



SECTION VIII

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BOYS & GIRLS INDOOR TRACK & FIELD

2024 - 2025

Boys Coordinator: Dennis Kornfield (suziekorn@aol.com)

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COMMITTEE MEMBERS

Nick Aurigemma (Cold Spring Harbor)

Peter Bechhoff (Division)

Rich Cafiero (Syosset)

Rich Degnan (Massapequa)

Brian Doxey (Clarke)

Kristen Hamilton (Roslyn)

Stephen Honerkamp (Hewlett)

Bud McQuillan (Lawrence)

Jeremiah Pope (Port Washington)

Jim Ravener (Bethpage)

Steve Steiner (Manhasset)

Michael Ringhauser – NCTCA Rep

Bob Busch – Ex Officio

HSAA Rep – Arnie Epstein

Boys & Girls Winter Track & Field Handbook

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2024 -2024 Important Dates

Monday, November 4 – Roster system opens.

Instructions will be sent through email on Monday. Link is below:

<https://ny.milesplit.com/meets/645727-section-8-roster-collection-2025>

Info on how to manage your roster can be found at <https://support.milesplit.com/en/t/team-management>

Wednesday, November 13th – MANDATORY COACHES MEETING – 7:30pm

<https://mineola.webex.com/meet/kfrazier>

Monday, November 18 – First Day of Practice

Thursday, November 21 – Roster submission deadline

(any athlete competing Monday, 11/25 must be entered by this date)

Monday, November 25 – Meets begin

Friday, November 29 – Roster addition deadline 1

(any athlete competing the week of 12/2 must be entered by this time)

Monday, December 2 – Crossover meets begin

Monday, January 13 – Wednesday, January 29 – Conference Championships

(check your assigned date)

Thursday, January 16 & Thursday, January 30 – Frosh/Soph Meet

(check your assigned dates)

Monday, February 3 – Wednesday, February 5 – County Championships

(check your assigned dates)

Monday, February 10 – State Qualifier meet

Saturday, March 8 – State Championships

Sportsmanship

NYSPPHSAA requires officials to enforce all rules regarding unsportsmanlike conduct by coaches and athletes. There will be no tolerance for negative statements or actions between opposing players, especially trash-talking, taunting, or baiting of opponents. Please remind all athletes and coaches of this policy. (Please see detailed policy on pages 23-24)

Safety Notes

Please review page 6 which outlines the Section's policy for Wind Chill procedures. This MUST be referenced before every practice and meet.

Important Notes for 2024-2025 Indoor season

Clinics

We will no longer be hosting clinics. We needed to repurpose those dates for competitions. You can still find clinics in the area.

USATFLI hosts Sunday clinics at Island Trees HS through November 17th

Registration starts at 3:30. Clinics 4-6

They will also host a clinic on New Years Eve at St. Anthony's HS

Registration starts at noon. Clinics 1 - 3

Format B Meets – Strict Guidelines

For the Format B meet you are limited to 30 athletes per team. No more than 10 athletes in any one event. This will be strictly enforced. If your team violates this limit you risk having the performances of all of your athletes in attendance disqualified and voided. Your ADs and the Section office are aware of this policy.

Meet Requirements for Championship Eligibility

Due to some of our format changes we have already received permission from NYSPHSAA and Section 8 to mandate that athletes must have 4 meets in order to be eligible for County & State Q competition. Meets must occur prior to entry deadlines for these meets.

Continued Rule – End of Season Eligibility

Starting with the Conference Championship meets – If an athlete misses their Section 8 Championship event in order to compete in an outside event **not representing their high school team**, they will not be eligible for any remaining Section 8 or New York State Championship events in that season.

Club/Private Coaches

All club/private coaches must remain in spectator areas only and may not solicit conversations with athletes while they are there. Athletic Directors will be submitting the names of all Board approved coaches for their programs. Those are the only coaches allowed in competition areas, as well as the only coaches we will communicate with regarding specific athletes. **There are NO exceptions to this.** If they are not a board approved coach, they do not belong in competition areas with your athletes. Please make sure your athletes, as well as any coaches you work with, are aware of this new policy. If there are any issues during a meet, please make meet personnel aware so we can remove the individual(s).

Hard Bottom Shoes at St. Anthony's

These types of shoes are NOW ALLOWED ONLY when the spikes are in them during the Conference, County and State Q meets.

NFHS Rules Changes/Updates for 2024-2025 (There are several!)

Rule 5-10 Page 38 2025 NFHS Track and Field Rules SECTION 10 RELAYS

ART. 1 . Relays are races between teams of four competitors, each running only one distance (leg). An individual leg of the race is finished when the incoming competitor passes the baton to the succeeding or outgoing competitor or the competitor running the last leg crosses the finish line.

ART. 2 . In relay events, no more than eight individuals may be listed on the relay entry, but only those who actually run will be considered official participants. Any substitutions must come from those names on the relay entry.

NOTE: It is not necessary to use the same four competitors in the finals who competed in the preliminary rounds of trials.

ART. 3 . The order of running may be changed between heats and succeeding rounds or the final.

ART. 4 . In relay races which are run the entire distance in lanes, teammates of each starting competitor shall occupy the same lane or corresponding position at each exchange mark, and the baton must be exchanged only in such lane or position.

ART. 5 . The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate.

ART. 6 . Each competitor shall carry the team's baton by hand throughout the race and shall pass it to the succeeding teammate. The first competitor shall start with the baton, and the last competitor shall carry the baton until the individual has finished the race. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.

NOTE: In the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone in which the incoming competitor is running 200 meters or less in lanes will be 30 meters long. All exchange zones for races with incoming legs of more than 200 meters or when the incoming competitors are not in assigned lanes will remain at 20 meters.

ART. 7 . The baton shall be handed from the incoming runner to the outgoing runner within the exchange zone. The passing of the baton commences when the baton is first touched by the outgoing runner and is completed when the baton is solely in the possession of the outgoing runner. If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either competitor may retrieve it, even from another lane, provided the competitor does not interfere with an opponent and the baton is retrieved within the limits of the original exchange zone extended across the track. If the baton is dropped outside the exchange zone, it must be retrieved by the competitor who dropped it.

