

**HEAD TRACK/XC COACHES'
VERIFICATION TO REFEREE
OF COMPLIANCE WITH PAROCHIAL TRACK &
FIELD/CROSS-COUNTRY LEAGUE RULES BOOK
REQUIREMENTS**

**FOR: All Parochial League
Track & Field Meets for spring 2020**

Date: _____

"This is to verify and certify that all athletes of the school/team represented are in compliance with all requirements and specifications of the Parochial Track & Field/Cross-country League Rules Book, relating to uniforms, jewelry, equipment, weight/size specifications and any other applicable requirements and expectations.

"I have verbally expressed to our school's personnel the expectation for sportsmanlike conduct and the display of ethical and honorable citizenship throughout the meets and the pre- and post- meet activities. This includes, but is not limited to, consideration of other athletes, coaches, meet officials, fans and additional personnel involved in the meet and adherence to all rules, policies and procedures."

A copy of this form shall be signed by the head coach of each competing school/team before that school's athletes shall be permitted to participate. If a school has separate coaches for boys and girls teams, both coaches shall be required to sign this form unless the head coach marks and assumes responsibility for compliance by both.

BOYS	GIRLS	SCHOOL	HEAD COACH OR G/B COACH

**PAROCHIAL LEAGUE
TRACK & FIELD/CROSS-COUNTRY
RULES BOOK
2019 - 2020**

**Compiled by Matt Beisel, edited by Clem Papineau based on NFHS Rules Book – Track
& Field and Cross Country**

Table of Contents

Order of Events	3
Scoring	4
Competitors and Competition	4
Running Events	7
Throwing Events	11
Jumping Events	13
Cross-country	16

Rules Book for Parochial League Cross-country/Track & Field 2004-2020

TRACK & FIELD

Section 1 Order of Running Events

The order of events listed shall be conducted unless changed by the games committee or meet director. Field events open at the beginning of the meet and remain open until the beginning of the second-to-last track event. Events are first-come, first served. Division 1 is for 5-6 Grade and Division 2 is 7-8 grade.

ONE-SESSION MEETS

RUNNING EVENTS

4X200m Relay Girls Div 1
4X200m Relay Boys Div 1
4X200m Relay Girls Div 2
4X200m Relay Boys Div 2
55M Hurdles Girls Div 1 (30")
55M Hurdles Boys Div 1 (30")
100m Hurdles Div 2 Girls (30")
110m Hurdles Div 2 Boys (33")
100M Dash Girls Div 1
100M Dash Boys Div 1
100M Dash Girls Div 2
100M Dash Boys Div 2
1600m Run Girls (Div 1 & 2 can run together)
1600m Run Boys(Div 1 & 2 can Run together)
4x100m Relay Girls (Div 1 & Div 2)
4x100m Relay Boys (Div 1 & Div 2)
300M Dash Div 1 Girls
300M Dash Div 1 Boys
400M Dash Div 2 Girls
400M Dash Div 2 Boys
300M Hurdles Div 2 Girls (30")
300M Hurdles Div 2 Boys (30")
800m Run Girls (Div 1 & Div 2 can run together)
800m Run Boys (Div 1 & Div 2 can run together)
200m Dash Girls (Div 1 & Div 2)
200m Dash Boys (Div 1 & Div 2)
4x400m Relay Girls (Div 2)
4x400m Relay Boys (Div 2)

FIELD EVENTS

Boys and Girls done simultaneously during running events
High Jump (All Field Events both Div 1 & 2)
Long Jump
Triple Jump
Discus
Shot-put

TWO-SESSION MEETS

RUNNING EVENTS

DAY 1
4X200m Relay Girls Div 1
4X200m Relay Boys Div 1
4X200m Relay Girls Div 2
4X200m Relay Boys Div 2
55M Hurdles Girls Div 1 (30")
55M Hurdles Boys Div 1 (30")
100m Hurdles Div 2 Girls (30")
110m Hurdles Div 2 Boys (33")
100m Dash Div 1 Girls
100M Dash Div 1 Boys
100M Dash Div 2 Girls
100M Dash Div 2 Boys
1600m Run Girls (Div 1 & 2 can run together)
1600m Run Boys(Div 1 & 2 can Run together)

