



CTFOA

Colorado Track & Field Officials

Gary Strubel - President
Denise Close - Vice President
Lauren Lopez - Secretary/Treasurer
Jim Gjerde - Rules Interpreter
K.C. Logan - Rules Interpreter
Jenn Roberts-Uhlig - CHSAA

December 11, 2018

Dear CTFOA Officials,

Message from Jenn Roberts Uhlig

On behalf of the CHSAA I would like to thank Cheyenne Mtn. H.S. coaches/administrators, parent volunteers, the staff at Norris Penrose Events Center, officials, and everyone who assisted in making the 2019 State Cross Country Championships a major success. Without all of you, this event would not be one of the premier Championships in the country.

K.C. LOGAN TO ATTEND THE NFHS TRACK & FIELD/CROSS COUNTRY RULES INTERPRETERS CONFERENCE IN INDIANAPOLIS.

In lieu of the yearly Video Conference that the CTFOA Executive Board has participated in over the last few years at the CHSAA offices, the NFHS has elected once again to host the "*2019 Track & Field/Cross Country Rules Interpreters*" meeting in Indianapolis. As a result, K.C. Logan Colorado's Rules Interpreter will be attending this conference scheduled for January 9 & 10, 2019 at the Hyatt Regency. This conference will be attended by Rules Interpreters from across the country. They will be introduced to and learning about and discussing **(1)** NFHS Learn Updates, **(2)** NFHS Officials Updates, **(3)** NFHS Sports Medicine Updates, **(4)** Rules changes, Editorial changes, Points of Emphasis **(5)** Mechanic changes, **(6)** Guide Runner Instructions, **(7)** Safety in the Throwing events, and **(8)** Trends in the Sport and Industry. One of the reasons this conference is being offered in Indianapolis is to assist officials once again in the "*consistent*" enforcement of the rules across the country. Once K.C. returns from this conference, he will present this information to the CTFOA Executive Board prior to our CTFOA Rules Meetings in Aurora on January 25 & 26, 2019 as well at all Satellite Clinics that will be held across the State of Colorado in February.

MESSAGE FROM THE NFHS

Below is an important message from the National Federation. The CTFOA Executive Board will be discussing this latest information at our annual NFHS nationwide video conference in January and, as a result, we will be coming back to you with additional information. After reading this article you are being asked (within the article) to go to the NFHS Website at www.nfhs.org and Click on "*Activities & Sports*" at the top of the home page and select "Track and Field/Cross Country" for a complete listing of the track and field/cross country rules changes".

If you have questions, please feel free to direct them to Jenn Roberts Uhlig, K.C. Logan, Jim Gjerde or Gary Strubel and we will get your question(s) answered. Please note that there has been a recent update (correction) posted by CHSAA.

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

NEWS RELEASE

Simplification of Uniform Rule Continues in High School Track and Field/Cross Country

NOTE: THE FOLLOWING INFORMATION HAS BEEN TAKEN ALMOST VERBATIM FROM ARTICLES POSTED ON THE NFHS WEBSITE.

INDIANAPOLIS, IN (By NFHS on July 10, 2018) — Further simplification of the uniform rule in track and field, and clarification on the method of determining the order of finish in cross country highlight 2019 rules changes in those two high school sports.

Seven changes were recommended by the National Federation of State High School Associations (NFHS) Track and Field and Cross-Country Rules Committee at its June 11-13-2018 meeting in Indianapolis, and all changes were subsequently approved by the NFHS Board of Directors.

In Rule 4-3-1, the interpretation of a foundation garment was expanded to include any item worn under the uniform top and/or bottom. The rule now states that "any visible garment worn underneath the uniform top and/or bottom is considered a foundation garment. A foundation garment is **not** subject to logo/trademark/reference or color restrictions."

In addition, Rule 4-3-2 was rewritten to allow schools more options in meeting the uniform rule. The rule now states that "all relay and cross-country team members **must** wear uniforms clearly indicating, through **predominant** color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team."

