



**Section V Athletics
Outdoor Track & Field
Handbook
2024-2025**

Updated as of May 19, 2025

Table of Contents

<u>Introduction</u>
<u>Important Dates</u>
<u>Classifications</u>
<u>Section V Track & Field League Coordinators</u>
<u>Publicity Standards</u>
<u>High School Sport Standards</u>
<u>Sectional Guidelines</u>
<u>Sectional Representation</u>
<u>Sectional Scoring</u>
<u>Seeding for Sectionals</u>
<u>Scratches</u>
<u>Appeals</u>
<u>Special Events</u>
<u>Recognition of a Section V Record</u>
<u>NYSPHSAA Meet Qualifying “State Qualifier”</u>
<u>2025 NYSPHSAA Super Qualifying Standards</u>
<u>2025 NYSPHSAA At Large Qualifying Standard</u>
<u>State Order of Events</u>
<u>Emergency State Team Selection Procedure</u>
<u>Section V Track & Field Eligibility Verification</u>
<u>Pole Vault Certification Form</u>

Introduction

The purpose of this Track & Field Handbook is to give each track and field coach, the school that fields a team, and each individual league a set of guidelines that will enable us to improve the sport of Track & Field here in Section V. The contents are the results of meetings with league coordinators, input from coaches, officials' organizations, and past practices of the Section V Outdoor Track & Field Committee. As new materials or regulations are introduced into the procedures of Section V Track & Field, they will be added to this handbook. Each year this book will be distributed to each track coach and athletic director, and should be read carefully.

Important Dates

March 17, 2025– First day of practice

May 25– Sectional entry deadline

May 27– Sectional seeding meeting

May 29-31

Class A	RH	Saturday 5/31
Class B1	Eastridge	Friday 5/30
Class B2	Wayne	Friday 5/30
Class C1	Dansville	Thursday 5/29
Class C2	Sodus	Thursday 5/29
Class C3	Dundee	Friday 5/30
Class C4	RH	Saturday 5/31

Sectional Order of Events- [Click Here](#)

June 3 – State qualifier entry deadline

State Qualifier scratch deadline without penalty is 48 hours after the posting of accepted entries.

State Qualifiers

Class A: June 5 @ Webster Schroeder 5 PM

Class B: June 6 @ Batavia 5:30 PM

Class C: June 7- @ Haverling 2PM

State Qualifiers Order of Events- [Click Here](#)

June 13-14 – NYSPHSAA Championships @ Middle Town HS- [Click Here for Details](#)

Classifications

Spring 2025 Classifications [CLICK HERE](#)

Section V Track & Field League Coordinators

LEAGUE	NAME	TELEPHONE
Girls Coordinator	Lance Bush	sect5trac@frontiernet.net
Asst. Coordinator	Dave Hennessey	coachhenn2@gmail.com
Boys Coordinator	Kevin Rosko	roskokfp@gmail.com
Web Site Coordinator	Dave Yendrzski	sh 585-473-1130 CoachYen@gmail.com
Allegany Co.	Dean Giopulos (Boys)	deangiopulos@gmail.com
	Rollie Duttweiler (Girls)	sh 585-268-7900 rduttweiler@genvalley.org
Genesee	Art Goldstein (Boys)	abg1951@rochester.rr.com
	Ken Rogoyski (Girls)	sh 585-494-1220 Krogoyski@bbschools.org
Livingston Co.	Al Fultz (Boys)	afultz@warsawcsd.org
	Kyle Banser (Girls)	sh 585-584-3115 banser@pavilioncsd.org
Monroe Co.	Bob Goodell, Jr. (Boys)	goodellr@victorschools.org
	Mike DeMay (Girls)	coachdemay@yahoo.com
Private-Parochial	Rick Vleck (Boys & Girls)	SCH 585-467-9201 FAX 585- 467-9250 vleck@rochester-academy.org

Rochester City Athletic Conf.	Bryan Ragland (Boys)	bragland1@rochester.rr.com
	Sheri Munoz (Girls)	sh 585-288-3130 (3198) Sheri.Munoz@rcsdk12.org
Steuben Co.	Kevin Rosko (Boys)	cell - 607-684-5971 roskokfp@gmail.com
	Gerry Amidon (Girls))	cell - 607-661-7314 glamidon@gmail.com
	Elizabeth Lathrop (Girls)	cell- 585-905-7403 elathrop@ymail.com
Wayne- Finger Lakes	Tim Burlee (Boys/Girls)	sh 315-524-1050 tburlee@waynecsd.org
	Scott Shepardson (Boys/Girls)	Sh 607-243-5534 sshepardson@dundeecs.org
Sect. V Liaison	Patrick Irving Ath. Dir.	patrick_irving@pittsford.monroe.edu