FIELD EVENTS

(Boys and Girls done simultaneously during running events)
Long Jump
Discus

DAY 2

4X100M Relay Girls (Div 1 & 2)

4X100M Relay Boys (Div 1 & 2)

300M Dash Div 1 Girls

Triple Jump

300M Dash Div 1 Boys

400M Dash Div 2 Girls

400M dash Div 2 Boys

300M Hurdles Div 2 Girls

Shot-put

300M Hurdles Div 2 Boys

800m Run Girls Div 1 & 2 can run together

High Jump

800m Run Boys Div 1 & 2 can run together

200m Dash Girls

200m Dash Boys

4x400m Relay Girls

4x400m Relay Boys

Scoring

Team points awarded to place winners according to the order in which they finish a given event. For scoring purposes, a team is made up of one or more competitors representing a single school. The team winner is determined by totaling the points won by the individuals and relay teams representing that school.

# of Teams	Individual Scoring	Texas Relay Scoring
2	5 - 3 - 1	10
3	5 - 3 - 2 - 1	10 - 6
4	6 - 4 - 3 - 2 - 1	12 - 8 - 4
5	8 - 6 - 4 - 2 - 1	16 - 12 - 8 - 4
6	10 - 8 - 6 - 4 - 2 - 1	20 - 16 - 12 - 6 - 4 - 2
7	10 - 8 - 6 - 4 - 3 - 2 - 1	20 - 16 - 12 - 8 - 6 - 4 - 2
8 or more	10 - 8 - 6 - 5 - 4 - 3 - 2 - 1	20 - 16 - 12 - 10 - 8 - 6 - 4 - 2

When any apparent place winner is disqualified in an event, lower place winners in that event shall be advanced to fill vacant places, unless the disqualification occurs after the event results have become official.

Ties

- A. A tie in a running event occurs when two or more competitors cross the finish line simultaneously, or when two or more competitors or relay teams running in separate sections, finish with identical times
- B. A tie in the field events occurs when two or more competitors finish with the same distance or height.
- C. In the vertical jumping events, points will be split evenly between places. There will not be jump-offs for first place.
- D. If there is a tie between any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

Correction of Errors

- A. Clerical or team scoring errors may be corrected up to 48 hours after the conclusion of the meet.
- B. Appeals regarding misapplication of the rules shall be filed within 60 minutes of the conclusion of the final event. The head coach must lodge protests with the meet director, who will consult the games committee before rendering a judgment.

- C. Correction of meet results involving an ineligible participant may be made at any time.

Competitors

- A. A contestant is any athlete entered in the meet. The contestant becomes an entry at the time the games committee has established as the deadline for accepting entries.
- B. Contestants officially become competitors when they report to the clerk of the event in which they are entered.
- C. Contestants who fail to report prior to the closing of entries by the clerk (when athletes are led out to the track) shall not be allowed to participate in that event.
- D. Each contestant is solely responsible for knowing the time schedule and promptly reporting for each event entered and at the location designated.

Participation and Entry Limitations

- A. A contestant shall not be entered in more than five events per meet, including relays, with a limit of four running events per athlete. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events.
- B. The only exception is this: during a two-day meet, athletes may be entered in six (6) events as described in (A) above, on both days for a total of 12 events.

PENALTY: A competitor who participates in more events than allowed by the rule shall forfeit all individual places and points and shall be disqualified from further competition in that meet. In a relay(s) event, the team's relay(s) points and place(s) shall also be forfeited.

- C. In league practice meets, the number of participants that may be entered by each school in each event will be determined prior to the meet by the meet director.
- D. In the regular season and championship meets, each school is entitled to enter not more than seven contestants per event.
- E. In a relay race, only one team per school may be designated as a scoring team (Team A). One other non-scoring team (Team B) will be allowed to participate. If all coaches decide, (Team C) can be added.

