

# MIAA Rules Modifications and Guidelines

## Spring 2021

### Outdoor Track & Field Specific Modifications

#### Pre-Meet Protocol

- **Personnel**
  - Only essential personnel are permitted on the practice area and competition area each day (i.e. - athletes, coaches, medical personnel/athletic trainer, officials, and timers).
  - All others (managers, photographers, media, spectators, etc.) are considered non-essential personnel and are not to be in the starting line, finish line or field areas.
- **Schedule of Events**
  - A schedule of events must be created for each meet, providing accurate times for each event.
  - Participants must consider arriving in waves when applicable based upon meet size and scheduled event time.
  - Only virtual and/or dual meets are permitted. If Level 4 competition is permitted by EEA, participation must follow all EEA guidelines.
- **Designated Team Areas/Warm Up Areas**
  - Designated team and warm up areas must be provided for each team to ensure social distancing before the meet.
  - During warmups, all participants must move in one/same direction on the track with proper spacing.
  - Different time slots must be provided to each team for warmups.
  - Designated warm up times must be considered for field events with officials present.
- **Masks**
  - Mandatory facial coverings all participants, coaches, school personnel and officials.
  - The meet administrator is required to setup designated areas for athletes to take mask breaks when needed.
  - If an athlete is in violation of the mandatory mask rule, the officials have the authority to remove the player from competition.
- **Watches**
  - Athletes and coaches must bring their own watch if use is desired and sharing is not permitted.

## **Meet Modifications & Protocols**

All athletes must sanitize before their competition event.

Coaches should carefully consider the number entries in events to avoid causing large numbers of athletes gathering in specific locations at the start of an event/meet. This consideration should be utilized for the beginning and conclusion of events. A clerking area that is organized and socially distanced should be developed whenever possible.

- **Team Areas/Player Interaction**

- The host facility, host school or meet administrator is responsible for providing socially distanced team areas.
- The host facility, host school or meet administrator is required to setup designated areas for students from each team to take socially distanced mask breaks when needed.
- Players must refrain from huddling on track as a team prior to, during or following competition.
- Players must refrain from any hand touching (high fives, handshakes) during competition.
- All players must bring their own water bottles which must not be shared.

- **Running Event Start Lines**

- Sprints/Hurdles – Run in lanes all the way using adjacent lanes.
  - Starting blocks must be properly sanitized before and after each heat/section.
  - When handling equipment (e.g., hurdles), operators must properly sanitize.
- 200m/400m/400m hurdles/4x100m relay/4x400m relay – One athlete per lane per heat at the start.
- 800m/Mile/2-Mile – One athlete per lane per heat at the start; using barrel starts with the following recommendation:
  - 6 lane track = 6 athletes per barrel (12 total athletes)
  - 8 lane track = 8 athletes per barrel (16 total athletes)
  - Facilities without markings for Mile and 2-Mile could consider running 1600m and 3200m races.
- Relays
  - Each team must bring its own baton. Batons must be disinfected before each race.
  - Athletes must sanitize hands before event begins.
- Para Athletes are encouraged to compete in desired events.

- **Field Events**

- High Jump/Pole Vault
  - When handling equipment, operators must sanitize hands before and after events.
  - Mat and bar should be wiped down after each jump when necessary.
  - Shared implements must be cleaned/disinfected between participants' use.
- Shot Put/Javelin/Discus

- Athletes must sanitize hands before event begins.
  - Shared implements must be cleaned/disinfected between participants' use.
- Long Jump/Triple Jump
  - When handling equipment (e.g., rakes), operators must properly sanitize.
- Para Athletes are encouraged to compete in desired events.
- **Finish Line**
  - Finish lines must be open with proper spacing for all participants.
  - Participants must be directed to a designated area upon conclusion of the event.