Publicity Standards

Schedules

The official website for Section V Athletics - www.sectionv.org - will always have the latest and most up to date schedules. Each athletic administration office will update their schedules within the rSchoolToday platform and that schedule automatically synchronizes to the Section V website. The home team school is typically responsible for any changes to their schedule. Please contact your athletic director's office with any questions about schedules.

During sectionals schedule data input will be done by:

Team Sports: Higher seeded team.

Individual Sports: Each school is responsible for inputting their own (leave opponent as various schools).

For regionals and beyond it is up to each school to input their own schedule.

Rosters

All roster submissions can be handled within the rSchoolToday platform. Athletic directors and coaches will have access and can update their school rosters. If your team is a merger of another or many schools not within your own school district, then each school athletic director can update and input their student roster submission from their specific school to form a complete roster. All changes and updates should be taken up with your coach and/or athletic department. What is reflected on the Section V website is from the data they have inputted and can control.

Please note that vendor rSchoolToday Activity Scheduler follows Ed Law 2d and FERPA laws regarding student data. Only data that schools should be inputting online for rosters:

- First Name
- Last Name

Anything additional would be specific for a sport or school decision on things like height or weight. Please consult with your athletic director and sport coordinator.

Social Media

Please follow the [Social Media Policy](#) and all of the official [Section V Social Media Accounts](#) that should be utilized to highlight things going on in your specific sport. Another resource is the [School-Run Social Media Accounts](#) directory, which is updated as schools provide details.

Media

All members of the media can provide their information [using this form](#) and Section V will add their information to an online directory for all sports to utilize. Section V encourages all coaches and athletic

directors to use this directory to highlight their student athletes. All of our media do a fantastic job of covering high school sports and we must all do our part to help them get the information they need in a timely fashion.

Sport-Specific Publicity Information: Leader Board Online Entry Procedure

Leader Board Online Entry

- 1) Go to www.Yentiming.com.
- 2) Click on Coach Login. If you do not have an account you will need to email Dave at CoachYen@gmail.com to set one up.
- 3) Put in your email address and your password.
- 4) Click on Roster to update your roster.
- 5) Click on Leader Entry to enter results onto the Leaderboard. Choose ENTER ATHLETE or ENTER RELAY to enter a result.
- 6) Choose the meet, League Meet from the list for dual meets, you competed in from the list. Date, event, choose an athlete from the left side, enter the performance.
- 7) When entering a time or distance/height you need to remember to put in a "0" at the front if necessary, and for tenths of a second enter the last "0". Example – discus – 097-08.50 for 97' 8.5", hand time of 16.4 = 16.64, hand time of 16.41 = 16.5 = 16.74.
- 8) Meet Entry will work the same way for sectionals. Select the meet, male or female, then click ENTER ATHLETE or ENTER RELAY and follow the steps above to enter your team.
- 9) Remember you can only use performances for sectional entry that are listed on the Leaderboard. You have one week from the date of the performance to enter it on the Leaderboard. Otherwise after one week you will not have the option to enter a performance.
- 10) If you enter a hand held time you must check the box labeled "Hand time" and the Leaderboard will automatically convert the hand held time to F.A.T.

High School Sport Standards

To view the most up-to-date NYSPHSAA High School Sport Standards visit
<https://nysphsaa.org/>.

Sectional Guidelines

1. The Games Committee will be composed of the Section V Coordinators, along with the league coordinators on the Track & Field Committee.
2. The Games Committee will determine heat and lane assignments, along with field event procedures.
3. Each site will be governed by a Meet Director appointed by the committee.
4. Each school must provide at least two (2) workers to aid the officials at the sectional meet in which they participate. (Each league must provide the same at the State Qualifier.) Schools should send first, second and third choice of what they would prefer to work and share with their league coordinators to the seeding meeting. If they do not, then they will be assigned. Leagues will be given assignments after the sectional meets based upon who has individuals in events for the state qualifier. Lists will be posted on the Section V Track & Field website linked to Yentiming.com.
5. Any input from coaches and/or leagues must be directed through their respective league coordinators to the Track & Field Committee.
6. Videotaping by coaches and families will be allowed so long as the athletes do not view any part of the footage in or around the competition area. Viewing may occur in the spectator bleachers. No electronic devices of any kind are allowed in the competition area with athletes, coaches or parents. Coaches need to make parents aware of this rule.