Competitor's Uniform

Each competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

- A. Each contestant shall wear shoes. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel. The shoe upper must be designed so that it can be fastened securely to the foot. The use of slippers or socks does not meet the requirements of the rule.
- B. Each competitor shall wear a full-length track jersey or one-piece uniform issued by the school. The jersey and shorts may have the school name, school logo, school nickname and/or competitor's name.
- C. The jersey shall not be knotted or have a knot-like protrusion
- D. Bicycle shorts, thigh huggers, abbreviated thigh huggers, leotards, body suits, abbreviated briefs (French or high cut) and similar apparel may be worn under the

shorts, but not in lieu of shorts. Loose-fitting boxer-type shorts are permitted for boys and girls and closed-leg briefs/shorts are acceptable for girls.

- E. The waistband of a competitor's shorts shall be worn above the hips
- F. Bare midriff tops are not acceptable
- G. Visible undergarments: Anything worn under the uniform is now considered a foundation garment. Foundation garments are subject to logo/trademark/reference or color restrictions.. Visible garments worn under the jersey and shorts do not have to be the same color.
- H. In relay races and cross-country competition, each team member shall wear the same color and design of school uniform although the length of the short may vary. If worn by more than one team member (two or more) that apparel must be the same color, but not necessarily the same length.
- I. Jewelry (including but not limited to earrings, necklaces, bracelets, beads, anklets, and anything else judged to be jewelry by the meet director) shall not be worn, except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible. One sports watch is allowed.

PENALTY: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

Disqualification

- A. Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants, other team/school personnel, and parents/spectators.

PENALTY: Disqualification from that event and further competition in the meet. Disqualification of a coach or other school personnel shall be from further involvement in the meet.

- B. Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow directions of a meet official, using profanity that is not directed at someone or any action which could bring discredit to the individual or his/her school

PENALTY: Disqualification from that event.

- C. The Parochial League disapproves of any form of taunting that is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.
- D. No coach, contestant, spectator, or other school personnel shall use any form of tobacco product beginning with the arrival at the site of competition until departure from the site following completion of the meet.
- E. Interference is any action by a competitor that unfairly changes the course or natural running rhythm of a competitor during a race. This may include bumping, tripping or running across the competitor's path.

PENALTY: Disqualification from that event.

- F. If a nonparticipating team member interferes with a competitor during competition, the nonparticipating team member may be disqualified from the meet. The nonparticipant's teammate(s) may also be disqualified from that event.

PENALTY: Disqualification from that event.

- G. A competitor shall not compete while wearing an illegal uniform or using an illegal implement.

PENALTY: Disqualification from that event.

- H. It is an unfair act when a competitor receives assistance from any other person that could improve that competitor's performance. Assistance includes:
 - a. Interference with another competitor
 - b. Pacing by a teammate or persons not participating in the event
 - c. Competitors joining or grasping hands with each other during a race
 - d. Competitor using an aid during the race.

NOTE: The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director prior to the beginning of the meet.

- I. Communicating with the competitor through the use of a wireless device
- J. A competitor views a videotape or any other visual reproduction of the competitor's performances prior to the completion of the competition.

PENALTY: Disqualification from that event.

- K. A competitor who is apparently unconscious during a meet shall not be permitted to resume participation in that meet without written authorization from a physician.
- L. A competitor who is bleeding, has an open wound or an excessive amount of blood on the uniform may complete the running event or field event trial. However, the competitor shall not participate further until appropriate treatment has been administered.

Running Events
Event Start/Conclusion

- A. Starting violations which constitute a false start include:
 - a. Failure to comply with the starter's commands
 - b. Having any part of the body in contact with the starting line or running surface beyond the line when the starting device is fired
 - c. Failure to remain motionless after assuming the set position prior to the starting device being fired
 - d. Repeated use of disconcerting acts

PENALTY: A competitor who commits a false start shall be given a warning. A second false start will result in disqualification.

The Finish

- B. The competitors place in the order in which any part of their torso (not including head, neck, arms, legs, feet or hands) reaches the edge of the finish line first crossed by the competitor.

Relays

- C. A relay team shall pass the baton in accordance with the rules.

- D. The baton shall not be thrown following the finish of any relay.

PENALTY: Disqualification from that event.