ART. 8 . After passing the baton, the relieved competitor should stand still or jog straight ahead and step off the track when clear.

ART. 9 . In relay races, each outgoing competitor, while waiting for the baton, shall take a position entirely within the exchange zone and must complete the exchange while the baton is within the exchange zone.

Page 39 Rule 5-11 2025 NFHS Track and Field Rules

ART. 10 . In relays of 800 meters or longer and which are not run in lanes, the games committee shall determine the method of exchanging batons at each station. At each station, competitors shall line up in the same relative lane position as that of their teammate who started the race, but there may be movement to a position better suited to meeting the passer of the baton. Each passer shall keep a straight course to the exchange zone. The responsibility for taking a position which corresponds to that which the passer is entitled is on the outgoing competitor.

ART. 11 . The track rules relative to fouling, coaching or interference apply identically to relay races.

SECTION 11 RELAY INFRACTIONS

ART. 1 . A relay team shall be disqualified when:

- a. During a relay race, any member of that team is disqualified for another infraction within the rules;
- b. Any member of a team uses a device or substance on either hand that enhances contact with the baton (i.e., gloves, tape, adhesive substance);
- c. The baton is not passed legally within the defined passing zone;
- d. The baton is recovered illegally after being dropped;
- e. While running, a team member transports the baton in a manner other than in the hand;
- f. The last runner of the team finishes the race without the baton;
- g. After passing the baton, a runner veers out of the passing lane or from a straight course and impedes an opposing runner;

- h. Assuming a preparatory position in any race run in lanes, any part of the outgoing runner's body breaks the plane of the adjacent lane lines so as to interfere with another runner;
 - i. The outgoing runner waiting for the baton does not establish themselves entirely within the exchange zone prior to initiating the exchange;
 - j. A team member runs more than one leg;
 - k. A relay team finishes a race with a different baton than the one it began with at the start of the race.
 - l. The incoming and outgoing runners simultaneously touch the baton outside the exchange zone;
 - m. The incoming competitors provide assistance by pushing the outgoing runner or;
 - n. Any member of the team throws the baton following the finish of any relay.
- PENALTY: Disqualification of the relay team from the event

SECTION 13 INFRACTIONS FOR RACES NOT RUN IN LANES

ART. 1 . Any competitor shall not deliberately run on or inside the track curb (or painted line), and thereby gain a meaningful advantage, including but not limited to improving position or shortening the course.

ART. 2 . A competitor shall not, when running around a curve, step on or over the curb, or painted curb line, for three or more consecutive steps with either or both feet.

PENALTY: (Articles 1, 2) Disqualification from the event.

ART. 3 . A competitor may leave the track to retrieve a dropped relay baton provided no interference occurs and no advantage is gained.

ART. 4 . In a race involving a curve where lanes are not specified, a competitor may move toward the inside or outside of the track provided the competitor is one full running stride, approximately 7 feet, in advance of the competitor whose path is crossed. It is not a foul if a competitor crosses to the inside or outside if this action does not interfere in any way with another competitor.

Here is the complete rule on tiebreakers in vertical jumps with all changes from the last 2 years:

b. For places determined by height:

1. The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.
2. If the tie still remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
3. Passed trials shall not count as misses.
4. If the tie remains after applying (1) and (2) and:
 - (a) It concerns first place, the competitors tying shall make one more attempt at the height at which they failed. If no decision is reached, the bar shall be lowered in increments of 1 inch (2 cm) in the high jump and 3 inches (7 cm) in the pole vault. If two or more of the tying contestants cleared the height, the bar shall be raised by intervals of 1 inch (2 cm) in the high jump and 3 inches (7 cm) in the pole vault. Each competitor shall attempt one trial at each height until a winner is determined.
 - (b) If all competitors eligible for a jump-off withdraw from the competition before the jump-off begins or at a height change, those competitors shall tie for first place, and any team points shall be added together and divided equally between the tying competitors.
 - (c) The tie concerns any place other than first, the competitors shall be awarded the same place.

NOTES:

1. If the height which the tied competitors last attempted is not the same, because of a passed height by one or more of the remaining competitors, the jump-off shall commence at the next height in the original progression, after the tying height.
2. No passed heights shall be permitted in the jump-offs.
3. A competitor withdrawing from a jump-off shall concede any opportunity for a higher placing in the event, but the withdrawal shall not negate a competitor's performance in that event up to the point of withdrawal. Withdrawing from a jump-off is not unsporting conduct. (4-6-1)

NYSPHSAA WIND CHILL PROCEDURES

Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/ practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into www.weatherbug.com.
- Enter the zip code or city and state in the location section of the app or on-line
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (wind chill) at halftime or midway point of the contest. If the Feels Like temperature (wind chill) is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temperature (wind chill) above 40 degrees	Full activity, no restrictions
R E C O M M E N D E D	Wind Chill Caution: Feels Like Temperature (wind chill) 39 degrees to 20 degrees	Stay adequately hydrated. Notified coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Hourly Feels Like Temperature (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Feels Like Temperature (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when the Hourly Real Feel temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: Feels Like Temperature (wind chill) -11 degrees or lower	No outside activity, practice, or contest, should be held.

Special Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.

Coaches must check to see which dates they are scheduled to attend. Several changes this year!

