic Contests.** Any participant ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and all other athletic contests at any level during the interim, in addition to the other penalties the NSAA or the school may assess.
- 2.11.4 **Coach Ejections from Athletic Contests.** Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible to coach the next athletic contest at that level of competition and all other athletic contests at any level during the interim, in addition to the other penalties the NSAA or the school may assess.
- 2.11.5 **Investigation.** Prior to the assessment of any penalty, the Executive Director will gather data in order to establish intent, fault, and the effect an ineligible participant had on any interschool contest. These factors shall be weighed in determining the severity of the penalty assessed. The Executive Director's decision may be appealed to the Board of Directors.
- 2.11.6 **Institution Control.** If the said violation is brought to the attention of the Board of Directors as a result of self-policing by the offending school, the Board of Directors shall issue the highest of commendations to the administration of the school for its efforts in enforcing the Constitution.

### Approved Rulings and Interpretations for Section 2.2.1

To be a participant in any NSAA activity at either the varsity or non-varsity levels of competition, an individual must be a bona fide student of a member high school. Exempt-school or home-school students, unless enrolled in a minimum of twenty credit hours of schoolwork, at least five of those credit hours in the member high school, are not eligible to represent a member school in NSAA activities, regardless of the level of participation or competition.

## Approved Rulings and Interpretations for Section 3.3.7

### Eligibility for District / State Competition

- A. In all athletic activities, teams wishing to enter a subdistrict, district, or state contest shall have participated in a minimum of five interschool varsity contests prior to the subdistrict, district, or state contest.
  - 1. Exceptions to the requirements for a team that has not participated in at least five interschool varsity contests would be considered if the team was unable to participate if weather conditions forced a cancellation of scheduled contests. Other extenuating circumstances would be considered by the Executive Director on a case-by-case basis.
- B. In order to participate in a district or state tournament, a student is required to have been a member of the school's team for at least twenty school days prior to the first day of the subdistrict, district, or state tournament.
  - 1. Exceptions to the requirements for a student who is not a member of the school team for twenty school days would be considered if an individual was unable to participate because of illness, injury, or transfer from another high school. School, team, or game suspensions, regardless of the underlying cause, shall not be considered as exceptions to this participation rule.
- C. To be eligible to participate in a sub-district, district, and/or state contest, a student shall have been a member of a school's team and shall have been "available to participate" in at least thirty percent (30%) of the school's scheduled interschool contests.
  - 1. Exceptions to the requirements for a student who has not been available to participate in at least 30% of the school's varsity interschool contests would be considered if an individual was unable to participate because of illness, injury, transfer from another high school, or if weather conditions forced a cancellation of scheduled contests. School, team, or game suspensions, regardless of the underlying cause, shall not be considered as exceptions to this participation rule.
  - 2. When determining whether a student has been available for 30% of the school's varsity interschool contests, one would divide the number of varsity interschool contests for which the student was available by the school's total number of varsity interschool contests; all decimals .1 or above would be rounded up to the next higher whole number.
  - 3. The term "available to participate" means that the student was a bona fide member of the team, eligible to participate for the school at some level of competition in the sport and is not suspended from participation in activities by virtue of NSAA rules.
- D. For situations pertaining to eligibility to participate in district or state contests that are not specifically addressed by these guidelines, the Executive Director shall have the authority to waive membership and participation requirements on a case-by-case basis.

## Approved Rulings and Interpretations for 3.11.1 – 3.11.13 (All Athletics)

During a sports season, a school shall not permit a student who is not a member of the high school's team, an adult, a college student, or alumni to participate in any practice session, drill, scrimmage, or game in which a school team is involved (e.g., boys' soccer team member cannot participate with girls' soccer team members, etc.). This does not prevent a coach from being involved for the primary purpose of teaching or demonstrating a skill, method, or technique.

### **3.5 PARTICIPATION ON NON-HIGH SCHOOL TEAMS AND IN NON-HIGH SCHOOL COMPETITION**

- 3.5.1 Any student who participates in any athletic contest other than as a representative of his/her high school during the season of the sport involved becomes ineligible to represent his/her school in that sport for one or more contests or the remainder of the season.
- 3.5.2 **Individual Instruction.** During a season of a sport, a student is permitted to take individual instruction from a person other than the high school coach at times other than scheduled high school practice sessions, but such instructions shall not interfere with, nor be substituted for the high school coaching, practice sessions, or contest.

## Approved Rulings and Interpretations for 3.5.2

During a season of a sport, a student is permitted to take individual instruction from a person other than the high school coach. Group instruction, practices with outside teams, and tryouts for outside teams other than as a part of a college or university recruiting visit, however, are not permitted.

### 3.7.1 – AMATEUR RULE

A student shall be an amateur in all sports sponsored by the Nebraska School Activities Association. A student may be declared ineligible if he/she:

- A. Accepts merchandise, compensation of any nature, or illegal awards for competing in Association-sponsored activities.
- B. Enters into any agreement or contract to compete in professional sports.
- C. Permits, with or without actual endorsement, the use of name, picture, and/or personal appearance as an athlete in the promotion of a commercial or profit-making event, item, plan, or service (this does not prevent a student's picture or name from being included in programs); or,
- D. Receives merchandise or compensation of any nature for coaching any NSAA approved sport during the season of the sport in his/her school.

### APPROVED RULINGS AND INTERPRETATIONS FOR 3.7.1, C – NAME, IMAGE & LIKENESS

Under Bylaw 3.7.1.c, the term “with or without actual endorsement” requires that the student or the student's parent(s) or guardian(s) have knowledge that the student's name, picture, and/or personal appearance are being used by another person or entity.

*Note: For commonly asked NIL Questions, [view these NIL Q&A's](#).*

## **NSAA ATHLETIC BYLAWS 3.12.4 PROTESTS**

- 3.12.4.1      Protests based upon the eligibility of players will be considered by the Executive Director and Board of Directors.
- 3.12.4.2      Protests based upon play situations and situations which involve judgment on the part of game officials will not be considered.



## NSAA Sportsmanship Guidelines and Ejections

- A. Enforcement of the “sit-out rule” for ejections from high school contests for unsportsmanlike conduct is a responsibility of the member school. Failure to properly enforce this rule could result in other sanctions by the NSAA.
- B. Administrators will be expected to promptly file a report with the NSAA whenever a participant or coach from their school has been ejected from any high school contest. Such filing must be done online under the AD login section of the NSAA webpage.
- C. A participant or coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and any other athletic contest at any level during the interim.
- D. Enforcement of the “sit-out rule” is expected to begin immediately, regardless of whether it is regular-season or tournament play.
- E. Any participant ejected a second time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next two contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.
- F. Any participant ejected a third time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next three contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.
- G. During the time of their “sit-out” suspension, athletes who are ejected for unsportsmanlike conduct may not suit up or participate, but it is the school’s discretion whether such athlete is able to travel with the team or sit on the team bench.
- H. Coaches who are ejected for unsportsmanlike conduct may not coach in any contest or be present at the contest site during the time of their “sit-out” suspension. Coaches who are ejected will also be required to successfully complete the NFHS online course **“TEACHING AND MODELING BEHAVIOR”** within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations, in which the ejection of the coach occurs near the end of the season or during the NSAA end-of-season play, the coach will be required to successfully complete the NFHS Sportsmanship online course before being able to coach the following season or year.
- I. Coaches who are ejected a second time in a season will be required to sit-out the next two contests at that level, plus all other contests at other levels during the interim. Coaches may not be present at the contest site during the time of their “sit-out” suspension. Any coach ejected a second time will also be required to successfully complete the NFHS online course **“FUNDAMENTALS OF COACHING”** within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations, in which the ejection of the coach occurs near the end of the season or during the NSAA end-of-season play, the coach will be required to successfully complete the NFHS Fundamentals of Coaching online course before being able to coach the following season or year.
- J. If the ejection takes place in the final game of the season, the suspension will carry over to the following season of the same sport.
- K. When schools have students or coaches with multiple ejections, the school shall submit to the NSAA a written management plan on how they plan to remediate the problem.
- L. Officials will be expected to file with the NSAA an ejection report for any ejection of a player or coach from a contest online. Any unusual situation that occurs prior to, during, or after a contest should also be reported.
- M. Prompt reporting to the NSAA office by the official is necessary. Officials are asked to submit their electronic report or call the NSAA office by the day following the ejection.
- N. Officials are asked to be specific in listing the reason(s) for an ejection.
- O. Affiliated officials (officials registered from contiguous states) will also be required to perform this reporting function.
- P. There is no appeal process for ejections for unsportsmanlike conduct.
- Q. The Executive Director shall reserve the right to consider the length of suspensions when some levels of competition are scheduled on an irregular basis (e.g., three weeks between regularly scheduled non-varsity contests).

## **RULES MEETINGS**

The NSAA presents rules meetings to inform and educate coaches, officials, and judges about NFHS playing rules and rules changes, NSAA guidelines and approved rulings, and to discuss health and safety issues related to activities participation.

All head coaches are required to attend an NSAA Rules Meeting or complete an NSAA Rules Meeting online annually. Failure to do so will result in possible late fees and suspension penalties.

Online rules meetings are initially offered at no cost to coaches or officials, followed by a period with a \$50 “Late” Fee. The following sanctions and fees are applicable to those coaches who fail to complete the rules meeting by the expiration of the “Late” Fee period.

### **2025 Online Track & Field Rules Meetings**

- **February 14 to March 9**                      **No charge**
- **March 10 & March 11**                      **\$50**

#### **First Offense in Three-Year Period**

The head coach will be suspended from coaching in any competition in that activity until

- (1) The head coach COMPLETES THE NSAA’S ONLINE RULES MEETING OFFERED AT THE LATE FEE of \$100; and
- (2) The head coach successfully completes the open book test for officials/judges of that activity (70% or higher); and the school’s administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information.

During this regular season suspension period, the head coach may continue to coach the team at practices.

#### **Second and Subsequent Offenses in Three-Year Period**

The head coach will be suspended from coaching in all NSAA end-of-season play (subdistricts, districts, playoffs, and state competition).