Sectional Representation

There will be no automatic or provisional qualifying procedures for the sectional championships. Instead, the Section V Outdoor Track and Field Committee will be following the procedure outlined below to qualify individuals into each of the sectional meets.

1. To be entered into sectionals a coach must submit their athletes/relays onto the correct entry location (A, B1, B2, C1, C2, C3, C4) on Yentiming.com.
2. For all events each class may enter up to 16 in each event. If there are ties for the number 16 spot it will be determined by the Games Committee if ties will be accepted into the meet or not. The determination will be made based on the event, and how many individuals are tied for the last position.
3. Once entries are posted online for the sectional meets if an athlete scratches from one event they are scratched from every event.
4. Pole vaulters will need a valid and updated Section V weight certification form to be allowed to compete.
5. If a coach forgets to enter an athlete, they can appeal it no later than 3:00 pm on the day of the seeding meeting by contacting the appropriate sectional coordinator. Once the meets have been seeded there will be no changes or additions made to the entries.
6. Coaches may enter an individual into the sectional meet according to NFHS Rule 4-2-1 which allow for an individual to be entered as follows:
 - a. Four individual events with no relays allowed.
 - i. Three individual events and up to three relays, but may only compete in one relay, four events total.
 - ii. Two individual events and up to three relays, but may only compete in two relays, four events total.
 - iii. One individual event and up to three relays, may compete in three relays, four events total.
 - iv. Zero individual events and up to three relays, may compete in all three relays.
7. If an athlete is entered by a coach into individual events and the pentathlon, and the athlete makes the cut for both, the Committee will remove the athlete from the pentathlon event and leave the athlete in the individual events.

Seeding for Sectionals

1. All entries for sectionals must be submitted online through the Yentiming.com website. There is no other method for submission of entries. To use a performance for seeding it must be listed on the leader board. The deadline for this will be the Sunday prior to sectionals by 3:00 pm. An athlete cannot be entered if they do not have a valid performance on the Leaderboard. Relays cannot be entered unless they have a valid performance on the Leaderboard.
2. The seeding meeting will be attended by the league coordinators, officials assigner, Section V coordinators, host site representatives. This is a closed meeting of committee members only. Coaches may not attend unless approved by the sectional coordinators. This meeting will be the Monday prior to the sectional meets.
3. All entries will be chosen based on their best performance. Seeding will also be done based on the current best performance listed on the Leaderboard.
4. If a coach makes an error by not submitting one or more athletes into **any events** they may make an appeal for their athletes. They must contact the appropriate sectional coordinator no later than 3:00 pm the day of the seeding meeting. The names submitted will be added to the entries at the seeding meeting. Once the seeding meeting is completed no additions will be allowed.
5. Performances from a competition must be entered no later than seven days after the performance has been made. If the coach does not enter the performance within seven days the performance will not be able to be entered into the Leaderboard or used for seeding purposes. Each individual/relay must have six separate performances listed to show that the competition rule for entry into post season competition has been met. Relays should have team members listed also so that we can see who ran in the relay.

Sectional Scoring

1. Both boys and girls will score six (6) places.
2. Points per place are as follows: 1st.-10, 2nd.-8, 3rd.-6, 4th.-4, 5th.-2, 6th.-1.

Scratches

(A) SECTIONALS

1. NFHS Rule 4-1-3 will be followed for our sectional meets. Scratch forms will be available at each sectional site. All scratches must be reported at least 15 minutes before the start of the meet on the scratch form, with one portion going to the clerk, and one to the Head Field Judge. Verbal scratches will not be accepted!

1. Once athletes scratch, they are scratched from the entire meet. If any athlete scratches during the meet all results will stand up to that point, but the athlete will be disqualified from further competition. In a field event all trials up to the point of the scratch will stand, but the athlete will not be allowed to take any further trials.
2. If a relay must scratch due to one of their runners being ill or injured , and not having any alternates listed, the ill/injured individual will be scratched from the relay and all other events for the remainder of the meet. The runners that were still able to compete but could not due to their ill/injured teammate will be charged with one event towards their maximum 4 allowed and will be allowed to continue in the remainder of the meet.
3. If a relay team is scratched due to an ill or injured individual on the team, and the coach chooses not to use listed alternates to run the relay due to a difference in ability, then all of the athletes listed for the relay shall be disqualified from the remainder of the meet from that point forward.