DATE	TIME	FORMAT
Monday, 11/25	6pm – 10:30pm	3200/3000 WT, HJ, LJ **Limits of 3 for field**
Monday, 12/02	6:30 – 10:30	A
Tuesday, 12/03	6:30 – 10:30	A
Wednesday, 12/04	6:30 – 10:30 **Varsity athletes only*	B *30 per team, no more than 10 in any single event*
Monday, 12/09	6:30 – 10:30	A
Tuesday, 12/10	6:30 – 10:30	A
Thursday, 12/12	6:30 – 10:30 *Varsity athletes only*	B *30 per team, no more than 10 in any single event*
Monday, 12/16	6:30 – 10:30	C
Tuesday, 12/17	6:30 – 10:30	C
Wednesday, 12/18	6:30 – 10:30	C
Thursday, 12/19	6:30 – 10:30	C
Friday, 12/20	6:30 – 10:30	Sprint Festival *Details to follow*
Friday, 1/03	Being held as snow date	TBD if necessary
Monday, 1/06	6:30 – 10:30	D
Tuesday, 1/07	6:30 – 10:30	D
Wednesday, 1/08	6:30 – 10:30	D
Thursday, 1/09	6:30 – 10:30	D
Friday, 1/10	6:30 – 10:30	Weight Throw (or snow date)
Friday, 1/24	6:30 – 10:30	Weight Throw (or snow date)
Monday, 12/02	Tuesday, 12/03	Wednesday, 12/04
Division East Rockaway Farmingdale Great Neck North Island Trees Long Beach Lynbrook MacArthur New Hyde Park North Shore Roslyn Valley Stream North Wantagh Westbury Wheatley	Academy Charter Calhoun Carey Clarke Garden City Lawrence Mineola Oceanside Plainedge Plainview Old Bethpage Seaford Sewanhaka Syosset Uniondale	Baldwin Bellmore JFK Bethpage Cold Spring Harbor East Meadow Elmont Floral Park Freeport Friends Academy Glen Cove Great Neck South Hempstead Herricks Hewlett Hicksville Jericho Locust Valley Malverne Manhasset Massapequa Mepham Oyster Bay Port Washington Roosevelt South Side V. S. Central V. S. South West Hempstead

Monday, 12/09	Tuesday, 12/10	Thursday, 12/12	
Baldwin	Bellmore JFK	Academy Charter	Mineola
Bethpage	Cold Spring Harbor	Calhoun	New Hyde Park
Elmont	East Meadow	Carey	North Shore
Floral Park	Freeport	Clarke	Oceanside
Friends Academy	Great Neck South	Division	Plainedge
Glen Cove	Hempstead	East Rockaway	Plainview OB
Hewlett	Herricks	Farmingdale	Roslyn
Jericho	Hicksville	Garden City	Seaford
Locust Valley	Mepham	Great Neck North	Sewanhaka
Malverne	Oyster Bay	Island Trees	Syosset
Manhasset	Port Washington	Lawrence	Uniondale
Massapequa	Roosevelt	Long Beach	V.S. North
Valley Stream Central	South Side	Lynbrook	Wantagh
West Hempstead	Valley Stream South	MacArthur	Westbury
			Wheatley

Monday, 12/16	Tuesday, 12/17	Wednesday, 12/18	Thursday, 12/19
Bethpage	Academy Charter	Carey	Baldwin
Freeport	Bellmore JFK	Clarke	Calhoun
Garden City	East Meadow	Division	Cold Spring Harbor
Hewlett	Elmont	Friends Academy	East Rockaway
Island Trees	Floral Park	Great Neck North	Farmingdale
Locust Valley	Great Neck South	Hempstead	Glen Cove
Long Beach	Hicksville	Herricks	Lynbrook
Massapequa	Jericho	Mineola	MacArthur
Mepham	Lawrence	Plainedge	Malverne
North Shore	Manhasset	Plainview OB	Roosevelt
Oceanside	New Hyde Park	Sewanhaka	Roslyn
Uniondale	Oyster Bay	Valley Stream Central	Seaford
Valley Stream South	Port Washington	Valley Stream North	South Side
Westbury	West Hempstead	Wantagh	Syosset
Wheatley			

Monday, 1/06	Tuesday, 1/07	Wednesday, 1/08	Thursday, 1/09
Baldwin	Bethpage	Academy Charter	Cold Spring Harbor
Bellmore JFK	Calhoun	Carey	Floral Park
East Meadow	Clarke	Division	Freeport
Friends Academy	Herricks	East Rockaway	Glen Cove
Garden City	Hicksville	Elmont	Hempstead
Great Neck North	Manhasset	Farmingdale	Hewlett
Island Trees	North Shore	Great Neck South	Locust Valley
Lynbrook	Oceanside	Jericho	Mepham
MacArthur	Oyster Bay	Lawrence	Mineola
Malverne	Roslyn	Long Beach	Plainview Old Bethpage
Massapequa	Seaford	New Hyde Park	Roosevelt
Port Washington	Sewanhaka	Plainedge	Valley Stream Central
Westbury	South Side	Syosset	Valley Stream North
Wheatley	Valley Stream South	Uniondale	Wantagh
			West Hempstead

SCHEDULE OF EVENTS – ALL EVENTS HAVE A 2 EVENT PER ATHLETE LIMIT

Format A	Format B	Format C	Format D
Running – G/B Girls 1500 300 Boys 1600 55	Running – B/G 55HH 4 x 4 (2 teams) 1000 4 x 2 (3 teams) 600 1500 Racewalk	Running – G/B 600* 1500/1600* 55HH 300* 55 4 x 8 (2 teams) *May run 600 or 1500/1600 *May run 600 or 300, not both!	Running – B/G after RW 1500 Racewalk B/G 55HH semi G/B 55HH final 3200/3000* 1000* 55 *May run 3200/3000 or 1000, not both
Field Events – Limit 5 High Jump – B/G Long Jump – G/B Shot – B/G Pole Vault – G/B	Field High Jump – G/B Triple Jump – B/G Shot – G/B Pole Vault – B/G	Field High Jump – G/B Long Jump – B/G Weight – B/G Pole Vault – G/B	Field High Jump – B/G Triple Jump – G/B Shot – G/B Pole Vault – B/G

High Jump format this year will be 5 Alive!

3000/3200 on 11/25 will be preseeded using best Bethpage 5k time from this past season. There will be an appeal process like last year.

