

2010 Additional State Track and Field Section Information

In all throws and horizontal jumps, athletes should be given three trials and then take nine athletes to the finals for three more attempts.

All schools will comply with the NFHS rule book concerning uniforms. However, AHSAA rules require shorts being worn over the body suit. If the body suit has stripes visible below the required shorts, then they must be covered (ex: biker pants or compression short) so as to show only one single color. The body suit, if worn with required shorts, becomes an undergarment. Undergarments shall show only one single color. Undergarments worn under tops and bottoms can be different in color, but still must be a single color. Remember, the new rule on “no color stitching” on shirts or undergarments. They now will become two color undergarments.

As stated in spring sports book, Body suits, leotards, bicycle shorts, thigh huggers, abbreviated thigh huggers, abbreviated briefs (French or high cut) and similar apparel may be worn under the shorts, but not in lieu of shorts. If a body suit is worn with shorts only and is two colors, it is legal as long as two colors do not show under the shorts. If a two-color body suit is covered with a uniform top, it then is illegal because undergarments cannot be two colors. As far as uniforms made from spandex, the shorts should be mid thigh and not be compression pants.

All relay teams must be dressed alike. If undergarments are worn, all relay members must have the same color. Lengths can be different. All members do not have to wear undergarments. If top and bottom undergarments are worn, the colors on top and bottom can be different, but team members must be alike.

Hats cannot be worn except for pole vault event.

Prescription sunglasses are the only type of sunglasses allowed to be worn.

Athletes can wear soft head band(s), ribbon(s) or soft pony tail holder(s) to keep hair from the face. They can be made of cloth, rubber or elastic materials. Metal or plastic hair bands, or bobby pins or beads in the hair are not allowed.

The only type of jewelry allowed is a medical alert or religious necklace, which should be taped to chest.

No rubber bands or wrist bands or any other type of jewelry shall be worn. You cannot wear ear rings covered with tape for any purpose.

Electronic devices used for coaching purposes or for personal reasons are not allowed in the competition area by coaches or athletes. (EX: Cell phones, iPods, Cameras, Two Way Radios, etc.)