(B) STATE QUALIFIER

1. Scratches are to be completed prior to the state qualifier meet. A scratch deadline without penalty will end at 8:00 pm 48 hours after the entries for the meet have been posted online. If posted on Sunday night the deadline will be by 8:00 pm on Tuesday, if posted on Monday morning then the deadline will be by 8:00 pm Wednesday. It is the responsibility of the coach to check and see when the entry list is posted. If posted on Sunday and the coach does not check until Monday morning the deadline is from posting, not from when the coach looked to see them. Any scratches after the deadline will cause the athlete to be scratched from the entire meet.
2. Scratches during the state qualifier will be handled the same as during sectional competition (see above). No exceptions.

Protests/Appeals

1. Judgement calls by officials cannot be protested. If the head coach would like to protest the **misapplication of a sport specific rule**, the protest must be made immediately to the Referee and appeals committee prior to resuming play. A decision will be made only after consultation with the referee. Once play resumes, any protest is null and void. Per NYSPHSAA, in any case, video may not be used to overturn an official's decision.
2. The scratch rule and false starts are not an appealable item.

Special Events

A. PENTATHLON:

1. For an athlete to enter the sectional meet he/she must have at least one valid point total in a pentathlon competition prior to the sectional seeding meeting.

B. STEEPLECHASE:

1. For an athlete to enter the sectional he/she must have at least one valid time in a steeplechase race prior to the sectional seeding meeting.
2. Valid performance means that the athlete finished the race in a legally sanctioned high school competition.
3. If the sectional sites do not have a steeplechase water pit the race shall be run on the Thursday directly prior to the day of the meet.

C. WHEELCHAIR EVENTS:

1. The NYSPHSAA has published standards for allowing wheelchair athletes to compete/score in dual meets. Contact the NYSPHSAA, the Section V Offices, or the Section V Track and Field Coordinators for more information, and to let each know of your intention to have a wheelchair athlete compete.

Recognition of a Section V Record

For a performance to be recognized as a Section V record the following conditions must be met:

- A. A performance must be made at a meet with certified officials.
- B. Running events must have three times for the performance to be valid, or be timed using an F. A. T. system.
- C. For a field event, verification must be provided that the implement used was of proper weight/size, and that the area used for throwing or jumping was level and flat.
- D. If an anemometer is available, it is recommended that it be used to measure legal wind velocity for the 100, 200, 100/110 Hurdles, long and triple jumps. If an anemometer is not available then it will be at the discretion of the referee, starter, meet director, and head finish/field judge to determine if the wind velocity is above the allowable limit. This decision must be made prior to the particular event being run.

NYSPHSAA Meet Qualifying

“State Qualifier”

1. To qualify for the meet an athlete must meet the following conditions:
 - (A) A school shall qualify a relay team by entering the team with up to eight (8) names online. The coach may submit any names they wish to, and has until 3:00 PM the Sunday after the sectionals to submit those names online. After 8:00 PM Wednesday there can be no substitutions or changes to the relay entry.
 - (B) The athlete must have been a class champion (A, B1, B2, C1, C2, C3, C4) in the event they wish to participate in, or fall within the top times or distances based on their best performance. Performances submitted must appear on the Section V leader board to be considered valid. From this point on the classes will be designated as "A", "B", and "C" in this handbook.
2. ALL ENTRIES MUST be submitted by the athlete's coach including any class champion. For a class champion to be automatic the coach must submit them as an entry. Entries will only be accepted electronically via the website. Deadline is the Sunday after sectionals by 3:00 pm. Once the selections are made it is final.
3. The following entry limits will be set for each state qualifier meet - 16 entries for individual events, and 8 entries for relay events.. The entries will include the class champion(s) if submitted, plus the next best performances submitted to fill for each classification "A", "B" and "C". The following entry limits will be set for each state qualifier meet - 16 entries for individual events, and 8 entries for relays. If there is a tie for the final entry position it will be at the discretion of the sectional coordinators if the field will be expanded or reduced. Generally, the field will be reduced.
4. Scratches are to be completed prior to the state qualifier meet. A scratch deadline without penalty will end at 8:00 pm 48 hours after the entries for the meet have been posted online. If posted on Sunday night the deadline will be by 8:00 pm on Tuesday, if posted on Monday morning then the deadline will be by 8:00 pm Wednesday. It is the responsibility of the coach to check and see when the entry list is posted. If posted on Sunday and the coach does not check until Monday morning the deadline is from posting, not from when the coach looked to see them. Any scratches after the deadline will cause the athlete to be scratches from the entire meet.
5. As scratches are made the next best submitted performance will be moved into the open position for each of the three class meets. If there are scratches to entries in an event after Wednesday, then there will not be a full field. After Wednesday there will be no move ups if scratches occur.
6. All athletes accepted will be listed by event on the Section V website. Coaches should check this after Sunday 10:00 pm.
7. Races will be run as timed heat finals by, field events by flights.