Field event cards must be used for LJ, TJ, SP, WT – these will be provided

Relay cards will be provided as well

CONFERENCE ALIGNMENTS

(Teams in **BOLD** have changed from 2023-2024 placement)

CLASS A		CLASS B		CLASS C	
CONF 1	CONF 2	CONF 3	CONF 4	CONF 5	CONF 6
Freeport	Westbury	Great Neck North	Roslyn	V.S. North	Malverne
Syosset	Herricks	Mepham	Bellmore JFK	Mineola	Seaford
Uniondale	East Meadow	New Hyde Park	Academy Charter	Lynbrook	Wheatley
Hempstead	V.S. Central	Sewanhaka	Manhasset	Floral Park	West Hempstead
Massapequa	Baldwin	Roosevelt	Hewlett	Wantagh	Locust Valley
Hicksville	MacArthur	Calhoun	Elmont	V.S. South	Cold Spring Harbor
Oceanside	Great Neck South	Glen Cove	South Side	Plainedge	East Rockaway
Plainview Old Bethpage	Long Beach	Carey	Bethpage	Lawrence	Oyster Bay
Port Washington	Jericho	Garden City	Clarke	North Shore	Friends Academy
Farmingdale		Division		Island Trees	

CONFERENCE CHAMPIONSHIP MEET SCHEDULE

DATE	CONFERENCE	TIME
Monday, 1/13	4	6:30pm – 10:30pm
Tuesday, 1/14	5	6:30pm – 10:30pm
Wednesday, 1/15	6	6:30pm – 10:30pm
Monday, 1/27	1	6:30pm – 10:30pm
Tuesday, 1/28	2	6:30pm – 10:30pm
Wednesday, 1/29	3	6:30pm – 10:30pm

FROSH/SOPH MEET

Thursday, 1/16	Only Conf 1,2,3 Frosh/Soph	6:30pm – 10:30pm
Thursday, 1/30	Only Conf 4,5,6 Frosh/Soph	6:30pm – 10:30pm

Order of Events will be sent in early January

COUNTY CHAMPIONSHIP MEET SCHEDULE

Monday, 2/03	C	6:30pm – 10:30pm
Tuesday, 2/04	A	6:30pm – 10:30pm
Wednesday, 2/05	B	6:30pm – 10:30pm
Thursday, 2/06	County meet snow date	6:30pm – 10:30pm

STATE QUALIFIER MEET SCHEDULE

Monday, 2/10	All qualifiers	6:30pm – 10:30pm
Thursday, 2/13	State Q meet snow date	6:30pm – 10:30pm

STATE CHAMPIONSHIP MEET

Saturday, March 8	All boys & girls qualifiers	8:45am – 5:00pm
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State Championship meet is held at Ocean Breeze Athletic Complex

Detailed info to be presented in January

SECTION 8 WINTER TRACK & FIELD

Section 8 Winter Track & Field will be governed by 2025 NFHS rules

Crossover Meets

- a. Athletes are limited to 2 events.
- b. Only one measurement under 12' (girls) 17' (boys) will be measured in the LJ.
- c. Only one measurement under 25' (girls) 35' (boys) will be measured in the TJ.
- d. The first 4 sections of the 600 will be run in lanes as time permits. Others in alley.
- e. The first 4 sections of the 300 will be run in lanes as time permits. Others in alley.
- f. Seeded sections will run first at Crossover meets.
- g. The first 2 sections (at least) of the 4 x 400 and the 4 x 200 will be run in lanes as time permits.
- h. All jumpers must pick up their tape marks when they leave the event. No duct tape may be used in HJ.

Clerking Responsibilities (Please share this info with your athletes)

- a. All competitors are to report promptly to the clerking area or send a teammate once the event is called. It is the athlete's responsibility to clerk on time. Once an event is clerked, that event is closed.
- b. Athletes should come to the clerking area ready to compete (running apparel and shoes)
- c. Verbal seeding will be used for all races unless otherwise specified.
- d. It is the athlete's responsibility to notify the clerk if she/he is leaving the clerking area to compete in a field event. Officials will be marking the times athletes leave and return. Make sure your athletes communicate. The 10 minute rule will be in effect. Please teach your kids to communicate with the officials and to be fully aware of all parameters of the 10 minute rule. (Review the 10 minute rule page in this book – page 13)
- e. No electronics in the clerking area.

Usage of Blocks/Spikes

- a. Spikes may be used at St. Anthony's ONLY in the Conference, County and State Qualifier meets. No hard, plastic bottom shoes are ever permitted.
- b. Starting blocks will be provided by St. Anthony's. You may not bring your own.

Results

Results will be posted live throughout the season at elitemeats.com and ny.milesplit.com

Participation/Eligibility Standards

- a. Six team practices are required before the first meet or scrimmage.
- b. Each individual athlete must have six practices before competing.
- c. Each athlete is limited to 15 meets (exclusive of Counties and State Q's)
- d. There are no independent athletes in Nassau County.
- e. **Athletes must have competed in 4 meets prior to Counties to be eligible for Counties and State Q**
- f. Athletes will be permitted to enter 3 events at the Conference, County and State Q meets. However, athletes are only permitted to enter 2 events at Crossover meets.
- g. The rule of one night's rest between meets is in effect for the winter.
- h. The Long Island Invitational and Eastern States meets DO COUNT towards the 15 allowable meets.

Competition

- a. Do NOT enter your athletes in more than 3 events in ANY meet outside of Section 8 (regardless of that meets guidelines).
- b. The 4 meets scheduled per conference prior to Conference Championships have a 2 event per athlete limit.
- c. Section 8 meets take precedence over any outside meets.

Uniforms

- a. Uniforms consist of a school issued or school approved top and bottom, or one piece suit.
- b. Relay members must have identical uniforms.
- c. Jerseys must be tucked in.
- d. The athlete's number is part of their uniform. No number, wrong numbers, numbers that cannot be read, or numbers that have been altered can cause a disqualification.
- e. Athletes must wear their own numbers. No exceptions.
- f. Logos must not be bigger than a business card

Medical Appeals

- a. All athletes must compete in **4 meets prior to the County Championships**. Any coach who wishes to submit an appeal based on medical reasons, documented by a licensed physician, must **submit the appeal before their last regularly scheduled season contest**. (Form on page 22)

Media

- a. MSG Varsity and FIOS TV Contract: The Section 8 contract is for Counties and State Q's ONLY
- b. MSG Varsity and FIOS: News clips are OK. Featured stories can only be at playoffs.
- c. State Meet Journal: **wherenow.nysphsaa@gmail.com**
- d. Coaches can submit bios and pictures of past State Meet athletes to be included in a new feature spotlighting past champions/participants.

