

January, 2010

To: Members of the California Track Starters Association
From: Hal Harkness, State Rules Interpreter
Subject: Points of Emphasis for 2010

Foundation Garments vs Undergarments:

* Undergarments AND Foundation Garments shall be of a single solid color, including stitching. This is a CIF diversion from the Federation Casebook rule 4.3.1, Situation L, which allows foundation garments to be multi-colored. The requirement to have both undergarments and foundation garments the same a single solid color will eliminate judgement calls by the official.

Coaches Observe and Confer with Competitors:

Meet Management should identify and mark designate areas where coaches may observe and confer with their athletes. 3.2.4.g *I believe we discussed this but can't remember if we decided to include it*

And did we discuss 3.2.4.o: Restrict the wearing of items which are worn in excess of the school uniform required by rule? I had a short note on this but not enough to remember if it was to be included. It could be back up for Foundation rule above.

Shot and Discus Sector and Toe Board:

The center of the Shot and Discus throwing sectors should be aligned with the center of Toe board. Sector lines should extend across and be painted on the top of the toe board. There should be an equal distance beyond the sector line on either side of the toe board.

Bungee Cord Used in High Jump & Pole Vault:

Bungee cord must be manufactured and certified by the Federation. It must also be approved by Games Committee. No other type of bungee cord will be allowed or used. If a legal Bungee Cord is not supplied by the Games Committee, Home Team or Meet Management, one must NOT be used.

Reiterated from last year's Points of Emphasis

Pole Vault and High Jump Pits:

Pits must be padded on three sides (two sides and rear) unless they rest on thick grass, which is not considered as a hard and unyielding surface. All other surfaces, including polyurethane (artificial track surface) should be padded.

Vaulting Poles:

Any pole that does not have a visible manufacturer's label indicating the weight rating of that pole is no longer legal for competition. Etching or other markings in lieu of the manufacturer's label will not be accepted.