



**NORTH DAKOTA**  
**HIGH SCHOOL ACTIVITIES ASSOCIATION**  
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**Criteria to participation for exhibition athletes in track and field:**

In track and field unattached/exhibition student athletes may compete at varsity meet, but must meet the following criteria

1. Athlete must be declared as an exhibition competitor to the meet manager prior to competition.
2. The athlete may not score points nor can they qualify for the state meet.
3. The athlete must adhere to the following requirements for said events
  - a. In individual running events of 400 meter or less, exhibition athletes may compete under the following conditions:
    - i. In a heat declared junior varsity or
    - ii. In a heat not designated to consist of the top 16 athletes or a heat not designated as one of the two heats of competitors with fastest seed times.
    - iii. Entered with a seed time of “no time” so as to be last in the performance list.
  - b. In individual running events of 800 meters or greater, exhibition athletes may compete under the following conditions
    - i. In a heat declared junior varsity or
    - ii. In a varsity heat as long as the athlete has been entered in the timing system as exhibition, therefore the athlete will not score nor count in the results.
    - iii. Entered with a seed time of “no time” so as to be last in the performance list.
  - c. In relays, exhibition athletes may only compete on relay teams declared junior varsity and non-scoring.
  - d. In long jump, triple jump, shot put, discus, and javelin; exhibition athletes may compete under the following conditions:
    - i. In a flight declared junior varsity or
    - ii. In a varsity competition with any entry performance of no height or distance, so the athlete is placed last in the performance list, and the athlete may not advance to finals or qualify for additional trials.
  - e. In high jump and pole vault, exhibition athletes may compete under the following conditions:
    - i. In a flight declared as junior varsity
    - ii. In a varsity competition, competitors would be able to complete the entire competition but no placing nor team points awarded.