Electronics

- a. Rule 3-2-8 states: "Electronic devices may 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. ALL competition areas are considered RESTRICTED areas so no electronics are permitted. This includes, but is not limited to, the track, clerking area and all field event areas"

Transgender Athletes

- a. The student's home school will determine the eligibility of a student seeking to participate in interscholastic athletics in a manner consistent with his/her gender identity where the student's gender identity does not correspond to his/her sex assigned at birth.
- b. The Superintendent (or designee) will confirm the gender identity asserted for purposes of trying out for an interscholastic sports team through documentation from the parent, guardian, guidance counselor, or from a doctor, psychologist or other medical professional.
- c. On a seasonal basis, the school will provide approval of eligibility to try out for an interscholastic sports team or teams which correspond to the student's gender identity.
- d. The Athletic Director should contact NYSPHSAA if any accommodations need to be made.

APPEALS: All appeals with respect to a District's determination as to eligibility of a transgender student to participate in interscholastic sports will go directly to the Commissioner of Education.

THE 10 MINUTE RULE

The 10 minute rule is granted by the authority of the Games Committee. It is used to assist an athlete who must check in at another event. The athlete **MUST** communicate with the field event official that he/she is leaving to check in at another event. The official will write down the time they left **AND** the time they arrived back in granting them the 10 minutes to return and continue with the field event. During this 10 minute grace period, the official will **NOT** call the athlete's name, nor penalize the athlete by charging them with a "foul".

During the 10 minute grace period in the High Jump and Pole Vault, even though the athlete is not charged with a "foul", the bar **MUST**, by rule, move up in these 2 events to the next increment. The event will NOT wait for the athlete to return. The athlete is given a "pass" for each attempt not taken at the previous height. Upon returning to the High Jump and/or Pole Vault, within the grace period, the athlete must continue his/her pursuit of excellence at the higher height, if the bar was raised. (See page 44, Rule 6-2-22)

During the 10 minute grace period in the Long Jump, Triple Jump, Shot Put and Weight Throw, the official will skip over the "excused" athlete's name and move on to the next athlete to perform an attempt. No marking on the score sheet, other than the time the athlete left to be excused, will occur. If the excused athlete returns within the 10 minutes, the official will work that athlete into the mix.

AFTER the 10 minute grace period, all field event officials, **EXCLUDING High Jump and Pole Vault** will now be calling out the name of the "missing" athlete. He/She is no longer "excused" as their 10 minute grace period has expired. Once the athlete's name is called, they have 1 minute to complete an attempt at their field event. If this does not occur, the athlete is given a "FOUL" for not completing an attempt in the proper time period.

AFTER the 10 minute grace period in the High Jump and Pole Vault, before the crossbar is raised, the official will "PASS" a "missing" competitor for the remaining attempts at that height, if they have not returned within the designated time limit (See page 42, Rule 6-2-3b) These competitors will be "eliminated as soon as he/she has had 3 consecutive unsuccessful trials, regardless of the height or heights at which the unsuccessful trials were attempted" (See page 44, Rule 6-2-22)

An athlete is **NOT** safe if they are away from their field event longer than 10 minutes even though they have communicated that to the official. **The athlete is NOT permitted to go back and forth between events without taking a legitimate attempt at his/her field event, excluding High Jump and Pole Vault, within the 10 minute grace period.**

After taking a legal attempt in their field event, they may ask to be excused for another 10 minute grace period to go and continue checking in/running in another event. Of course the above rules will still apply. Going back and forth between events WITHOUT making a legal attempt at their field event is a mockery to the 10 minute grace period the games committee has allowed.

Of course the best way to handle this 10 minute rule is for each athlete to assign a teammate to go check them in to their other event and REMAIN at that check in to receive important information given by the clerks or other field event officials. That information is to be relayed to the particular athlete missing from check in.

ROSTERS

Roster collection will be done on MileSplit. We will provide the link once it is set up.

Please reference the additional attachment that will be sent to you through email to complete this process. **Roster entry deadline is Thursday, November 21st**

There will be additional dates provided for additions.

Friday, 12/06 will mark the end of roster additions and all rosters will be considered final at that time

SEEDING

****No outdoor times/performances will be accepted as seeds****

****No club or unattached performances will be accepted as seeds****

www.milesplit.com is the ONLY site we will use to verify seeds

- a. We rely on the coaches to submit actual seeds in order to run an effective meet.
- b. For Conference, County and State Qualifier meets, all seeds must be verifiable.
- c. There is a State appointed conversion chart that is posted on MileSplit
- d. No seeds from relay splits or oversized tracks over 200 meters.
- e. No seed performances are permitted if your athlete or relay team was disqualified.
- f. Relay seeds must be actual, not composites
- g. Up to 8 names with competitor numbers should be listed on the relay cards
- h. Seed performances for all meets including the state meet will be the best actual performances from any indoor sanctioned meet during the season (November-February)
- i. Athletes must have competed in the event during the season (November – February) to receive a seed performance.
 1. **CONFERENCE CHAMPIONSHIPS:** If you would like to enter your athlete in an event for which they do not have a seed, you must write "NO SEED" on their card. That athlete will be placed behind athletes with verifiable seeds. **Long Jump, Triple Jump & Weight Throw entries require actual marks. NO athlete will be accepted to LJ/TJ without a verifiable performance in a sanctioned competition. Pole Vault entries require proof of attempts.** Seeds will be checked at Conference meets. If not verified, they move to back.
 2. **COUNTY CHAMPIONSHIPS/STATE QUALIFIER:** Athletes without verifiable seeds will not be considered for these meets at all. (Please note that girls/boys who have run the 1600/mile or the 3200/2 mile will be eligible for the 1500 and 3000 using the approved conversion tables). Also, any Pole Vault athlete must have met the opening height requirement in order to enter the County Championship/State Qualifier.
 3. **MILESPLIT WILL BE THE ONLY VERIFIABLE SITE!**
- j. Each athlete must have 4 verifiable performances listed on MileSplit prior to Counties (If your athlete only competed on relays, you must have proof)

ANNOUNCEMENT PAGE FOR ST. ANTHONY'S

(Please share with your athletes/families before first meet. Add this page to your team handbook)