- (1) The head coach COMPLETES THE NSAA’S ONLINE RULES MEETING OFFERED AT THE LATE FEE of \$200; and
- (2) The head coach successfully completes the open book test for officials/judges of that activity (70% or higher); and the school’s administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information.

During this regular season suspension period, the head coach may continue to coach the team at practices.

# NSAA BYLAWS

## 3.11.10 TRACK AND FIELD

- 3.11.10.1 Boys and Girls Track and Field shall be conducted during the spring sports season.
- 3.11.10.2 The track and field season shall begin the first day of practice as permitted by NSAA rules and shall end with the state championship.
- 3.11.10.3 National Federation track and field rules shall govern the track and field athletics of this Association except that the order and number of events shall be determined by the Executive Director.
- 3.11.10.4 Participation in interschool track and field competition by any school student shall be limited to **twelve** meets. This would not include district or state competition.
- **The twelve-meet total includes Varsity and Sub-Varsity contests. Not twelve of each.**
  - **Athletes are limited to one meet per day.**
  - **“Champion Invitationals,” “Best of,” and “Special Select” meets count as a meet and as a part of the individual student’s twelve meet limit.**
- 3.11.10.5 A school may permit 7<sup>th</sup> and 8<sup>th</sup> grade students to practice with high school teams, allowing for the sharing of practice times, locations, and coaches.

**The penalty for exceeding contest limitations by a school or an individual shall be the exclusion from competition in the district and/or state competition. Exhibition or unattached participation in interschool high school competition in attempt to circumvent the game, match or meet limitation shall not be permitted.**

## NSAA APPROVED RULINGS

1. An individual shall be disqualified from further competition during the district or state meet if the athlete is scratched from an individual track or field event after the official scratch-and-add deadline.
  - For the state meet, this is any time after an individual has qualified for the state meet in an individual event.
  - Any exceptions to this Approved Ruling must be approved by the NSAA in advance.
2. The use/possession of smokeless tobacco by competitors is prohibited. Violation will result in disqualification from the event. Contestants officially become competitors when they report to the clerk of course or field event judge for an event in which they are entered.
3. Each district meet shall use a camera or video recorder to assist the finish judge or the referee if there is a disagreement. This is an aide to the judge or referee and is not the final decision. At all district track and field meets, in case of inclement weather or equipment failure, the Head Finish Judge shall determine if video is to be used.
4. Adds and Scratches: The addition of a participant in any event will be permitted in cases where the participant is already entered on the District roster and providing no additional heat is required.
5. If during a track and field meet, an event(s) is a part of the order of events and individuals participate in the event, the event(s) must be scored, and points must be counted toward the team totals.
6. All scheduled and postponed regular season varsity contests must be completed prior to the start of District or State Competition. Once District or State Competition begins, no regular varsity contests shall be permitted.
7. Height progression. The pole vault and high jump will be advanced 6 inches and 2 inches, respectively. Successive heights will not change until one competitor remains and the winner has been determined.
  - At all district meets the state qualifying mark will be inserted into the progression.
8. State Track and Field Meet. The NSAA will provide a team trophy to the winner and runner-up of each class. Medals will be provided for the eight place winners in each event. The State meet will be scored on an eight-place basis: Places to count 10-8-6-5-4-3-2-1.



## Approved Rulings and Interpretations for 3.12.2

Schools are expected to utilize track starters that are registered with the Association for all varsity level meets.

### NSAA ATHLETIC BYLAWS APPROVED RULINGS AND INTERPRETATIONS FOR 3.1.1c

**Students who are not listed on the NSAA District entry form may participate in outside group instruction or competition of the same sport before the varsity school team has been completely eliminated from postseason competition. Those students who have participated in outside group instruction or competition following their regular season schedule would not be eligible to be placed on the district or state entry form of the same sport and would not be allowed to practice with the varsity team.**

3.1.1.2 The division of sports seasons shall be as follows: No school shall register more than one varsity team per sport and no student shall participate simultaneously in more than one sport per season.

#### 3.2 SCHOOL-YEAR, OUT-OF-SEASON PROGRAMS

3.2.1 - A member school shall not provide support, hold an organized practice or enter students in any non-high school competition in NSAA sponsored sports during the "School-year, Out-of-Season" time period. A member school may provide support during the "Summertime" period per the district's Board of Education policy.

#### APPROVED RULINGS AND INTERPRETATIONS FOR 3.2.1

Faculty vs. student, alumni vs. student, or parent vs. student contests are not permissible during the season of the sport involved. If such contests are held out-of-season, the organized practice rule must be followed.

#### 3.2.2 - "School-Year, Out-of-Season" Definition.

"School-year, out-of-season" is defined as that period of time during the school year in which no organized practice can be conducted. The "school-year, out-of-season" period begins on the first day of fall practice and runs until the first allowable date of practice in that sport, and the period after a team or individual has been eliminated from further competition during the championship series of district and state tournaments/meets through Memorial Day or the end of the school year, whichever is later. [Per AR 3.2.8, from August 1 until the start of fall practice is also included in this definition.] For non-varsity competition, "school year, out-of-season" begins the day following the last date of interscholastic competition or the last date of the varsity season, whichever is later.

#### 3.2.3 - "School-Year, Out-of-Season" Participation.

Except during the season of the sport involved, a student may be a member of a non-high school team and compete unattached in non-high school competition. Students are prohibited from wearing high school uniforms during non-high school sponsored competition.

3.2.4 **Organized Practice.** No organized practice in any sport shall be held during the "school year, out of season" period. An organized practice shall be defined as follows:

#### Track & Field.

**An organized practice shall mean more than twelve students under direct supervision of a sponsor. If more than one such group is practicing at the same time, it shall be called an organized practice.**

## Unattached Participation

The following guidelines should be followed in allowing out-of-season participation by students in meets or events which are not sanctioned or sponsored by the Nebraska School Activities Association and its member schools.

1. Contestants shall not use any school uniform or be identified with the school.
2. Contestants shall not use school equipment.
3. The school shall provide no resources for the participants, or release coaches on school time to transport participants to or from the event, or to coach out of season athletic events.
4. Coaches can attend unattached meets if there are no more than 12 students participating.

### **3.6 ALL STAR COMPETITION**

- 3.6.1 No member school shall permit its students to neither compete in any all-star contest nor be a member of any all-star team. No athletic team from any member school shall compete against any all-star team. A student violating this rule shall be declared ineligible for all interscholastic competition for a period of one year from the date of last offense.
- 3.6.2 A member school, a conference of member schools, or a league of member schools shall not conduct or promote all-star contests during the school year. A member school may petition the Executive Director for a waiver of the all-star rule for individuals provided the school season for the sport has been completed and the student has completed his/her eligibility in that sport.
- 3.6.3 A member school, a conference of member schools, or a league of member schools may sponsor All-Star competition which involves graduated seniors. Member schools may permit the use of their facilities, equipment, and provide uniforms for such competition.
- 3.6.4 The term "all-star" is defined as a player or players chosen on the basis of their individual accomplishments or reputation gained while competing in interschool competition. YMCA, YWCA, AAU, USVBA, etc. teams which are organized between sports seasons by individuals or clubs, or individuals selected through a designated try-out session shall not be considered as all-star competition.
- 3.3.8 **Out-of-State Contests**
- 3.3.8.1 Students participating in interscholastic contests, whether held in or out of the state, must qualify for participation under the rules and regulations of his/her respective state association.
- 3.3.8.2 Members of the NSAA may compete with schools outside the state, provided the out-of-state school is a member in good standing in its own state association.

Note: Refer to Section 1.8.5 for procedure to follow when competing in interstate competition.

## **Summer Activities**

### **Approved Rulings and Interpretations for 3.2.8**

The school year, out-of-season period begins on the date of the official start of fall activities. Summer activities are regulated between the Tuesday following Memorial Day and July 31. Between the end of the summer activities period and the start of the school year, out-of-season period (August 1 through the official start of fall practices), the following shall apply:

- (1) The organized practice rule shall be in effect
- (2) Conditioning programs may be held
- (3) Attendance at commercial camps and clinics is permissible, but the organized practice rules shall be in effect for such camps and clinics
- (4) No school-sponsored clinics or camps may be held.
- (5) Due to safety concerns, schools may permit the use of football helmets and softball and baseball protective equipment for summer leagues, camps, clinics, and other summer activities.

- 3.2.8.1 NSAA Catastrophic Insurance does not cover coaches/students/schools during the summertime period.
- 3.2.8.2 **Summertime School-Sponsored Camps/Clinics:** A school may organize a camp or clinic in any sport from the Tuesday following Memorial Day through July 31. The camp shall be limited to no more than ten days starting with the first date of the camp/clinic.
- a. Summertime school-sponsored camps/clinics include planned physical activities that are instructional and competitive in nature where actual games can be played or simulated by camp attendees.
  - b. Summertime school-sponsored camps/clinics shall be voluntary and open to all interested students from grades 9-12.
  - c. The use of school facilities and equipment is permitted in accordance with local school board policy.

## **NFHS and NSAA Rules**

2025 National Federation of State High School Associations (NFHS) Track and Field Rules and Nebraska School Activities Association (NSAA) rules and regulations shall govern all track and field competitions.

### **NFHS Shot Put and Discus Throwing Sectors**

The 34.92° throwing sector shall be used for all shot put and discus events.



## DISTRICT TRACK AND FIELD MEETS

### Admission Prices

Admission prices for all NSAA District Track and Field Meets shall be \$5.00 for students and \$6.00 for adults per session.

1. A District Track and Field Meet ticket may be sold at the following prices:

Single Session - Students \$5.00, Adults \$6.00

Using the single session admissions as a base, Meet Directors may establish prices for a District Meet ticket or multi-session ticket depending on their time schedules.

2. **RECEIPTS:** As the host of the NSAA District Track & Field Meet, you will receive the entry fees from the teams entered: Class A--\$100.00, B--\$50.00, C--\$50.00, D--\$50.00 per boys' team and per girls' team. It will be your responsibility to hire the starter(s) and referee.

- a) Officials Fees (Per Starter):

- Starter Fee - \$255.00 (maximum allowable per starter)
- Starter Mileage (One-way miles X \$1.00 per starter)
- Referee Fee - \$120.00 non-NSAA Registered (maximum allowable) --\$200.00 NSAA Registered (maximum allowable)
- Referee Mileage (One-way miles X \$1.00)

- b) Catastrophic insurance deduction, ten percent of gross receipts.