8. If a coach makes an error by not submitting a champion *into the event that they won* he/she may make an appeal for their athletes. If a coach forgets to enter an athlete who is not a champion into *any event*, they may appeal this also. They must contact the appropriate sectional coordinator by 8:00 pm *the Monday after the entries have been posted* on the Section V Track & Field website. All coaches need to be aware that the entry list will not be a final list until the appeals deadline is past and a new entry list is posted with additions on Tuesday. This means that until this has happened there are NO guaranteed entries into the State Qualifier other than the sectional champions. Every non-champion is on the bubble to not make it into the meet.
9. Any individual who has met the state qualifying standard, or the state super standard in an event during the season, and is not among the top entries, we will expand the entries to include those individuals to allow them an opportunity to qualify for the NYSPHSAA championship meet.
10. In each event the top finishing individual/relay from "A", "B" and "C" will advance to the NYSPHSAA Meet to represent Section V. In each event a second individual/relay in each Class can qualify if they have met the state standard in their event in an invitational from the last weekend in April to the state qualifier. If two or more make the standard then the one that places higher at the state qualifier in that event will move on to the state meet.
11. Any individual/relay in each Class can qualify for the state meet if they have met a state "super standard" in their event at some point during the season. They must have met the standard at a multi-team meet (5+ schools) during the season, and must compete in that event in the state qualifier. If they do not place top two, then by having met the "super standard" during the season they will move on to the state meet.
12. Those athletes that qualify for the state meet must report to the Sectional Coordinators to register for the state meet within one hour of completion of their event, and again for each additional event that they qualify for. If an athlete qualifies for an event and chooses *not* to go in that event, they must come to the registration table and let the sectional coordinators know so that the next eligible athlete can be called to come register for that event. For running events the super standard can be met at any competition during the season so long as the time is an actual F. A. T. time, not a hand-held converted time.
13. *All athletes must travel and room with the Section V team unless approved by the Section V Executive Director, and Section V Coordinators are notified no later than the Monday of the week of the state meet. Only then may a school district transport and house their athlete(s) on their own.* The total cost for each athlete will be met by their respective school. It is the responsibility of the coach to know if their athlete/relay has met a standard and qualified for the state meet, and bring their athlete and all 6/8 relay runners to the registration table. If an athlete does not see the section coordinators it will be assumed they are not interested in going to states. If the coach does not see the coordinator, it will be assumed they are not interested in their athletes moving forward.

14. Videotaping by coaches and families will be allowed so long as the athletes do not view any part of the footage in or around the competition area. Viewing may occur in the spectator stands. Penalty is disqualification. Coaches must make their parents aware of this rule.

Super Standard Qualifying

1) Any athlete/relay that has met the state “super standard” at any meet during the season may automatically qualify for the NYSPHSAA State Championship meet if the following conditions have been met:

- a. Running times must be an actual F. A. T. time from any track meet, not a hand-held time that has been converted.
- b. The athlete/relay must be entered into the event they have qualified in into that same event at the state qualifier.
- c. Athletes/relays entered in to that event have two options to be able to move on to the state championships:

Option #1: If the athlete decides to compete in the event to the finish, then they must compete to the best of their ability trying to place as high as they possible can.

If the athlete does not commit to a full effort and decides to make a mockery of the event (jogging and waving to people along the way, skipping, jogging backwards, walking, cartwheels, etc.) the athlete/relay will be declared unsportsmanlike and disqualified from the rest of the meet, and from the next meet which is the NYSPHSAA meet as per NYSPHSAA regulations. This will not be appealable as unsportsmanlike is a judgment call by an official.