2019 TRACK AND FIELD POINTS OF EMPHASIS (By NFHS on November 6, 2018)

Uniforms

"It has become increasingly more difficult to officiate the uniform rule given the increase in the number of programs nationwide that are allowing individual team members the option of independently purchasing either all or part of their team uniform," said Julie Cochran, NFHS director of sports and liaison to the Track and Field/Cross Country Rules Committee. "**Slight** differences in design of uniform do not negatively impact the identification of a relay or cross-country team. **The expectation of this rule is that all relay and cross-country team members can be clearly identified as representing the same school.**"

The revised 4-3-2 NOTE states that "the official shall have no uncertainty in determining that all members are from the same school through predominant color, school logo, and color combinations of all outer garments."

Through the results of the 2018 Track and Field and Cross-Country Questionnaire, the clear majority of coaches, officials and state association personnel surveyed across the nation were in favor of a simplification of the rule. The rules committee took action to help minimize issues related to garments worn underneath the uniform and provide meet officials more flexibility to determine if relay or cross-country team members can be clearly identified as representing the same school. Any garments worn under the uniform are not subject to logo/trademark/reference, color or length restrictions. Variations in trim and/or accents within members of the same relay or cross-country team should be evaluated on a case-by-case basis as to whether or not these variations negatively impact a meet official's ability to identify teammates. Officials should be able to observe that all members are from the same team.

Under Rule 3-2, the games committee will continue to have the authority to restrict or permit the wearing of any item outside of the required school uniform.

Wearable Technologies

The availability of wearable technologies that allow individuals to monitor a variety of body functions, including but not limited to, heart rate, blood pressure, pace and distance traveled are readily available and cost effective. Nearly all these wearable technologies can both transmit and receive collected data from other mechanisms. This data can be used to evaluate how the body is performing, and the user can adjust as needed based on that data.

This type of technology is being incorporated into watches, garments, shoes and jewelry and, in most cases, is nearly impossible to distinguish from the same item type that does not include the technology (e.g., Apple watch vs traditional watch).

NFHS Track and Field and Cross-Country Rules do not prohibit the use of wearable technologies, but Rules 3-2-8a and 4-6-5d state that no competitor may receive electronically transmitted data from a coach or other third party. If such communication is observed by an official, the competitor should be disqualified.

While preventative officiating helps to avoid issues in any event, it is obvious that those trying to police wearable technologies by restricting what can be worn by competitors is asking event officials to perform an impossible task. Restricting the wearing of a watch because it contains GPS capability is futile when the same technology is available in the shoe, the sports bra they have on or the ring they are wearing.

Officials Safety and Recommendations in Vertical and Horizontal jumps

The safety of the athletes and officials is most important before, during and after the competition in vertical and horizontal jumps. The safety of athletes is paramount by eliminating hazardous conditions from the venue. This includes foreign debris in the landing area, inspection of the runway for tripping hazards and removing equipment out of harm's way. Always be prepared for the unexpected even though the event seems to be progressing as planned.

In horizontal jumps, make sure pits are full of sand and turned, shovels and rakes are placed tines down after use to avoid accidental injuries. Inspect each takeoff board and pit edges. Also instruct those raking the pit to keep the sand off the track as much as possible.

In vertical jumps, make sure the pits meet the rule standard, they are the correct size and properly padded. Check that each cross bar meets standards and is clearly marked. In the pole vault, double check the standards and extenders, and that the planting box is free of water and in good condition

Do not allow multiple jumpers on the runway at the same time during competition. During warm-ups, pay special attention when athletes are trying to set their marks and other competitors are on the runway or apron. Athletes running away from the pit or mat to set their marks with or without implements can be hazardous to other competitors and officials in the area if no one is paying attention. Remember to control the runway during practice and during the competition. If another event (i.e., throwing) is in progress near your venue, warn the athletes to pay attention when participating and leaving the event. **Officials should always stop the event when safety might be compromised.**

Always be attentive when you are at the venue particularly when track events are in progress. Instruct the athletes as to which direction to exit the pit or mat so as not to interfere with oncoming runners or adjacent events.