- c) Distribution of Receipts

- 25% to NSAA of Balance.
- 75% to Host School of Balance.
- Each school may be assessed a proportional part of the expenses.
- These expenses may not be listed as tournament expenses.
- Each district host will receive a \$300 host allowance. (Received in June)

If there is a track rental from an outside school and/or rental of an Automatic Timing device from an outside entity, you should notify participating schools of a possible surcharge prior to the meet.

- d) The financial report should be completed immediately following the close of the championship; that financial report will be provided in an electronic format for subdistrict and district directors.

### District - Track and Field Meet Regulations

1. District qualifying meets shall be held in all classes to determine the qualifiers for the state meet.
2. Dates: District meets will be held during Week 45.

Class A	Tuesday, May 13
Class B	Tuesday, May 13
Class D	Wednesday, May 14
Class C	Thursday, May 15

3. **All District host sites (A, B, C, D) shall use fully automatic timing (FAT) systems for district competition.**

**Note: A manual back up timing system is required**

### Handicap Accessibility

Facilities must provide reasonable accommodations for individuals special needs.

## Classification

**\*\*NOTE** - Beginning with the 2020-2021 school year, Class A will be classified on a two-year basis and all other classes will be classified yearly.

### 2.13 CLASSIFICATION

**2.13.2 Basis for Classification.** A school's classification shall be based on its total enrollment for all activities with the exception of football, boys tennis, boys basketball boys bowling, boys wrestling, boys golf, boys soccer, and baseball that will be classified on boy enrollment only, and volleyball, softball, girls basketball, girls bowling, girls wrestling, girls golf, girls tennis, and girls soccer will be classified on girl enrollment only.

**2.13.2.1** A school's total enrollment shall be the total boy and girl enrollment in grades nine, ten, and eleven according to the enrollment figures submitted to the State Department of Education on October 1 of the preceding year.

**2.13.2.2** If, in a particular activity, the schools are classified for a two-year period, the total enrollment shall be the figures from the State Department of Education on October 1 of the year which immediately precedes the two-year classification period

### APPROVED RULINGS AND INTERPRETATIONS FOR 2.13.2

- A. In all athletics, with the exception of football, Class A will be classified based on a total enrollment of 850 or above. The total enrollment figures shall be doubled for unisex schools.  
(Per Approved Ruling 2.13.3, the classification period for Class A shall be for two years)
- B. **Tiebreaker.** If schools are tied in enrollment for the last position or positions of a class, the following tie-breaker will be applied:
  - 1 The first tiebreaker will be a three-year average of enrollment which includes the year on which the current year's classification is based and the two previous years. The higher three-year average will be in the larger class.
  - 2 If the tie still exists, then the school with the higher immediate previous year's enrollment will be placed in the larger class.
  - 3 If a tie still exists, it will be decided by a coin flip in the NSAA office.
- C. **Opting Up in Classification.** A school may opt up one classification in any NSAA activity. Request to opt up must be submitted to the NSAA within one week of the classification for that activity being released.

**2.13.2.4** The total enrollment figures shall be doubled for unisex schools for those activities which are athletic.

### APPROVED RULINGS AND INTERPRETATIONS FOR 2.13.3

In all athletics, the classification period for Class A shall be for two years.

## TRACK AND FIELD CLASSIFICATION

- 1. Classification is based on combined boy and girl enrollment, grades 9-11, with the enrollment of unisex schools doubled.
- 2. The top 92 schools will be split into Class A and Class B.
  - Schools with total enrollment of 850 and above will be in Class A.
  - The remaining schools will be in Class B.
- 3. The next 88 largest schools shall be Class C. (88 boys, 88 girls)
- 4. The remaining schools are placed in Class D.

## District Assignments

1. **Class A has four districts. Class B has six districts. Class C has nine districts. Class D has nine districts.**
2. If a school decides not to compete after district assignments are made, no change will be made in district assignments. If two or more schools decide not to compete, or two or more schools close, consolidate, or enter into a cooperative agreement, the districts may be adjusted to restore a near equal number of schools or to take advantage of a reduction in travel distance.
3. If a school(s) decides to participate in an activity after district assignments are completed, the school(s) will be assigned to a district with the fewest number of schools unless the travel distance is too great. If the travel distance is too great, the school(s) will be assigned to the nearest district.
4. **Class A (32 Schools) (4 Districts of 8 schools)**
  - a. Class A is assigned to four districts using a left to right method based on enrollment.
  - b. Single gendered schools will be paired together when needed.
5. **Class B (60 Schools) (6 Districts of 10 schools)**
  - a. Schools are assigned to a district according to the school's geographical location. Available sites and facilities are also considered.
  - b. Beginning with the school located the farthest west; schools to the east are added until the pre-determined number of schools which are to compose a district is reached. Schools located to the north and south may be selected if total travel distance to a meet site can be decreased. This sequence continues until all schools are assigned to districts.
  - c. Single gendered schools will be paired together when needed.
6. **Class C (88 Schools) (2 Districts of 9 schools & 7 Districts of 10 schools)**
  - a. Schools are assigned to a district according to the school's geographical location. Available sites and facilities are also considered.
  - b. Beginning with the school located the farthest west; schools to the east are added until the predetermined number of schools which are to compose a district is reached. Schools located to the north and south may be selected if total travel distance to a meet site can be decreased. This sequence continues until all schools are assigned to districts.
7. **Class D (104 Schools) (5 Districts of 12 schools & 4 Districts of 11 schools)**
  - a. Schools are assigned to a district according to the school's geographical location. Available sites and facilities are also considered.
  - b. Beginning with the school located the farthest west; schools to the east are added until the predetermined number of schools which are to compose a district is reached. Schools located to the north and south may be selected if total travel distance to a meet site can be decreased. This sequence continues until all schools are assigned to districts.

## District Information

All district track & field meets shall be conducted by 2025 National Federation of State High School Association (NFHS) Track and Field Rules and Nebraska School Activities Association (NSAA) rules and regulations.

1. Adds and Scratches: The addition of a participant in any event will be permitted in cases where the participant is already entered on the District eligibility list and providing no additional heat is required.
2. Awards: Medals and plaques will be shipped directly from Awards Unlimited. The plaques and medals should be examined for possible damage or shortage as soon as they are received.
3. In case of a tie for the team championship, a duplicate plaque will be ordered, and the runner-up plaque should be returned to the NSAA office. If there is a tie for the runner-up place, a duplicate plaque will be ordered.
4. The link for the NFHS Track Violation Report Form is located under the "Regular Season" header of the Track and Field page on the NSAA website.
5. Qualifying from Prelims to Finals:  
**All Classes (Fully Automatic Timing)**
  - When running two heats, the first and second place runners and the next four fastest times will qualify for the finals.
  - When running three heats, the first place runner and the next five fastest times will qualify for the finals.
  - When running four heats, the first place runner and the next four fastest times will qualify for the finals.
  - When running five heats, the first place runner and the next 3 fastest times will qualify for the finals.

## District Entries and District Roster Form

**\*\*\*If the district host uses an online entry form, schools are not required to submit district entries via the NSAA Website.\*\*\***

1. Regulations: Entry regulations shall be the same as for regular season track and field meets.
  - An individual may be entered in only FOUR EVENTS to include relays and all individual events.
  - If a competitor scratches from an individual event after the meet begins, the competitor shall be disqualified from further competition.
2. **Dates: District host will set the deadline for submitting district entries**
3. Entry Fees: The entire amount of the entry fee is to be sent to the director of your meet. It will be applied to the cost of conducting the meet. The following amounts per team (boys' team and girls' team) have been set as the entry fee for schools in each class regardless of the number of competitors entered: Class A--\$100.00; Class B--\$50.00; Class C--\$50.00; Class D--\$50.00.
4. Submitting Times: In order to assist the district host, be sure to give the best time of record from the current. The time or distance submitted must have been made during interschool competition. Times must be the result of an actual distance race, which means that relay splits shall not be used. It is recommended that the results be from a major meet.
  - **If changes are to be made in the time or distances because of improved performances in competition made after the district entry was submitted, these changes must be in possession of the host of your district meet prior to the making of heat and lane assignments.**
  - **The addition of a participant in any event will be permitted in cases where the participant is already entered on the District roster and providing no additional heat is required.**
  - **The district host is responsible for establishing the entry process and deadlines for submitting district entries. The district host will provide these expectations to participating schools in the pre-meet information.**
  - **District Entry procedure:**
    - **Initial entries submitted (Deadline to be set by district host).**
    - **District host provides participation report to schools for confirmation.**
    - **District hosts should allow a final scratch and add / replace opportunity on the day of the meet. (Deadline to be set by district host).**

## Equipment

It is recommended that District Hosts furnish the official equipment for the shot and discuss whenever possible. If these implements are provided for the meet, all contestants in these events are required to use the implements furnished. If it is not feasible to furnish these implements, each discus and shot shall be weighed and measured prior to the competition.

## Field Events

1. The field events should start at least one hour before the track events and run through to completion.
  - a. Where two meets are being held at the same location, it shall be the duty of the meet director to determine the order by classes.
  - b. Field events competition shall be conducted according to Rule 6 of the NFHS Track and Field Rules Book.
2. **Shot Put and Discus**: Athletes will be placed in flights, with the best competitors in the last flight. (Flights will have the best performance listed first.) Competitors will each take two consecutive throws. After everyone in the flight has completed the two consecutive throws, each competitor will get one additional throw. Eight individuals shall qualify for the finals.
  - a. In the finals of these events, competition shall be in the reverse order of performance, in single rotation, so that the best qualifier will compete last.
  - b. The head judge may change the order of competition in prelims or finals to accommodate those who may be excused to participate in other events. Any reasonable request for a change in order should be granted. The judge may choose to permit a competitor to take his/her preliminary trials in succession.