Option #2: If an athlete does not want to complete the entire event due to concern of injury, then they need to follow the following procedure:

- a. Running events go to their start line and either false start on the word “set”, or at the pistol shot take one to two steps, stop, walk off the track without making a spectacle of it. By starting the event they have competed and may then register to go to the state meet.
- b. Field events for throws/horizontal and vertical jumps the athletes must make one attempt and then may pass the remainder of their attempt. Throwers make one throw, jumpers make one approach and run through the jumping pit. For vertical jump make one approach and touch the port-a-pits beyond the vertical plain of the crossbar.

Coaches are responsible for making sure their athletes understand these procedures and the possible consequences of just trying to goof off instead of giving a valid attempt or race. If any coach is unsure, contact your sectional coordinator for clarification well before the state qualifier meet. Finishing the season with a season ending disqualification is not what any of us want to have occur.

2025 NYSPHSAA Super Qualifying Standards
[Click Here](#)

NYSPHSAA At Large Qualifying Standard
[Click Here](#)

State Meet Order of Events

2025 Order of Events
[LINKED HERE](#)

Emergency State Team Selection Procedure

1. In the event that the state qualifier is canceled or terminated early due to weather or some other unforeseen circumstance the following procedure will be used to select individuals to represent Section V at the state championship meet:
 - A. The Section V Coordinators shall ask each league coordinator for names of individuals/relays that the coordinator feels should be considered for a position on the state meet team.
 - B. Information that should be provided should include name, school, league, event, grade, and their top three (3) performances in the event(s) being recommended for. If top five (5) performances are available that is even better.
 - C. The Section V Coordinator will meet with their respective committee to discuss and select Section V's representatives. The committee shall consist of one league coordinator representing each classification (A1, A2, B1, B2, B3, B4, B5) as appointed by the Section V Coordinator on site.
 - D. The committee shall rank the individuals/relays in each event according to the final leader board entries, and offer their comments and suggestions to the Section V Coordinator.
 - E. At the end of this meeting the Section V Coordinator shall select the individuals/relays to represent Section V. Once the selections have been made they are final.



Section V Pole Vault Certification Form

School:		Date:	
Athlete:		Weight:	lbs.
Pole #1:	Length:	Rating:	lbs.
Pole #2:	Length:	Rating:	lbs.
Athlete Signature:		Date:	
Athlete:		Weight:	lbs.
Pole #1:	Length:	Rating:	lbs.
Pole #2:	Length:	Rating:	lbs.
Athlete Signature:		Date:	
Athlete:		Weight:	lbs.
Pole #1:	Length:	Rating:	lbs.
Pole #2:	Length:	Rating:	lbs.
Athlete Signature:		Date:	
Coach Signature:		Date:	

NYS Public High School Athletic Association, Inc. NY Track, Field and Cross Country Officials Association, Inc.

High School Track and Field: Pole Vault Certification Card

Pole Vault Certification is required by the National Federation of State High School Associations, the governing body for high school athletics and officiating. Rule # 7-4-3 (effective 1995) states that a vaulter shall not be allowed to compete while using a pole which has rating of less than the vaulter's actual weight. The purpose of this form is to ensure that the vaulter is competing with a legal pole at each competition. A copy of this form must be presented to both the official in charge and to the meet director before each competition begins. Make several copies and always have them on hand as the vaulter cannot compete without presenting this document. It is the responsibility of the school to ensure that the pole being used is certified for the vaulter. The required signatures on this form are evidence that all parties are aware of the risks involved when an athlete competes with an illegal pole and that both the athlete and the pole are in compliance with the weight requirement rule. Complete a form each season for all poles that the vaulter will use in competition and whenever the vaulter gains weight to the extent that the listed rating is no longer valid.

Safe pole vaulting practices include:

Athletes....

1. Should always compete with the proper equipment.
2. Are prohibited from switching poles during competition unless certified for that pole.
3. Should not compete when suffering from an illness or any other ailment or when overtired.
4. Must continually inspect their pole for stress cracks, chips, etc. which might cause it to break during competition.
5. Must refrain from jumping when weather or other conditions might lead to an accident.
6. Must continually check the landing surface, planting box, and standards to ensure that they are in proper shape and/or adjustment.
7. Should not attempt heights for which they are not practiced at or in condition to jump for.