- **BUSSES SHOULD NOT ENTER PARKING LOT UNTIL 5:45PM AS PER St. Anthony's.** This will be strictly enforced by St. Anthony's security.
- **As long as busses do not arrive prior to 5:45, St. Anthony's will allow us to enter starting at 5:45. However, if they see busses on property before 5:45 everyone will have to wait until 6pm.**
- **Do not allow athletes off the bus until your bus is along the side of the building. This will be a bus loop drop off system.**
- After entering the gym, teams will be permitted to warm up immediately. At 6:20 the track will close and all athletes will return to the bleachers and be asked to rise for The National Anthem. Please instruct your athletes to be respectfully quiet and to remove hats and headphones.
- The concourse area will be open for warm-ups once the track is closed for warm-ups by meet management. Concourse area shuts down at 10pm. No bags, spikes or lingering permitted in the concourse.
- Pole Vault athletes may report directly to the pole vault area to drop off their poles. Only athletes competing in the pole vault are permitted to remain in the area. If girls are vaulting no boys should be over there and vice versa. Only exception is volunteers who have been cleared by meet management.
- No large bags are permitted. Track/Spike bags are fine.
- Spikes are only permitted at Conference & County Championships and State Q. Hard plastic bottoms will only be approved when they have spikes in them at the "Spike approved meets" No hard plastic bottoms until then
- Board approved coaches need to remain in designated coaching areas.
- No food or drink at all in the gym. **Water only!** (This applies to athletes, coaches and spectators)
- No parents, club coaches or spectators allowed in designated coaching areas, infield or across the track.
- We will have designated seating again. Spectators should be directed to your team area
- Teams are expected to clean up the area in which they were sitting.
- No personal chairs will be permitted in the gym. (See Kristin/Dennis for medical necessity)
- Hurdlers may warm up on the backstretch if we have coaches supervising the area

CONFERENCE CHAMPIONSHIP INFORMATION

- Upon arrival each coach must hand in a Section VIII Entry blank and 3x5 card for each athlete and relay they have entered in the meet
- Long Jump, Triple Jump and Weight Throw entries must be entered online. Detailed instructions and deadline dates will be emailed to all coaches. We will accept 15 entries in LJ and TJ and 12 in Weight Throw. Selected athletes will be posted on the website the day before the Conference Meet. This will count as one of the 3 events permitted for the athlete. Rejected athletes will be permitted to enter 3 different events but they must be designated on the official entry
- Each team is permitted 3 scorers in each individual event
- Each team is permitted 1 relay in each relay event
- Any athlete who does not have a verifiable seed will be moved to the back of field
- Please write "NO SEED" on your athlete's card if they don't have a verifiable mark.
- Conference Meets are Championship meets with 3 place medals in each event
- The Top 3 in each individual event will earn All-Conference Honors
- The winning relay team members will earn All-Conference Honors
- ¼" pyramid spikes may be worn in this meet. No hard plastic bottoms permitted
- Be aware of conflicts with events. Athletes cannot be away from a field event for more than 10 minutes. The athlete must communicate with the official
- **All seeding and section details will be shared at a later date (at least 2 weeks before first Conference Championship meet)**

ORDER OF EVENTS
3000/3200 Final on time
55 Semi (G/B)
1000 Final on time (G/B)
55 Final (G/B)
600 Final on time (G/B)
55HH Final on time (G/B)
1500/1600 Final on time
300 Final on Time (G/B)
Girls: 1500m Racewalk
4 x 800 Relay (G/B)
4 x 400 Relay (G/B)
4 x 200 Relay (G/B)
Long Jump (G/B)
Triple Jump (G/B)
Shot put (G/B)
High Jump (B/G)
Pole Vault (B/G)
Weight Throw (G/B)

COUNTY CHAMPIONSHIP INFORMATION

- Coaches must submit an online entry. **Due dates/details to be shared**
- Each team is permitted to enter 3 athletes in each individual event
- Each team is permitted to enter 1 relay in each relay event (List up to 8 names. This does count as one event for each of the athletes listed)
- 3 place medals in each event will be awarded
- 1st and 2nd place plaques to overall team champion and runner up
- The top 3 in each individual event and the top 3 in each relay will earn All-County Honors (only the relay members who race will earn All-County. Alternates who do not run will not be named All-County)
- Scoring for the meet is 10 -8 - 6 - 4- 2 - 1 and will be automatically done online
- Only coaches may scratch an athlete from an event and must do so before the event is clerked or that athlete is out of that event and any events scheduled after that
- All LJ/TJ/SP/WT will be allowed 3 attempts. The top 7 will have an additional 3 attempts
- ¼" pyramid spikes are permitted No hard plastic bottoms permitted

ORDER OF EVENTS	ACCEPTED NUMBER OF ATHLETES
Boys 3200 Final	16
Girls 3000 Final	16
Boys 55 Semi	18
Girls 55 Semi	18
Boys 1000 Final	22
Girls 1000 Final	22
Boys 55 Final	6 (who qualified out of semis)
Girls 55 Final	6 (who qualified out of semis)
Boys 600 Final	20
Girls 600 Final	20
Girls 55HH Semi	18
Boys 55HH Semi	18
Girls 1500 Racewalk Final	16
Boys 55HH Final	6 (who qualified out of semis)
Girls 55HH Final	6 (who qualified out of semis)
Boys 1500 Final	22
Girls 1600 Final	22
Boys 300 Final	20
Girls 300 Final	20
BREAK	*Will be announced at each meet*
Boys 4 x 800 Final	12
Girls 4 x 800 Final	12
Boys 4 x 400 Final	15
Girls 4 x 400 Final	15
Boys 4 x 200 Final	15
Girls 4 x 200 Final	15
Long Jump: Girls/Boys	12
Triple Jump: Girls/Boys	12
Shotput: Girls/Boys	12
High Jump: Boys/Girls	12
Pole Vault: Boys/Girls	12
Weight Throw: Girls/Boys	12

STATE QUALIFIER INFORMATION

- All coaches must submit an online entry. **Deadlines/details to be shared**
- Coaches are permitted to enter an unlimited number of entries per event. However, each athlete can only be entered 3 times and must compete in all 3 events if they are not scratched prior to the clerking of the event
- 1st and 2nd place finishers in individual events will qualify for the State Championship. A 3rd place finisher may qualify if they have achieved the listed standard at any time during the season.
- The 1st place relay in each division will qualify for the State Championship. The 2nd place relay in each division may qualify if they have reached the standard as listed. **Only ONE relay team per school (per relay event) may qualify.**
- The first non-qualifier in the 300, 600, 1000, 1500/1600 will qualify for the State Meet Intersectional Relay team. This could be the 3rd or 4th place finisher.
- ¼" pyramid spikes are permitted. No hard plastic bottoms are permitted.