3. **Long Jump and Triple Jump:** Athletes will be placed in flights with the best competitors in the last flight. Flights will have the best performance listed first.  
Each competitor will take one jump at a time until everyone in that flight has completed his/her three preliminary jumps. Eight individuals shall qualify for the finals.
  - a. In the finals of these events, competition shall be in the reverse order of performance, in single rotation, so that the best qualifier will compete last.
  - b. The head judge may change the order of competition in prelims or finals to accommodate those who may be excused to participate in other events. Any reasonable request for a change in order should be granted. The judge may choose to permit a competitor to take his/her preliminary trials in succession.
4. **Pole Vault and High Jump:** Starting heights shall be determined using the district entries. Continuing flights of five will be used in the high jump and pole vault, with the best competitors jumping last.
  - a. Height progression. The pole vault and high jump will be advanced 6 inches and 2 inches, respectively. Successive heights will not change until one competitor remains and the winner has been determined.
    - i. At all district meets the state qualifying mark will be inserted into the progression.
  - b. **Rule 6-8-17.** Prior to warm-up, the field referee or head field judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per Rule 3-10-1. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of ¾ inches in a contrasting color located within or above the top hand-hold band, and the proper binding of adhesive tape of uniform thickness when used. The binding shall not be on or above the top hand hold band.
  - c. **The coach shall verify the vaulter will use a pole rated at or above the vaulter's weight and that legal poles have been provided for that competitor. This verification will be done by signing the "Event Entry Card."**
5. Rule 2 Section 2 of the NFHS Track and Field Rules Book will be followed in determining the scoring of ties.
6. Rule 6 Section 3 of the NFHS Track and Field Rules Book will be used for breaking ties.

## Meet Director's Authority

1. **Authority:** The director of the meet is granted full authority for the conduct and management of the meet and is responsible for carrying out the rules and regulations.
2. The meet director and/or his/her designee shall be responsible for handling unsporting conduct by a spectator(s) and other matters outside the competition rules.
3. **Emergency Postponement:** Inclement weather and/or poor track and field conditions may force the postponement of a district track and field meet. The meet director (WITH PERMISSION FROM THE NSAA EXECUTIVE DIRECTOR) has the sole authority for the postponement and rescheduling of such meet.
  - a. In determining whether to postpone or to hold the meet as scheduled, the director should consider the following factors:
    - 1) the weather and road conditions at the site of the meet
    - 2) existing weather and road conditions at the locations of the schools which are to compete that day
    - 3) road conditions between the meet site and the competing schools
    - 4) by contacting the weather bureau, attempt to determine what the weather conditions will be immediately prior to, during, and following the meet.
  - b. If, after considering the various factors, the meet director determines that competition is to go on as scheduled, all schools are to be notified early enough to allow each team sufficient time to travel to the meet site. Once the decision has been made to hold the event as scheduled, and any team has begun to travel, the meet shall be held.
  - c. **If the meet director feels a postponement is necessary, he/she must receive permission from the NSAA Executive Director before postponing the day's activities. Once the meet has been postponed, the director shall be responsible for setting the new time, date, and site, if necessary, for the continuation of the meet. The previously agreed upon schedule may have to be changed in order to complete the meet by the required dates.**
  - d. Neither meet receipts nor funds from the NSAA are to be used to reimburse any school for additional expenses incurred because of a postponed meet.

## Officials

1. Each district shall have a minimum of the following designated officials: Meet Director, Referee, and Starter.
2. Other officials needed for the conduct of a large meet include:

Assistant Starter	Head Field Judge	Meet Announcer
Clerk of Course	Head Finish Judge	Scorer
Finish Line Recorder	Head Umpire & at least four assistants	Wind Gauge Operator

## Order of Running Events

- All districts shall use the same order of running events, with the girls' events being run first.
- Starting time may be set by the meet director, providing the schools are so notified.

## District Track & Field Schedule

(Recommended Schedule of Events for 11:00 am start)

### Field Events:

11:00 am girls' pole vault, boys' high jump, boys' long jump, girls' triple jump, boys' discus, girls' shot put  
12:30 pm boys' pole vault, girls' high jump, girls' long jump, boys' triple jump, girls' discus, boys' shot put

### Running Events:

2:00 pm 3200 m relay (finals)	5:00 pm 100 m girls high hurdles (finals)
2:30 pm 100 girls high hurdles (prelims)	5:15 pm 110 m boys high hurdles (finals)
2:45 pm 110 boys high hurdles (prelims)	5:25 pm 100 m (finals)
3:00 pm 100 m (prelims)	5:40 pm 800 m run (finals)
3:20 pm 400 m (finals)	6:00 pm 300 m hurdles (finals)
3:40 pm 3200 m run (finals)	6:25 pm 200 m (finals)
4:10 pm 200 m (prelims)	6:35 pm 1600 m run (finals)
	6:55 pm 400 m relay (finals)
	7:10 pm 1600 m relay (finals)

\*\*\*Break\*\*\*

Note: Race times are approximate. An event will not begin ahead of schedule unless weather conditions dictate otherwise.

## Scoring

All district meets will be scored on a six-place basis; places to count 10, 8, 6, 4, 2, and 1.

## Plaques and Medals

Plaques are provided by the NSAA for the team champion and runner-up.  
Medals are provided for the first six places in individual events and for each member of the first six relay teams.



## Qualifying for the NSAA State Track and Field Meet

### Class A. There will be FOUR Class A district meets.

- **INDIVIDUAL RUNNING EVENTS:** The winner of the first place, second place, third place, and fourth place in each event will qualify for the state meet, plus the next EIGHT fastest times of the non-qualifiers, regardless of place in a finals event. There shall be a maximum of 24 qualifiers. If there is a tie for the last qualifying spot of the non-qualifiers, the tie will be broken by comparing the times to the thousandths.
- **RELAY EVENTS:** The winner of first place, second place, and third place in each event will qualify for the state meet, plus the next FOUR fastest times of the non-qualifiers, regardless of place in a finals event, with a maximum of 16 relay teams qualifying. If there is a tie for the last qualifying spot of the non-qualifiers, the tie will be broken by comparing the times to the thousandths.
- **FIELD EVENTS (LONG JUMP, TRIPLE JUMP, SHOT PUT, DISCUS):** The winner of the first place, second place, third place, and fourth place each event shall qualify for the state meet, plus the next EIGHT best performances of the non-qualifiers across all districts. In the case of a tie for the last qualifying spot, all of those tied shall qualify.
- **FIELD EVENTS (POLE VAULT, HIGH JUMP):** The winner of the first place, second place, third place, and fourth place in each event shall qualify for the state meet, plus all who equal or exceed the additional qualifier mark at the 2025 NSAA Class A District Track Meet. The additional qualifier mark is determined by using the average height of 8<sup>th</sup> place at the State Meet for the past 3 years.
- Athletes placing first, second, third or fourth must have cleared 9' 6" or higher to qualify in the boys' pole vault and 6' 6" or higher in the girls' pole vault.
- Regardless of place would mean that in RELAY events at district meets, any relay team who finished 4<sup>th</sup> -7<sup>th</sup> place in their district meet could qualify for the state track meet if their time was one of the four fastest times of non-qualifiers from all districts submitted. It would not matter what place in their respective district they finished, but that the time was one of the four fastest of the non-qualifiers.
- Regardless of place would mean in the individual running events with preliminaries and finals, the next 8 fastest times of the non-qualifiers may come from "finals" competition only. This means in the events with preliminaries and finals, 5<sup>th</sup>-8<sup>th</sup> place could qualify for the state track meet if their district finals time was one of the next 8 fastest time of the non-qualifiers from all districts submitted. In the individual running events that are run as "finals only", 5<sup>th</sup>-12<sup>th</sup> place could qualify for the state track meet if their district finals time was one of the next 8 fastest times of the non-qualifiers from all districts submitted.
- In the event the FAT timing system would fail in any district in any running event, any individual running event would qualify the top 6 places and any relay event would qualify the top 4 places. This would pertain only to those events where the FAT failed. In the event of a tie for the last qualifying spot, none of those tied shall qualify in that event.

## Qualifying for the NSAA State Track and Field Meet

### Class B. There will be SIX Class B district meets.

- **INDIVIDUAL RUNNING EVENTS:** The winner of first place, second place, and third place in each event will qualify for the state meet, plus the next SIX fastest times of the non-qualifiers, regardless of place in a finals event. There shall be a maximum of 24 qualifiers. If there is a tie for the last qualifying spot of the non-qualifiers, the tie will be broken by comparing the times to the thousandths.
- **RELAY EVENTS:** The winner of first place and second place in each event will qualify for the state meet, plus the next FOUR fastest times of the non-qualifiers, regardless of place in a finals event, with a maximum of 16 relay teams qualifying. If there is a tie for the last qualifying spot of the non-qualifiers, the tie will be broken by comparing the times to the thousandths.
- **FIELD EVENTS (LONG JUMP, TRIPLE JUMP, SHOT PUT, DISCUS):** The winner of first place, second place, and third place in each event will qualify for the state meet, plus the next SIX best performances of the non-qualifiers across all districts. In case of a tie for the last qualifying spot, all of those tied shall qualify.
- **FIELD EVENTS (POLE VAULT, HIGH JUMP):** The winner of first place, second place, and third place in each event will qualify for the state meet, plus all who equal or exceed the additional qualifier mark at the 2025 NSAA Class B District Track Meet. The additional qualifier mark is determined by using the average height of 8<sup>th</sup> place at the State Meet for the past 3 years.
- Athletes placing first, second, or third must have cleared 9' 6" or higher to qualify in the boys' pole vault, and 6' 6" or higher in the girls' pole vault.
- Regardless of place is to mean that in relay events, any team who finished 3<sup>rd</sup> – 6<sup>th</sup> in their respective district meet could qualify for the state track meet if their time is one of the four fastest times of the non-qualifiers from all districts submitted. It would not matter what place in their respective district they finished, but that the time was one of the four fastest of the non-qualifiers.
- Regardless of place would mean in the individual running events with preliminaries and finals, the next 6 fastest times of the non-qualifiers may come from "finals" competition only. This means in the events with preliminaries and finals, 4<sup>th</sup>-8<sup>th</sup> place could qualify for the state track meet if their district finals time was one of the next 6 fastest time of the non-qualifiers from all districts submitted. In the individual running events that are run as "finals only", 4<sup>th</sup>-9<sup>th</sup> place could qualify for the state track meet if their district finals time was one of the next 6 fastest times of the non-qualifiers from all districts submitted. It would not matter what place in their respective district they finished, but that the time was one of the four fastest of the non-qualifiers.
- In the event the FAT timing system would fail in any district in any running event, the backup manual times in that district will be converted to FAT (Manual Time rounded up to the tenth + .24 = FAT). The converted time will be reported as the official time.
- In the event the FAT timing system would fail in any district in any running event, and backup manual times are not available, the winner of first place, second place, and third place in individual events and the winner of first place and second place in relay events will qualify and the non-qualifiers will be required to rerun the race to establish a time for comparison.