In cross country, regardless of the system used to determine the places of runners, the order of finish should be based on when the torso of the runner crosses the finish line. Changes in Rule 8-3 state that whether hand timing, transponders/ship or image-based timing systems are used, the torso is the determining factor in order of finish.

The remaining changes concern field events in **Rule 6**. In the discus and javelin, measurement shall be recorded to the nearest lesser inch or centimeter. The addition of centimeter allows states using the metric system to give a fairer depiction of the actual performance.

In **Rule 6-9** regarding the long jump and triple jump, the committee established ranges of distances in the events. **Rule 6-9-5 NOTE** states that the "distance from the foul line or takeoff board may be adjusted to accommodate different levels of competition. Competitors may change which foul line or takeoff board they are using during competition, but only with the prior notification and confirmation of the event judge."

A complete list of the track & field / cross country rule changes is available on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page and select "Track and Field/Cross Country."

NOTE: IF THERE ARE ANY UPDATES TO THE ABOVE INFORMATION PRESENTED IN INDIANAPOLIS, WE WILL PROVIDE THAT INFORMATION TO ALL CTFOA OFFICIALS ONCE K.C. LOGAN RETURNS FROM INDIANAPOLIS.

2019 ANNUAL CHSCA TRACK & FIELD CLINIC (COLORADO HIGH SCHOOL COACHES ASSOCIATION)

This clinic will be held once again this year at the Radisson Hotel Denver Southeast (Formerly the Red Lion Hotel) located at 3155 S. Vaughn Way in Aurora, Co. 80014 / 1-225 & Parker Road. Take Vaughn Way/Dam Road exit on Parker Road south of I-225. We would like to thank Brett Shanklin for hosting the CTFOA Rules Clinics on Friday January 25, 26, 2019. The times and room #s for these **two** rules clinics are included in this newsletter and will be announced in a future newsletter as well (January 2019). As an official, your attendance is required at one of these clinics. A second rules clinic is being offered on Saturday afternoon to accommodate those officials who are unable to make it to the Friday night session. **NOTE:** If you are unable to make it to one of our clinics in Aurora, you may attend one of the Satellite Clinics that will be held across the state. These Satellite Clinics are listed below

2019 SATELLITE RULES CLINICS FOR CTFOA OFFICIALS

The following Rules Clinics (below) for Officials have been approved by the CTFOA Executive Board for the 2019 Track & Field Season. Officials must attend one of these satellite rules clinics as required annually by the CTFOA & CHSAA **or** one of the Rules Clinics designed for officials to be held at the CHSCA Clinic in Aurora. Coaches wanting to certify as an official must also attend one of these satellite rules clinics **or** one of the rules clinics scheduled at the CHSCA conference for officials in Aurora on January 25 or 26, 2019. A New Rules Clinic for COACHES ONLY is also scheduled at the CHSCA clinic to satisfy their yearly requirement for CHSAA. Coaches attending an Officials Rules Clinic will satisfy their yearly CHSAA requirement if they were unable to attend a New Rules Clinic for coaches in Aurora. Please note that, once again this year, individual rules clinics outside of the dates below will not be offered for officials.

Colorado Springs

Date: February 7, 2019

Time: 6:00 – 8:30 p.m.

Place: Fire Station #8
3737 Airport Rd.

Contact: Roger Caldwell
Racaldwell54@gmail.com

Cheyenne Wells Elementary

Date: February 17, 2019

Time: 1:00 – 3:30 p.m.

Place: Signs will be posted

Contact: Sammi Chadwick
sammichadwick@ymail.com

Montrose High School

Date: February 24, 2019 (Sunday)

Time: 9:00 – 12:00

Place: Building Trades Classroom

Contact: Brian Simpson
christopher.simpson@mcsd.org

Grand Junction

Date: February 21, 2019

Time: 6:30 – 9:00 p.m.