Order of Events	Number of Accepted Athletes	Standard for 1st non-qualifier to advance to State Championships
Girls 55HH Semi	12	
Boys 55HH Semi	12	
Girls 55 Semi	12	
Boys 55 Semi	12	
Girls 3000 Final	12	10:21.13
Boys 3200 Final	12	9:42.24
Boys 55HH Final	6 from semis	7.94
Girls 55HH Final	6 from semis	8.74
Girls 55 Final	6 from semis	7.44
Boys 55 Final	6 from semis	6.74
Girls 1000 Final	12	3:02.24
Boys 1000 Final	12	2:35.24
Girls 300 Semi	15	
Boys 300 Semi	15	
Girls 600 Final	15	1:38.74
Boys 600 Final	15	1:24.74
Girls 1500 Final	16	4:49.54
Boys 1600	16	4:28.74
Girls 1500 Racewalk Final	12	7:28.24
Girls 300 Final	5 from semis	41.94
Boys 300 Final	5 from semis	36.74
Break	*announced night of meet*	
Girls 4 x 8 Final	12	Div 1 9:36.24/ Div 2 10:30.52
Boys 4 x 8 Final	12	Div 1 8:05.04/ Div 2 8:54.50
Girls 4 x 4 Final	5	Div 1 4:06.94/ Div 2 4:22.46
Boys 4 x 4 Final	5	Div 1 3:32.44/ Div 2 3:41.46
Girls 4 x 2 Final	5	Div 1 1:47.54/ Div 2 1:52.84
Boys 4 x 2 Final	5	Div 1 1:34.94/ Div 2 1:36.65
Shotput: Girls/Boys	10: 4 advance to final	Girls 37'7/Boys 51'0
Long Jump: Girls/Boys	8: 4 advance to final	Girls 17'2/Boys 21'6
High Jump: Boys/Girls	8: 4 advance to final	Boys 6'2/Girls 5'3
Triple Jump: Girls/Boys	8: 4 advance to final	Girls 36'1/Boys 43'6
Pole Vault: Boys/Girls	8: 4 advance to final	Boys 13'0/Girls 10'0
Weight Throw: Girls/Boys	8: 4 advance to final	Girls 43'0/Boys 56'0

NYSPHSAA/NYS FEDERATION INDOOR TRACK & FIELD
CHAMPIONSHIPS

Saturday, March 8th at Ocean Breeze Athletic Complex

Any qualifier wishing to attend the Friday practice and stay overnight must provide their own transportation and lodging for Friday practice/hotel. Some schools did provide this last year but the **Section will not be providing any transportation or lodging on Friday.**

The Section WILL provide transportation Saturday morning from Westbury HS to Ocean Breeze Athletic Complex, as well as a return trip to Westbury HS. Details to be released in February

Order Of Events

(Slight changes have been proposed. We will share final, approved schedule with you once we have it)

7:45AM – Coaches/Athletes/Meet personnel arrive/Warm Ups

8:45AM – Track closes for Opening Ceremony

8:15 – Boys Weight; Girls Pole Vault; All Triple Jump

9am – Adaptive Race (Distance TBD)

8:45am – Running events begin

Girls followed by Boys unless otherwise noted

Adaptive Race Finals

55HH Semi

55 Dash Semi

Girls 3000

55HH Final *Boys then Girls

55 Dash Final *Boys then Girls

Boys 3200 Final

4 x 400 Semi

4 x 200 Semi

1000 Final

Girls 1500 Racewalk Final

300 Semi

600 Final

Girls 1500 Final

Boys 1600 Final

Intersectional Medley Relay (1000,200,600,1600)

300 Final

4 x 800 Final

4 x 400 Final

4 x 200 Final

Field Events

Girls Weight

Girls Shot

Boys Pole

Girls Triple

Boys Triple

Boys Weight

Girls High Jump

Boys High Jump

Girls Pole Vault

Girls Long Jump

Boys Long Jump

Boys Shot put

Indoor Track & Field Invitationals

Event entries should state that the event is sponsored by your high school and enforces all NFHS, NYSPHSAA and Section VIII rules.

Your entry may not state that the meet is sanctioned by Section VIII

Section VIII League & Championship meets take precedence over outside competitions

Meet Directors must provide results within 5 days of the conclusion of the meet

Results should include athletes' name, number, school, performance, and event.

Outdoor meets do count towards athletes required number of meets. However, you cannot use any performances from an outdoor meet for championship seeding.

All officials must be ordered through BOCES (Grace or Nick)

Newsday Track & Field coverage: Mike Anderson

2024/2025 Invitational Dates & Links

DATE	MEET	CONTACT	LINK
Friday, Dec. 6	North Shore HS Season Opener	Neal Levy	https://ny.milesplit.com/meets/628988-north-shore-hs-season-opener-2025
Saturday, Dec. 7	Herricks Winter Invite **OUTDOORS**	Joe Caruso	Email jcaruso23@hotmail.com and he will send you entry info
Saturday, Dec. 14	Nassau Coaches Invitational	Michael Ringhauser	Link will be provided when available
Monday, Dec. 23	North Shore HS Invitational	Neal Levy	https://ny.milesplit.com/meets/629002-north-shore-hs-invitational-2025
Friday, Feb. 14	North Shore HS Pre-National Invitational	Neal Levy	https://ny.milesplit.com/meets/629074-north-shore-hs-pre-national-invitational-2025
Saturday, Mar. 1	Long Island Elite Meet @ St. Anthony's HS	Rich Degnan	Degs will provide the link after the new year. We will share in a mass email.