## Qualifying for the NSAA State Track and Field Meet

### Class C. There will be NINE Class C district meets.

- **INDIVIDUAL RUNNING EVENTS:** The winner of first place and second place in each event will qualify for the state meet, plus the next SIX fastest times of the non-qualifiers, regardless of place in a finals event. There shall be a maximum of 24 qualifiers. If there is a tie for the last qualifying spot of the non-qualifiers, the tie will be broken by comparing the times to the thousandths.
- **RELAY EVENTS:** The winner of first place in each event will qualify for the state meet, plus the next SEVEN fastest times of the non-qualifiers, regardless of place in a finals event, with a maximum of 16 relay teams qualifying. If there is a tie for the last qualifying spot of the non-qualifiers, the tie will be broken by comparing the times to the thousandths.
- **FIELD EVENTS (LONG JUMP, TRIPLE JUMP, SHOT PUT, DISCUS):** The winner of first place and second place in each event will qualify for the state meet, plus the next SIX best performances of the non-qualifiers across all districts. In case of a tie for the last qualifying spot, all of those tied shall qualify.
- **FIELD EVENTS (POLE VAULT, HIGH JUMP):** The winner of first place and second place in each event will qualify for the state meet, plus all who equal or exceed the additional qualifier mark at the 2025 NSAA Class C District Track Meet. The additional qualifier mark is determined by using the average height of 8<sup>th</sup> place at the State Meet for the past 3 years.
- Athletes placing first or second must have cleared 9'6" or higher to qualify in the boys' pole vault and 6'6" or higher in the girls' pole vault.
- Regardless of place is to mean that any competitor in an individual running event who finishes 3<sup>rd</sup> through 8<sup>th</sup> in their respective district meet could qualify for the state meet if their time is one of the six fastest times of the non-qualifiers from all districts submitted.
- Regardless of place is to mean that any relay team who finishes 2<sup>nd</sup> through 8<sup>th</sup> in their respective district meet could qualify for the state meet if their time is one of the seven fastest times of the non-qualifiers from all districts submitted.
- In the event the FAT timing system would fail in any district in any running event, the backup manual times in that district will be converted to FAT (Manual Time round up to the tenth + .24 = FAT). The converted time will be reported as the official time.
- In the event the FAT timing system would fail in any district in any running event, and backup manual times are not available, the winner of first place and second place in individual events and the winner of first place in relay events will qualify and the non-qualifiers will be required to rerun the race to establish a time for comparison.

## Qualifying for the NSAA State Track and Field Championships

### Class D. There will be NINE Class D district meets.

- **INDIVIDUAL RUNNING EVENTS:** The winner of first place and second place in each event will qualify for the state meet, plus the next SIX fastest times of the non-qualifiers, regardless of place in a finals event. There shall be a maximum of 24 qualifiers. If there is a tie for the last qualifying spot of the non-qualifiers, the tie will be broken by comparing the times to the thousandths.
- **RELAY EVENTS:** The winner of first place in each event will qualify for the state meet, plus the next SEVEN fastest times of the non-qualifiers, regardless of place in a finals event, with a maximum of 16 relay teams qualifying. If there is a tie for the last qualifying spot of the non-qualifiers, the tie will be broken by comparing the times to the thousandths.
- **FIELD EVENTS (LONG JUMP, TRIPLE JUMP, SHOT PUT, DISCUS):** The winner of first place and second place in each event will qualify for the state meet, plus the next SIX best performances of the non-qualifiers across all districts. In case of a tie for the last qualifying spot, all of those tied shall qualify.
- **FIELD EVENTS (POLE VAULT, HIGH JUMP):** The winner of first place and second place in each event will qualify for the state meet, plus all who equal or exceed the additional qualifier mark at the 2025 NSAA Class D District Track Meet. The additional qualifier mark is determined by using the average height of 8<sup>th</sup> place at the State Meet for the past 3 years.
- Athletes placing first or second must have cleared 9'6" or higher to qualify in the boys' pole vault and 6'6" or higher in the girls' pole vault.
- Regardless of place is to mean that any competitor in an individual running event who finishes 3<sup>rd</sup> through 8<sup>th</sup> in their respective district meet could qualify for the state meet if their time is one of the six fastest times of the non-qualifiers from all districts submitted.
- Regardless of place is to mean that any relay team who finishes 2<sup>nd</sup> through 8<sup>th</sup> in their respective district meet could qualify for the state meet if their time is one of the seven fastest times of the non-qualifiers from all districts submitted.
- In the event the FAT timing system would fail in any district in any running event, the backup manual times in that district will be converted to FAT (Manual Time rounded up to the tenth + .24 = FAT). The converted time will be reported as the official time.
- In the event the FAT timing system would fail in any district in any running event, and backup manual times are not available, the winner of first place and second place in individual events and the winner of first place in relay events will qualify and the non-qualifiers will be required to rerun the race to establish a time for comparison.

### Ties.

Individuals tied for the district's last state qualifying spot by place in races of 200 meters or less must compete for that qualifying spot in a run-off. Only the winner of the run-off will qualify for the state meet by place.

In all other running events if there is a tie for the district's last qualifying spot by place, the tie will be broken by reviewing the times to the thousandths.

In the field events, those tied for the last qualifying spot shall qualify if places cannot be determined by using the tie breaker rule for field events.

## Qualifying for the NSAA State Track and Field Championships

### Additional Qualifiers (Pole Vault & High Jump).

- In addition to the regular qualifiers in boys' Pole Vault and High Jump, all qualify who equal or exceed the additional qualifier mark at the 2025 NSAA District Track Meet. The additional qualifier mark is determined by using the average height of 8<sup>th</sup> place at the State Meet for the past 3 years.

#### BOYS

	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
Pole Vault	13-2	13-6	12-10	12-4
High Jump	6-3	6-1	6-1	6-0

- In addition to the regular qualifiers in girls' Pole Vault and High Jump, all qualify who equal or exceed the additional qualifier mark at the 2025 NSAA District Track Meet. The additional qualifier mark is determined by using the average height of 8<sup>th</sup> place at the State Meet for the past 3 years.

#### GIRLS

	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
Pole Vault	10-2	10-8	9-10	9-2
High Jump	5-2	5-1	5-2	4-11

# 2025 State Track and Field Championships

## Admission Prices

**\*NOTE – Tickets are good for all day**

ADULTS--	STUDENTS—
\$10.00	\$7.00

Admission will be charged for the shot put and for the discus venues at the State Meet. Also, admission will be charged at the Boys Town indoor facility when State Meet field events are moved indoors because of inclement weather.

## Awards

- The NSAA will provide a team trophy to the winner and runner-up of each class. Medals will be provided for the eight place winners in each event. Scoring for both individual and relay events will be 10-8-6-5-4-3-2-1. The coach of the championship team shall receive an award.
- Gold Medal: After comparing the first-place performances in each class (A, B, C, and D), the individuals and relay teams with the best winning performances in each event will receive gold medals. If the event winners in two or more classes have identical performances, each will receive a gold medal. You must be declared the event winner in your class to be considered for the GOLD MEDAL.

## Coaches' Passes

- Coaches' passes will be distributed according to the number of contestants (boys and girls) a school qualifies. Schools qualifying 1-5 individuals will be given 3 coaches' passes. An additional pass will be granted for each additional five qualifiers or fraction thereof, with a maximum of 5 passes.
- Example: Class A for each boys' and girls' team: 1-5 qualifiers = 3 passes. Classes B, C, D if only boys' or girls' team qualifies: 1-5 qualifiers = 3 passes; 6-10 qualifiers = 4 passes; 11+ qualifiers = 5 passes. Classes B, C, D if both boys and girls qualify (combined total): 1-5 qualifiers = 3 passes; 6-10 qualifiers = 4 passes; 11+ qualifiers = 5 passes.

## Contestants' Passes

- The pass will admit contestants to the grandstand and those in uniform to the infield.
- To gain admittance to the infield, a contestant must have his/her contestant number.
- Each contestant at the State Track & Field Championships will be required to wear their assigned contestant number on the FRONT of their uniform top.

## NSAA Championship Participation Certificates

NSAA State Participation Certificates will be accessible and printed by each member school having students who have qualified for the NSAA State Championship in that activity program.

The NSAA State Participation Certificates link can now be found at the bottom of your school AD's page identified as: **NSAA State Participation Certificates**.

## Enforcement of Rules

- 2025 National Federation of State High School Associations (NFHS) and the Nebraska School Activities Association (NSAA) rules and regulations will be used to conduct the 2025 NSAA State Track and Field Meet



## Games Committee

The Games Committee for the State Track and Field Meet shall include the Meet Director(s), the Head Referee, the Head Field Event Referee, and a selection of head track coaches from across the state. This committee will be responsible for the overall administration of the state meet.

