

# IMPORTANT INFORMATION FOR COACHES

## **ELITE MEET – entering more than two athletes**

Coaches have asked about entering more than two athletes into an event for the MSTCA **Elite Meet** on Sunday, Feb. 5, 2006. If you have more than two very good athletes in the same event you can call meet director Charlie O'Rourke 1-617-787-1196 (by 9:00 PM) to ask him about entering more than two athletes in an event. All requests must be made by January 23<sup>rd</sup>.

## **M.I.A.A. STANDARDS**

The M.I.A.A. Division I-III-IV standards have had some revisions. Coaches should take note and check the MIAA web-site. The revised standards should come up in color on your screen when you download the meet entry.

## **SPIKE CHECK**

The spike rule for Reggie Lewis has been widely published. The MSTCA found that this rule has NOT been followed in the meets we have had this winter. So for the remaining MSTCA meets shoes will be checked before the athlete(s) get onto the track.

## **UNIFORM CHECK**

The Natl. Federation and the M.I.A.A. have published rules for uniforms. There are still athletes who fail to adhere to these published rules. Since it is especially important in relays the M.S.T.C.A. will have a person checking uniforms today. Athletes in violation of the uniform rule will be told to get a proper uniform (or wear the one they have on correctly) or they will not be allowed to compete. The uniform rule is stated below:

### **UNIFORM RULE**

#### **National Federation Rule is as follows:**

Issued by school...worn as intended by manufacturer...restrictions follow

Track top or one-piece uniform of school issue...bare midriff tops are NOT allowed  
...the top must hang below or be tucked into the waistband of the bottom...

Track bottom or one-piece uniform of school issue  
...loose-fitting boxer type shorts are permitted for boys and girls  
...waistbands must be worn above the hips

The jersey shall not be knotted or have a knot-like protrusion in the neck area.  
Any visible SHIRT(S) worn under the jersey and other visible apparel worn under the shorts must be unadorned.

**Visible items worn under both the jersey and the shorts must a single color and the same color as those worn by other relay team members**  
...visible garments may vary in length.

**The waistband of a competitor's shorts must NOT be turned down.**

**The waistband of a competitor's shorts shall be worn ABOVE the hips. Bare midriff tops are not acceptable.**

**The jersey (singlet) must hang below or be tucked into the waistband of the shorts/briefs when the competitor is standing erect.**

Removing any part of the team uniform, excluding shoes, while in the area of competition, i.e. inside the oval track, shall lead to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.