Information on how to register on MileSplit for these and other invitationals can be found:

<https://support.milesplit.com/en/t/meet-registration>

Request for Medical Waiver of NYSPHSAA – Regulation #25

To be eligible for sectional, intersectional or state competition, a team must have competed in four (4) school scheduled contests during the season. An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of four (4) scheduled contests during the regular season. Contestants in individual sports (archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming tennis, outdoor track, indoor track and wrestling) must also have represented their school in four (4) scheduled contests during the season to be eligible. These required contests must occur on four different dates and must be concluded prior to the conclusion of the team’s regular schedule.

School_____ Sport_____

Athlete_____ Date Request Submitted_____

Nature of Injury/Illness_____

Date of Injury/Onset of Illness_____ Date of Medical Clearance_____

Record of Participation in Competitions (Exclusive of Section Tournaments):

<u>Date Opponent</u>	validated by Athletic Director
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

Note:

All pertinent medical documentation must accompany this request before it will be considered. Such material MUST VERIFY the date of onset of the illness/injury and date physical activity may resume. NOTES FROM PHYSICAL THERAPISTS ARE NOT ACCEPTABLE.

Medical Documents Attached:

1. _____
2. _____
3. _____
4. _____

Request and documentation must be received by the sport coordinator and the Section VIII Office prior to the last regular season contest

Signature of Athletic Director

Office of Interscholastic Athletics
George Farber Administrative Center
P.O. Box 9195 – 71 Clinton Road
Garden City, NY 11530-9195
Fax# 997-2916 – 997-2018

NEW SPORTSMANSHIP POLICY

The High School Athletic Council approved the new unsportsmanlike consequence regulations and increased fees for appeals. These regulations and fees are in effect as of September 30, 2024.

These consequences were discussed at the High School Athletic Association Meeting, as well as with our Superintendent’s Board. The chart below outlines the new consequences for Student-Athletes, Coaches, and Spectators as well as fees for school district appeals. Please note, we will be sharing this chart with our officials’ associations, so they are in full understanding of what is expected of all parties.

In addition to the updated regulations, the fees for appeal were unanimously approved by the Superintendents Board and will be strictly enforced.

It is the responsibility of each Athletic Administrator to review and disseminate these changes with their Student-Athletes, Coaches and Spectators.

<u>Type of Offense</u>	<u>Offender</u>	<u>Consequence of First Offense</u>	<u>Consequence of Second Offense</u>	<u>Appeal Amount</u>
- - <u>Physical</u>	<u>Player</u>	Two Game Suspension	Remainder of Season Suspension	\$250 for Sportsmanship Appeal
	<u>Coach</u>	Remainder of Season Suspension		\$500 for Athletic Council Appeal
	<u>Spectator</u>	Remainder of Season Suspension		
- - <u>Verbal</u>	<u>Player</u>	Two Game Suspension	Remainder of Season Suspension	
	<u>Coach</u>	Two Game Suspension	Remainder of Season Suspension	
	<u>Spectator</u>	Three Game Suspension	Remainder of Season Suspension	
<u>**Ejection by Rule Violation</u>	<u>Player</u>	Subject to Specific Sport Rule		
<u>Ejection by Unsportsmanlike Behavior</u> <u>Pre/Post Game Behavior Will</u>	<u>Player</u>	Two Game Suspension	Remainder of Season Suspension	
	<u>Coach</u>	Two Game	Remainder of Season	

<u>Receive Additional Game(s)</u>		Suspension	Suspension	
	<u>Spectator</u>	Two Game Suspension	Remainder of Season Suspension	
- <u>Leaving Bench Area</u>	<u>Player</u>	Two Game Suspension	Remainder of Season Suspension	
	<u>Coach</u>	*One Game Suspension (Two or More Players Leave)	*Pending Review by Sportsmanship Committee	
<u>*Pending review by Sportsmanship Committee</u>				
<u>**Sportsmanship Committee reserves the right to impose any additional consequences for ejections by rule violation</u>				
<u>**Football will abide by the NYS Policy; Sportsmanship Committee can still add additional consequence</u>				
<u>The Sportsmanship Committee always reserves the right to impose any additional consequences for any unsportsmanlike action</u>				

NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION/SECTION VIII

PROCEDURES FOR PROTESTS OF ATHLETIC EVENTS

Approved June 2017

1. The protesting coach will inform the official and the opposing coach(es) at that point in the game immediately following the situation protested.
2. The time, score, and situation will be identified in the scorebook (if applicable) or recorded, by an official or both coaches, as soon as the protest is announced to the officials and opposing coach.
3. A subsequent protest in the same contest will be required to be announced and recorded, using the same procedures described above for each specific point of protest.
4. The protesting coach is required to notify the sport coordinator within 24 hours of the contest.
5. The athletic director of the protesting school is required to file a written protest giving specific details of the situation, time and score to the Office of the Executive Director within 24 hours of the contest. The report must be accompanied by \$75 check payable to the Section VIII Athletic Council. The protest will require the signatures of the coach, athletic director and principal of the school. Copies of the protest must be sent to the sport coordinator, the protest chairperson and the opposing coach within 24 hours of the contest by the protesting school.
6. The Section VIII sport coordinator will notify the Executive Director of Section VIII who in turn will notify the game officials involved and direct that a written statement from the game officials be filed with the sport coordinator within 24 hours.
7. The sport coordinator will arrange for a meeting as soon as possible. The following should be included or be represented:
 - a. The protesting coach
 - b. The opposing coach
 - c. A rules interpreter
 - d. Sport Coordinator of that sport
 - e. Office of the Executive Director
8. Attendance of the game officials involved in the protested contest will be mandatory, unless extenuating circumstances preclude their attendance.
Protest Committee Options:
 - a. To deny the protest
 - b. To uphold the protest and direct that the game be replayed from the point of protest.
 - c. To uphold the protest and direct that the game be replayed in its entirety.
 - d. To deny the protest and recommend some further action by the HSAA.
 - e. To uphold the protest and recommend some further action by the HSAA.
9. An appeal of the decision of the Protest Committee may be made. This request must be filed within 72 hours of notification of this decision to the Section VIII Appeals Committee upon submission of a \$75 fee (a second \$75 fee if original protestor)
10. In the case of a protest or an appeal that is upheld, the fee will be returned.