### Games Committee Rules

1. **Acceleration Markers:** Teams may use flat spot markers, not to exceed 12" in diameter. Teams may use their own markers or those provided by the meet administration. Tape or chalk cannot be used.
  2. **Announcements:** Only emergency announcements will be made over the public address system.
  3. **Headwear:** The wearing of decorative headwear / caps while competing is prohibited. Adornments on helmets used for pole vaulting is also prohibited. Headbands may be worn by track & field competitors but must be unadorned. A single manufacturer's logo/trademark/reference is permitted on the headband/headwear/cap.
  4. **High Jump:** Chalk and tape are prohibited on the apron. Markers will be provided. No focal point markers are allowed.
  5. **Height Progression:** The Pole Vault and High jump will be advanced 6-inches and 2-inches, respectively. Successive heights will not change until one competitor remains and the winner has been determined.
    - Rule 6.8.8 & 6.8.19 – The judges shall place the crossbar at the starting height as determined by the games committee. When only one competitor remains in the competition and has been determined to be the event winner, the competitor may determine successive heights of the crossbar.
  6. **Official "Call":** There will be only one official call for competitors to report for an event. This call will be approximately 15 minutes prior to the scheduled beginning of the event. The time schedule in the program is approximate; however, no running event will start more than 15 minutes ahead of the printed schedule. Field events will not start ahead of the scheduled time unless approved by the Games Committee. As soon as an event is completed, the next will start. It is the responsibility of the competitor to be present when the event is ready to start.
  7. **Spikes:** Shoe spikes are allowed but must be no longer than 3/16 inch (5mm) and can only be pyramid spikes (no needle or starburst) in all events at Omaha Burke during the State Track & Field Championships. The penalty for use of illegal spikes is event disqualification. No spikes are allowed at Boys Town Facilities. **\*\*NOTE – Each individual district host has the authority to determine the length of spikes allowed during district competition.**
  8. **Warm-up:** There shall be a minimum of 30 minutes warm-up allowed between classes in the shot put, long jump, and high jump; and 45 minutes for the triple jump and discus. A minimum of 60 minutes will be allowed between classes in the pole vault. Any athlete who has not entered the competition and has been off of the pole vault runway for one hour or more will be allowed an additional two-minute warm-up but shall enter the competition at that height. The competitor will have choice of bar or not.
    - a. **Pole Vault:** During the initial warm-up period, the runway will be open without a bungee cord or bar. Forty minutes prior to the start of the event, the bungee cord may be placed at the starting height, or 12" or 24" inches above the starting height. At twenty minutes prior to the start of the event, the bungee cord will be placed at height(s) determined by the event judge. During the last twenty minutes of the warm-up period, a bar may be used upon request
    - b. **High Jump:** The first 15 minutes the bar will be placed 2 inches below the starting height. The next 10 minutes the bar will be placed at the starting height and the last 5 minutes the height(s) will be determined by the event judge.
    - c. **Discus:** There will be at least a 10 minute warm-up period in the competition ring between flights.
  9. **Aerosol Sprays:** The use of aerosol sprays or other adherent material on implements, shoes, or throwing surfaces is prohibited in all field events, except the pole vault. In the pole vault, they may be used on the hands and the pole.
    - **The use of chalk is permitted.**
  10. **Official Time / Video:** Finish Lynx fully automatic timing system is the official timing device. The timing device operator shall be responsible for the operation of the finish timing device. The chief finish evaluator shall be responsible for evaluation and interpretation of the official pictures/video and determine the finish. This Finish Lynx system is the only video system approved by the Games Committee.
  11. **Electronic Devices:** NFHS Rule 4-6-6: Electronic devices may only be used in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee.
    - a) Electronic devices shall not be used to transmit information to the competitor during the race or trial.
    - b) Electronic devices shall not be used for any review of an official's decision.
    - c) State associations may also have policies in place to further address the use of electronic devices.
- PENALTIES:
- 1) A competitor shall be disqualified from the event.

- 2) Team personnel (e.g., coach, manager, etc.) shall be disqualified from further participation in the meet for unsporting conduct.

**Athletes and coaches are reminded that the use electronic devices and/or wireless communication devices such as cell phones, pagers, radios, music devices with headsets (iPods) and any other type of electronic device and/or wireless communication device is prohibited while the athlete is warming-up or competing and/or while they are in the warm-up or competition areas. The competition areas are as follows: Inside the fence that surrounds the track; inside the fence that surrounds the discus areas; inside the fence that surrounds the shot put areas.**

12. **Infield Entrance:** Contestants must enter the track infield through the south or north gates. Pole vaulters are encouraged to use the SOUTH gate to bring in their vault poles for better accessibility. Only those contestants in uniform with an official number will be allowed onto the infield. Managers' passes are good only for the grandstands.
13. **Direction of Competition:** The direction that the events will be conducted is determined by the Games Committee.
14. **Flights:** Competitors are not allowed to change field event flights. In those field events where competitors are placed in flights, competitors with the best performance will be placed in the last flight. Within each flight the best performances will be listed first. In the high jump and pole vault with continuing flights, the best performers will be listed last.
15. **Official Implements:** Competitors will not be allowed to bring their own shot, discus, relay batons or starting blocks inside the stadium or into the practice areas. The implements for the shot put and the discus for warm-up and for competition are provided by the NSAA and are the only implements that can be used.
16. **Runways:** Chalk and tape are prohibited. Markers will be provided.
17. **Starting Blocks:** Gill Blocks with option of Moya Extender will be provided.
18. **Starting Heights:** The starting heights in the pole vault and the high jump are set by the Games Committee on the Saturday following the district meets. The Games Committee can adjust the starting heights during the State Meet.
19. **Shot Put and Discus:** No focal points markers are allowed.
20. **Relay Batons:** The NSAA will supply all of the batons for each of the relay races in the State Track and Field Meet. Schools will not be allowed to use their own relay baton for practice or competition at the State Meet. School batons are prohibited in the practice area, the check in area and the competition area.
21. **Dismissal from Competition:** Each contestant must officially become a competitor (See Rule 4, Section 1 – Art. 1 & 2). If said competitor wishes to forego competition within a given event, the event administrator, e.g., starter, field event judge, may “dismiss” the competitor from that event. But said dismissal is allowed only after the competitor has abided by the established procedures for reporting to the event. Failure to report or check into the event with the clerk / judge will result in disqualification from further participation in the meet. NOTE: Regarding Rule 4, Section 2, Art. 2 – “Dismissal” from an event does not alter the entry limitations for the competitor.
22. **Pole Vault Coaches’ Box:** Each school that qualifies a vaulter will be permitted one coach in the coaches’ box area located on the infield. Entrance to the coaches’ box will be through the south gate. A pass will be included in the team packet for those schools with athletes competing in the event. Coaches must keep the pass visible and remain in the coaches’ box area at all times. Coaching from outside the coaches’ box area will result in immediate dismissal. Communication with other athletes not competing in the vault and meet officials is prohibited. Coaches will be required to leave the area once their athlete has been eliminated.
23. **Long Jump & Triple Jump Coaches’ Box:** Each school that qualifies a jumper will be permitted one coach in the coaches’ box area located on the infield. Entrance to the coaches’ box area will be through the south gate. A pass will be included in the team packet for those schools with athletes competing in the event. Coaching from outside the coaches’ box area will result in immediate dismissal. Communication with other athletes not competing in the event and meet officials is prohibited. Coaches will be required to leave the area when the flight is completed.
24. **High Jump Coaches’ Box:** Each school that qualifies a jumper will be permitted one coach in the coaches’ box area located on the infield. Entrance to the coaches’ box area will be at the north gate. A pass will be included in the team packet for those schools with athletes competing in the event. Coaching from outside the coaches’ box area will result in immediate dismissal. Communication with other athletes not competing in the event and meet officials is prohibited. Coaches will be required to leave the area once their athlete has been eliminated.
25. **Super Alleys:** The 800m run, 1600m run, 3200m run and 3200m Relay will use the super alley (DOUBLE WATERFALL) start.
26. **FAT Operator:** The FAT operator may recall a race.

27. In the instance, during any running event session, when the fully automatic timing system is no longer functional and is irreparable in a reasonable allotment of time; the meet referee, in concert with the meet administrator, may command the running events to continue without pause. Said procedure can ONLY proceed if 1) a camera image is available, 2) a/any method of initiating/stopping the timing device is functional, and 3) the recorded time/image may be saved. *NOTE: The Lynx fully automatic timing (FAT) systems will generally record times ONLY to the tenth of a second when a manual starting technique is employed. If this protocol is implemented:*  
**Establishing meet records, personal records, and/or Gold Medal performances.** Any recorded performances that are limited to one-tenth of a second recording will be rounded to the slower time by 24 one-hundredths of a second.  
**For placing/scoring within-class.** ALL times will be recorded to the nearest one-tenth of a second (Rule 3, Section 9, Article 8 – NFHS Rule Book). Any ties will be reconciled in accordance with Rule 5, Section 8, Articles 3 & 4 of the NFHS Rules Book and with Rule 5, Section 5.6 of the NFHS Case Book.
28. In the instance, during any running event session, when the fully automatic timing system is no longer functional WITHOUT EITHER: 1) a camera image, or 2) a/any method of initiating/stopping the timing device, or 3) any means of saving recorded images/times: the meet referee, in concert with the meet administrator, may command an alternative method of determining results to be implemented. This method may include the use of hand-held stop watches and the use of personal observation to distinguish among place winners. All “manual” times will be rounded to the nearest one-tenth of a second (Rule 3, Section 9, Article 8 – NFHS Rule Book). Any ties will be reconciled in accordance with Rule 5, Section 8, Articles 3 & 4 of the NFHS Rules Book and with Rule 5, Section 5.6 of the NFHS Case Book.

## Field Events

1. When competitors are excused to compete in another event, they must report back to the event judge within 10 minutes after the completion of the athlete’s participation in the event they are excused to compete in.
2. If the Head Field Event Judge rules that the delay is reasonable and beyond the control of the competitor, he/she shall direct the event judge to alter the order of competition to include the competitor when he/she is available.
3. The event judge may choose to permit a competitor to take preliminary or final trials in succession before being excused to compete in another event.

## Field Event Locations

The Discus will be held on the Burke soccer field northwest of the stadium. The Shot Put will be held northeast of the stadium by the Burke tennis courts. The Triple Jump will be held on the infield on the west side. (Distances from board to pit; 26’, 31’ and 36’) The Long Jump will be held on the infield on the east side. The High Jump will be held on the infield on the North end. The Pole Vault will be held on the permanent runway on the east side of the infield.

## Inclement Weather Procedures

The State Track and Field Meet Games Committee will make all decisions regarding the State Track and Field Meet in case of inclement weather.

1. Coaches, athletes, spectators and meet workers will all be notified by the public address announcers as to what the plans are for the State Track and Field Meet events during inclement weather.
2. Some field events may be moved to the indoor facility (Palrang Field House) at Boys Town. If this happens, a shuttle will be set up by the south entrance to the stadium to transport the athletes to Boys Town.
3. In order to scratch out of an event, if it is moved to Boys Town, the athlete’s Head Track and Field Coach must sign off on a scratch card along with the Meet Director. This scratch needs to be done at the NSAA Information Building on the south end of Burke Stadium.