Place: Grand Junction H.S.

Contact: Joe Zeni
Jzeni0726@gmail.com

Ft. Collins

Date: TBA

Time:

Place:

Contact:

Pueblo

Date: TBA

Time:

Place:

Contact:

Durango

Date: TBA

Time:

Place:

Contact:

Alamosa

Date: TBA

Time:

Place:

Contact:

Trinidad

Date: TBA

Time:

Place:

Contact:

Denver Public Schools

Date: TBA

Time:

Place:

Contact: Justin Saylor
Justin_saylor@dpsk12.org

JEFFCO

Date: TBA

Time:

Place:

Contact:

Greeley

Date: TBA

Time:

Place:

Contact:

..... IMPORTANT DATES

January 25, 2019

CHSCA Track Clinic Day 1 (Aurora)
Officials Rules Clinic
6:00 – 8:30 p.m. Colorado Room Lower Level

February 25, 2019

First Day T&F Practice may be held

January 26, 2019

CHSCA Track Clinic Day 2 (Aurora)
Officials Rules Clinic 1:00 – 3:30 p.m. Main Rm. Upstairs
Track Officials Online Test **Opens** at 5:00 p.m.

March 2, 2019

First day scrimmages may be held

March 3, 2019

Online Test Closes @ 11:58 p.m.

May 7, 2019

First day meets may be held

May 11, 2019

T&F regular season Ends

May 16, 17, 18, 2019

Colorado T&F State Championships at JEFFCO Stadium
Classification time schedule is posted online

2019 SPRING TRACK & FIELD & CROSS COUNTRY SEASON OFFICIALS UNIFORM (REQUIRED)

Christine has Optic Yellow Polos in stock this season and they can be shipped immediately

*Optic yellow and/or fluorescent orange CTFOA embroidered shirt(s). Black, Khaki, Tan, Stone colored shorts and/or long pants ONLY when working as a CTFOA Official **in any capacity.***

**Christine DeRock
Rock Soft Chenille (rocksoftchenille@hotmail.com)
970-412-0994
117 Birdie Dr.
Milliken, Co. 80543**

Christine accepts credit/debit cards and she will mail your shirts/jackets to your home or business. Embroidery and shipping is included in the price of the shirts and jackets. All shirts come in women's and men's sizes. S, M, L, XL = \$25.00 2XL, 3XL, 4XL are \$27.00 and CTFOA jackets including embroidery are available in Optic Yellow and/or Fluorescent Orange for \$50. Price includes shipping to your business or home.

NOTE: AS A CERTIFIED OFFICIAL WORKING IN ANY CAPACITY AT ANY CROSS COUNTRY OR T&F MEET(S), YOU ARE REQUIRED TO DRESS IN YOUR CTFOA UNIFORM.

Are You Interested in Officiating Cross Country Meets in the Fall of 2019 and/or Regionals at The End of The 2019 Cross Country Season?

For the second year in a row, if you would like for your name to appear on the Cross-Country Certified Officials list that will be posted on the CHSAA website prior to and during the 2019 XC season, please contact me prior to the 2019 XC season at gharleyclassic@gmail.com and I will place your name on this list. This list of officials will provide athletic directors, meet directors, etc. easier access to contact only those officials who would like to work regular season and Regional XC meets in the Fall of 2019. As you are aware, the CHSAA has mandated that certified officials be hired for all REGIONAL MEETS.

Have a great holiday season and please feel free to contact us if you have comments, questions, suggestions, concerns or a need for rule interpretation(s).

**Gary Strubel
President
gharleyclassic@gmail.com
Term 9-01-15 thru 8-31-19**

**Denise Close
Vice-President
denisec@bvschools.org
Term 9-01-15 thru 8-31-19**

**Lauren Lopez
Secretary/Treasurer
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Term 9-01-15 thru 8-31-19**

**K.C. Logan
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Appointed by CHSAA**

**Jim Gjerde
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Appointed by CHSAA**

**Jenn Roberts-Uhlig
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