

NJSIAA 2021 Winter Track Modifications/Regulations

Due to the Covid-19 Pandemic the following modifications will be applied to the NJSIAA Winter Track NJSIAA is working with our member schools to offer our student-athletes a worthwhile Track experience for the 2021 Season.

The NJSIAA reserves the right to adjust, change or cancel dates for all Track Schedules.

General Information:

Season Dates:

- **Virtual Practice: 1/11/2021 (does not count towards official practice dates)**
- **First Practice: 2/1/2021**
- **Scrimmage: If a school should choose to, they may participate in one scrimmage after 6 days of practice and on day of rest.**
- **First Competition: 2/16/2021**

- **End of Regular Season: 3/27/2021**
- **Maximum Number of games allowed for the 2021 Season is 15 meets. This includes all League or Conference Championships.**

- **Season Limitations: No more than three events per week including a weekend meet.**
- **Out of State Opponents—*NO OUT OF STATE COMPETITION WILL BE PERMITTED BY THE NJSIAA.***

- **Pursuant to Governor Murphy's November 10th, 2020, Executive Order No. 194, No NJ schools are permitted to host out of state competition.**

- **Transfers: Any Student that is subject to a transfer sit period will be eligibility for participation February 1, 2021. As a reminder, those student-athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfer sit period. If a student-athlete transferred after 11/1/2020, they are ineligible to participate for a period of 30 calendar days or *one half* the maximum number or games played, *whichever is less.***

In addition, the following Winter Track Guidelines have been established;

1. Outdoor (Polar Bear Meets) are encouraged. *However, "must abide by all outdoor gathering limitations per the Governors Executive Order"*
Polar Bear Meets can be spread over two days and still count as one meet.
2. Small Indoor Meets are permitted, following the capacity limit protocol.
3. For those of you who want to practice across the river, at this point, you may do so but only NJ schools are permitted in the facility.
4. NJ Schools cannot host any non-NJ Schools in any of your meets.
5. Regarding the question about the 100, 110 HH, 400IH, Discus and Javelin,
6. Practices during the winter season, since they are considered spring track events, the coaching and competing of these events would be in violation of our out of season rule.
7. PLEASE EMAIL ME what your league/conference meets will look like.
I would like to keep track of what novel approaches you have come up with and I may even share with other league and conferences. Thank you.

Please refer to the attached page from the NFHS, regarding additional 2021 Winter Track protocols:

They include the following:

- a) The events
 - b) Rule Change which NJSIAA agrees with
 - c) Officials
 - d) Coaches
 - e) Student-athletes
 - f) Parents/Spectators.
- There will be no NJSIAA sponsored events this year.