## Gold Medal Competition

After comparing the first-place performances in each class (A, B, C, and D), the individuals and relay teams with the best winning performances in each event will receive gold medals. If the event winners in two or more classes have identical performances, each will receive a gold medal. You must be declared the event winner in your class to be considered for the GOLD MEDAL.

## NSAA Information Building

An NSAA-staffed information building will be located at the south end of the stadium complex. Questions concerning number assignments, lost numbers, relay cards, or written appeals should be brought to this area. Any questions or problems you might have regarding the State Track and Field Championships should be brought to the NSAA staff person on duty. **Only school personnel will be allowed to submit concern.**

## Jury of Appeals

1. The Jury of Appeals will be appointed by the NSAA State Track and Field Games Committee.
2. A referee's decision may be appealed to the Jury, which will either confirm the referee's ruling or render the final decision.
3. All appeals to the Jury must be presented in writing on an NSAA Appeals form that will be available in the NSAA information Tent.
4. Appeals must be based on a misapplied or misinterpreted rule.
5. Judgment decisions may not be appealed.

## NSAA Approved Rulings

Scratches: Any contestant who qualifies for the State Track and Field Meet in an individual event may not be scratched from that event to participate on a relay team. Any contestant who does scratch from an individual event will be disqualified from further competition.

1. If, because of injury or illness, which is certified by a doctor, a competitor is forced to scratch from an event in which he/she has qualified, the competitor must have permission from the doctor before taking part in any further competition. Under no circumstances will a competitor be allowed to scratch from an event and compete later in the same session.
2. **Relay Teams. Personnel of relay teams may be changed from those who ran at the District Meet.**
3. Any other exceptions to the NSAA Track and Field Approved Rulings must be approved by the NSAA in advance.

Each contestant must officially become a competitor (See Rule 4, Section 1 – Art. 1 & 2). If said competitor wishes to forego competition within a given event, the event administrator, e.g. starter, field event judge, may “dismiss” the competitor from that event. But said dismissal is allowed only after the competitor has abided by the established procedures for reporting to the event. Failure to report or check into the event with the clerk / judge will result in disqualification from further participation in the meet.

NOTE: Regarding Rule 4, Section 2, Art. 2 – “Dismissal” from an event does not alter the entry limitations for the competitor.

## Reimbursements

1. Mileage. Mileage reimbursements will be based on the number of participants (qualifiers, number on roster) and one coach. (Note: Student Managers will not be included.) A school's mileage reimbursement will be figured using the following formula: (#miles **one way** x # trips) x appropriate amount listed below:

Amount per mile	Number of participants/coaches
\$0.85	1-6
\$1.70	7-12
\$2.55	13-18
\$3.40	19-24
\$4.25	25-30
\$5.10	31+

2. Lodging. If lodging is used, \$15 per participant and one coach will be paid based on the following criteria: (Note: **Times listed are scheduled competition start times.**)
  - ◆ Night before competing—a) Before 10:00 a.m., 76 + miles away; b) Between 10:00 a.m. and 3:00 p.m., 150+ miles away; c) At or after 3:00 p.m., 250+ miles away
  - ◆ Night of (still competing in State Meet)—\*\*76+ miles away
  - ◆ Final Night (Day eliminated)—\*\*5:00 p.m. or later, 200+ miles away.

## Track Facility

1. All races around one or more curves will be run counter-clockwise
2. Direction of races run on the straightaway will be determined by the Games Committee.
3. **Team tents are not allowed inside Omaha Burke Stadium. Tents can be set up on Tuesday after 4:00 pm.**
4. **The NSAA and Omaha Public Schools (OPS) are not responsible for the security of tents.**

# **2025 STATE TRACK AND FIELD CHAMPIONSHIPS**

**Omaha Burke Stadium, 12200 Burke Blvd., Omaha, NE**

**Class A & Class B – Wednesday, May 21 and Thursday, May 22**

**Class C & Class D – Friday, May 23 and Saturday, May 24**

**Click the link below for event schedule.**

**[2025 State Track & Field Championship Schedule](#)**

## Heat and Lane Assignments

### 100 Meter Dash, 200 Meter Dash, 100 Meter Hurdles, 110 Meter Hurdles

- Prelims and Finals

#### Class C and Class D will have three preliminary heats.

The first-place winner in each heat and the next five fastest times will qualify for the finals in the state meet.

**\*\*NOTE** – If the fully automatic timing system is not functional and manual timing is implemented, the first and second place finisher from each heat and the two fastest thirds will qualify for the finals.

- Heat and lanes will be assigned using the qualifiers' district times following the serpentine method.

#### Heat 1 to Include

1 Fastest Time  
6 Fastest Time  
7 Fastest Time  
12 Fastest Time  
13 Fastest Time  
18 Fastest Time  
19 Fastest Time  
24 Fastest Time

#### Heat 2 to Include

2 Fastest Time  
5 Fastest Time  
8 Fastest Time  
11 Fastest Time  
14 Fastest Time  
17 Fastest Time  
20 Fastest Time  
23 Fastest Time

#### Heat 3 to Include

3 Fastest Time  
4 Fastest Time  
9 Fastest Time  
10 Fastest Time  
15 Fastest Time  
16 Fastest Time  
21 Fastest Time  
22 Fastest Time

#### Class B will have three preliminary heats.

The first-place winner in each heat and the next five fastest times will qualify for the finals in the state meet.

**\*\*NOTE** – If the fully automatic timing system is not functional and manual timing is implemented, the first and second place finisher from each heat and the two fastest thirds will qualify for the finals.

- Heat and lanes will be assigned using the qualifiers' district times following the serpentine method.

#### Heat 1 to Include

1 Fastest Time  
6 Fastest Time  
7 Fastest Time  
12 Fastest Time  
13 Fastest Time  
18 Fastest Time  
19 Fastest Time  
24 Fastest Time

#### Heat 2 to Include

2 Fastest Time  
5 Fastest Time  
8 Fastest Time  
11 Fastest Time  
14 Fastest Time  
17 Fastest Time  
20 Fastest Time  
23 Fastest Time

#### Heat 3 to Include

3 Fastest Time  
4 Fastest Time  
9 Fastest Time  
10 Fastest Time  
15 Fastest Time  
16 Fastest Time  
21 Fastest Time  
22 Fastest Time



**Class A will have three preliminary heats.**

The first-place winner in each heat and the next five fastest times will qualify for the finals in the state meet.

**\*\*NOTE** – If the fully automatic timing system is not functional and manual timing is implemented, the first and second place finisher from each heat and the two fastest thirds will qualify for the finals.

- Heat and lanes will be assigned using the qualifiers' district times following the serpentine method.

Heat 1 to Include

1 Fastest Time  
6 Fastest Time  
7 Fastest Time  
12 Fastest Time  
13 Fastest Time  
18 Fastest Time  
19 Fastest Time  
24 Fastest Time

Heat 2 to Include

2 Fastest Time  
5 Fastest Time  
8 Fastest Time  
11 Fastest Time  
14 Fastest Time  
17 Fastest Time  
20 Fastest Time  
23 Fastest Time

Heat 3 to Include

3 Fastest Time  
4 Fastest Time  
9 Fastest Time  
10 Fastest Time  
15 Fastest Time  
16 Fastest Time  
21 Fastest Time  
22 Fastest Time

**State Championship Finals - Lane Assignments:**

**Fastest time from prelims assigned to lane 4.  
Second fastest time from prelims assigned to lane 5.  
Third fastest time from prelims assigned to lane 3.  
Fourth fastest time from prelims assigned to lane 6  
Fifth fastest time from prelims assigned to lane 2  
Sixth fastest time from prelims assigned to lane 7.  
Seventh fastest time from prelims assigned to lane 1  
Eighth fastest time from prelims assigned to lane 8.**

## **300m Hurdles, 400 m Dash**

- **Finals Only**

**3 Heats against time. Heat and Lane assignments will be assigned using the district qualifying times.**

### **Heat 1 to Include**

24 Fastest Time  
23 Fastest Time  
22 Fastest Time  
21 Fastest Time  
20 Fastest Time  
19 Fastest Time  
18 Fastest Time  
17 Fastest Time

### **Heat 2 to Include**

16 Fastest Time  
15 Fastest Time  
14 Fastest Time  
13 Fastest Time  
12 Fastest Time  
11 Fastest Time  
10 Fastest Time  
9 Fastest Time

### **Heat 3 to Include**

8 Fastest Time  
7 Fastest Time  
6 Fastest Time  
5 Fastest Time  
4 Fastest Time  
3 Fastest Time  
2 Fastest Time  
1 Fastest Time

### **Lane Assignments**

Fastest time assigned to lane 4  
Second fastest time assigned to lane 5  
Third fastest time assigned to lane 3  
Fourth fastest time assigned to lane 6  
Fifth fastest time assigned to lane 2  
Sixth fastest time assigned to lane 7  
Seventh fastest time assigned to lane 1  
Eighth fastest time assigned to lane 8

## **400 Meter Relay, 1600 Meter Relay.**

Two sections against time. The qualifier's times from districts the basis for assignment to sections. The fastest qualifiers will be assigned to second section.

### **3200 Meter Relay**

One section, to be run in super alleys. Positions are assigned as follows:

- Alley 1 (Lanes 1-8) to include the 6<sup>th</sup> fastest time to the 16<sup>th</sup> fastest time. #6 will have the inside position.
- Alley 2 (Lanes 5-8) to include the 1<sup>st</sup> fastest time to the 5<sup>th</sup> fastest time. #1 will have the inside position.

### **800 Meter Run**

Two sections against time. The qualifier's times from districts as the basis for assignment to sections. The fastest qualifiers will be assigned to second section.

To be run in Super Alleys. Alley positions in each section are assigned as follows:

- Alley 1 (Lanes 1-8) to include the 5<sup>th</sup> fastest time to the 12 fastest time. #5 will have the inside position.
- Alley 2 (Lanes 5-8) to include the 1<sup>st</sup> fastest time to the 4 fastest time. #1 will have the inside position.

### **1600 Meter Run & 3200 Meter Run**

One section, to be run in 2 super alleys. Positions are assigned as follows:

- Alley 1 (Lanes 1-8) to include the 9<sup>th</sup> fastest qualifier to the 24<sup>th</sup> fastest qualifier. #9 will have the inside position.
- Alley 2 (Lanes 5-8) to include the 1<sup>st</sup> fastest qualifier to the 8<sup>th</sup> fastest qualifier. #1 will have the inside position.

## Batons

The NSAA will supply all the batons for each of the relay races in the State Track and Field Meet. Schools will not be allowed to use their own relay baton for any relay race at the State Meet.

## Team Packets

1. Packets will be available for Coaches at Burke Stadium.
2. Each contestant in the state meet will be required to wear a number on the front of his/her uniform. A number will be assigned in advance to those who qualify.
3. Parking passes, courtesy passes, coaches' box credentials, programs, contestant numbers, and pins will be included in each school packet.

## Shoes

Concrete footing will be used for the shot and discus in the state meet. The regular track surface will be used for the runways in the high jump, long jump, triple jump, and pole vault. Short, indoor spikes which will not penetrate the track surface more than one-quarter inch or rubber-soled shoes must be used in all track and field events. If competition is moved to Boys Town, spikes are not allowed in the Palrang Field House.

## State Meet Regulations for Field Events

1. **Flights:** Athletes will be placed in flights according to district performance. The best performances will be placed in the last flight with the best qualifying performance listed first within the flight. Competitors are not allowed to change flights.
2. **Shot and Discus:** In the preliminaries competitors will each take two consecutive throws. After everyone in the flight has completed the two consecutive throws, each competitor will get one additional throw. **9 competitors shall qualify for the finals**
  - a. In the finals of these events, competition shall be in the reverse order of performance, in single rotation so that the best qualifier will have the opportunity to compete last.
  - b. The following throwing implements are available for use in the State Track Meet. **DO NOT BRING YOUR OWN SHOT OR DISCUS TO BURKE STADIUM.**
  - c. **A list of available Shots and Discus is posted on the NSAA website.**
3. **Long Jump and Triple Jump:** Each competitor will take one jump at a time until everyone in that flight has completed three preliminary jumps. **9 competitors shall qualify for the finals.** In the finals of these events' competition shall be in the reverse order of performance, in single rotation, so that the best qualifier will compete last. In the triple jump the take-off boards are set at 26', 31' and 36' to the pit. The take-off boards will be of a textured surface. Runways are 125 feet.
4. **Pole Vault and High Jump:** Starting heights will be determined by the Games Committee and posted to the NSAA website on the Saturday following the districts meets, May 11<sup>th</sup>. Continuing flights of five will be used in the high jump and pole vault with the best competitors listed last.
5. **Height Progression:** The pole vault and the high jump will be advanced 6 and 2 inches, respectively. Successive heights will not change until one competitor remains and the winner has been determined.
6. **Field Events:**
  - a. When competitors are excused to compete in another event, they must report back to the event judge within 10 minutes after the completion of the athlete's participation in the event they are excused to compete in.
  - b. If the Head Field Event Judge rules that the delay is reasonable and beyond the control of the competitor, he/she shall direct the event judge to alter the order of competition to include the competitor when he/she is available.
  - c. The event judge may choose to permit a competitor to take preliminary or final trials in succession before being excused to compete in another event.

## **State Meet Regulations for 400 Meters and Longer**

1. 400 Meter Dash. Start and finish on the west side. Start from stagger and stay in lanes the entire distance.
2. 800 Meter Run. Start and finish on the west side. Start from super alleys around first curve then cut for the pole.
3. 1600 Meter Run. Start and finish on the west side. Start from super alleys around first curve then cut for the pole.
4. 3200 Meter Run. Start and finish on the west side. Start from super alleys around first curve then cut for the pole.
5. 400 Meter Relay. Start and finish on the west side. Start from stagger and stay in lanes the entire distance.
6. 1600 Meter Relay. Start and finish on west side. Start from three-curve stagger. The first runner will stay in his lane all the way. The second runner will run in his lane around the first curve then cut for the pole. All other exchanges shall be on the basis of the first off the last curve.
7. 3200 Meter Relay. Start and finish on west side. Start from super alleys around first curve then cut for the pole.

## **Callam Photography**

The Nebraska School Activities Association has contracted with Callam Photography who will be photographing participating students throughout the State Meet. These action shots will be posted on their website, <http://callamsportsphoto.com>, the week following the state meet. During the awards ceremony, will be Callam Photography taking photos of the medalists on the awards stand as well as champion and runner-up team photos.

## **Timing**

Fully automatic time will be used. Times will be recorded in 1000th's in all track events. Thousandths will be used to break ties. The State Meet the games committee has approved Finish Lynx fully automatic timing system as the official timing device. The timing device operator shall be responsible for the operation of the finish timing device. The chief finish evaluator shall be responsible for evaluation and interpretation of the official pictures/video and determine the finish places and times.

## **NSAA Track and Field Records Procedure**

1. In an effort to develop uniformity and consistency in conducting high school track and field meets and to establish an accurate record of metric performances throughout the track and field season, the Nebraska School Activities Association has established a procedure by which records will be maintained.
2. For years the NSAA's recognized state records had to be set at the state championship meets. Now, under the rules of a program approved by the NSAA Board of Directors, state records can be set during the regular season. The state meets will have state meet records, and these performances will be considered for the state records as well.
3. The program covers all four classes and went into effect during the 1979 track and field season.

## **Requirements**

1. Track and field events must be conducted in metric distances to be considered.
2. Performances will be considered only from meets involving four or more schools and conducted according to National Federation-NSAA track and field rules. Performances must be certified on an NSAA official record application.
3. National Federation Track and Field Rule 9-1 shall be followed. Among these requirements are: Anemometer on sprint races and long/triple jumps, and certification that the facility meets National standards.  
**NOTE:** Beginning in 1995, no record can be granted unless the time is recorded by FAT (fully automatic timing) or the manual time, with the differential equation included, exceeds the currently listed State Record, and was recorded by at least three watches. Handheld times shall be rounded up to the slower 1/10<sup>th</sup> of a second before adding the conversion factor of .24 seconds, between fully automatic timing (FAT) and manual timing (MT), which must be used when converting times (i.e., MT+ .24=FAT). Applications for records must be submitted to the NSAA office within the calendar year of the performance.

## Responsibilities

1. The school which the athlete represents is responsible for submitting the record application to the NSAA prior to the deadline (December 31). The meet director must help in completing the record application; however, the individual representing the athlete's school must accept the responsibility of seeing that the form is submitted to the NSAA office.
2. The school will be notified that the application has been received and approved.
3. Do not submit any applications unless all the above requirements are met. An anemometer must be in operation for all races of 200 meters or less and for the long and triple jumps.
4. A Track and Field Record Application is located online at [nsaahome.org](http://nsaahome.org) under Track and Field.
5. For example, the State records for the boys in the 220 Yard Dash are:

Class A-- :21.6	Class B-- :21.4
Class C-- :22.0	Class D-- :22.3

Application can be made for any 200-meter performance by an athlete in each of these classes, if his 200-meter time equals or is better than the record listed above.

6. State meet records for boys and girls track and field are listed in the NSAA Record Book and are posted online at [nsaahome.org](http://nsaahome.org) under Other Information--Publications and Order Forms.

## Standards

1. The Nebraska School Activities Association will follow the NFHS policy on track and field transition from yards to meters for record purposes.
2. Records for field events will be recorded in the English measurement.
3. In all running events where the metric race is shorter than its yard counterpart (such as 200 meters instead of 220 yards), the current NSAA yard record will remain as the record until the record time is beaten by an athlete running the metric distance.

## Fan/Spectator Support Items

In the Chart below, ONLY those items marked “Yes” will be allowed as fan/spectator support items at all NSAA Sub-District, District, State Playoffs and State Championships.

Sportsmanlike vocal cheering and support from the team bench area are encouraged. The items indicated on this page are for use by fans/spectators.

**Prohibited items:** Confetti/shredded paper, powder (baby, talc, etc.), Laser light/pointer, flashing objects, miniature sports balls, objects or candy thrown into the crowd, Artificial noise makers, (included but not limited to horns, cow bells, bells, buzzers, clickers, thunder sticks, rattles, instruments not part of a band), whistles, air horns, sirens, cannons/muskets/guns/fireworks, live animals

**Regulations listed are subject to facility restrictions.**

SPORT	BA	BB	CC	FB	GO	SO	SB	SW	TE	TR	VB	WR
Balloons	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
One School Banner per school	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Hand held signs	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Megaphones (school recognized cheerleaders only)	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	Yes	No	Yes	Yes
Shirts on student spectators (required) AR 3.3.11	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Shirts on general spectators	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Team Introduction Run-throughs or Break Away Banners	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pompoms, spirit towels	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Prerecorded music that has been approved by the Host Administration may be played during pre-contest warm ups provided that a high school band is not available to play during that time.	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	No	No	Yes	Yes
School bands	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	Yes	NA	Yes	Yes
Carried school flags (Running/taunting prohibited)	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes

## UNMANNED AERIAL VEHICLE (DRONE) POLICY

- The use of unmanned aerial vehicles (UAVs), also known as drones, is prohibited for any purpose by any person at any NSAA post-season tournament venue.
- For purposes of this policy, a UAV is any aircraft without a human pilot aboard the device. This prohibition applies to all fields of play, courts, arenas, mats, gym floors or pools and includes a ban on the entire facility being used as a part of the NSAA event. This includes the spectator areas and parking areas.
- Tournament management shall refuse admission or entry to anyone attempting to use a UAV. If necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV.
- An exemption to this policy, in writing, may be made in specific cases for NSAA broadcast partners, provided the management of the tournament facility permits the presence of UAVs for broadcast purposes under the control of the NSAA.

**Key:** BA-Baseball, BB-Basketball, CC-Cross Country, FB-Football, GO-Golf, SO-Soccer, SB-Softball, SW- Swimming & Diving, TE-Tennis, TR-Track & Field, VB-Volleyball, WR-Wrestling, NA-Not Applicable