Track Equipment

- A. Starting blocks are blocks or pedals mounted on a frame to ensure a rigid surface against which the feet may be braced to start a race. Springs, hand or body supports shall not be permitted.
- B. The relay baton shall not exceed 11.81 inches (30cm) in length. Its circumference shall be at least 4 inches and not more than 5 inches (102-127mm). It shall be a smooth hollow tube, made in one piece of wood, metal or any other rigid material. It shall weigh at least 1.766 ounces (50g). Tape shall not be used to wrap the baton.

Forming Heats/Seeding

- A. Forming heats will be done by computer seeding processes based upon the entered performances of athletes in running events.
- B. All coaches must send in an accurate performance time based upon that athlete's true performance ability or closest estimation based on practice performance.
- C. Coaches of all teams MUST enter their athletes/relay teams with entry times in the running events when submitting entries to the meet administrator. Note: this does not apply to field events.

The Start

- A. All races shall be started with the firing of a pistol or gunless device which provides smoke or a flash visible to the timers. A misfire does not indicate a start.
- B. The starting commands for races or opening relay legs of less than 800m shall be: "On Your Marks." At this signal, the competitors will immediately take their proper positions behind their starting lines. After they have taken their positions and are steady on their marks, the starter shall then instruct them, "Set." At this command, all competitors shall at once, and without delay, assume their full and final set position in such a manner that no part of their person touches on or over the starting line. When all competitors are set and motionless, the starter shall fire the starting device. After a starter gives the order "Set," if any competitor is in motion, the starter shall not fire the starting device.
- C. If a timer malfunctions, the chief timer will signal the starter with a red flag so the race is halted in a timely manner. A gun will be fired again, recalling the runners.
- D. The starting commands for individual races or opening relay legs of 800m or longer shall be, "On Your Marks." When all competitors are steady, the starter shall fire the starting device.
- E. Starting violations which constitute a false start include:
 - a. Failure to comply with the starter's commands
 - b. Having any part of the body in contact with the starting line or running surface beyond the line, when the starting device is fired.
 - c. Failure to remain motionless after assuming the set position prior to the starting device being fired
 - d. Repeated use of disconcerting acts

PENALTY: A competitor who commits a false start shall be given a warning. A second false start will result in disqualification.

- F. For an unfair start, the starter or assistant shall recall the contestants by firing the starting device.
- G. A race shall be recalled in the first 100m when a competitor falls due to contact with another competitor in the following situations:
 - a. The race is not started in lanes (waterfall start) or;
 - b. Two or more competitors are assigned to a single lane.
- H. An attendant may hold or support blocks if blocks are slipping due to a condition of the track or malfunction of the starting block.

The Finish, Breaking Ties

- A. The competitors place in the order in which any part of their bodies, i.e., "torso" as distinguished from head, neck, arms, feet, or hands, reaches the edge of the finish line first crossed by the competitor.
- B. A tie in a running event occurs when two or more competitors cross the finish line simultaneously, or when two or more competitors or relay teams running in separate sections, finish with identical times.
- C. If there is a tie by any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

Relays

- A. In relay races which are run the entire distance in lanes, teammates of each starting competitor shall occupy the same lane or corresponding position at each exchange mark, and the baton may be exchanged only in such lane or position.
- B. The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.
- C. Each competitor shall carry the baton by hand throughout the race and shall pass it to the succeeding teammate. The first competitor shall start with the baton, and the last competitor shall carry the baton until s/he has finished the race. The baton must be passed while the baton is within a 20-meter exchange zone. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.
- D. The baton actually shall be handed, not thrown, from the competitor to the succeeding teammate. This teammate shall not take sole possession of the baton while the baton is outside the exchange zone. If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either competitor may retrieve it, even from another lane, provided the competitor does not interfere with an opponent and the baton is retrieved within the limits of the original exchange zone extended across the track. If the baton is dropped outside the exchange zone, it must be retrieved by the competitor who dropped it.
- E. After passing the baton, the relieved competitor should stand still or jog straight ahead in his lane until instructed to exit the track by the lane marshals.
- F. An acceleration zone may be used in relay races where the incoming competitor is running legs of 200m or less in the assigned lane. When this is permitted, competitors electing to use this option shall be positioned entirely within the limits of the acceleration and exchange zones. The outgoing competitors for each team may take their positions on the track and commence running not more than 10m outside the

exchange zone, but the baton shall be passed while it is in the 20-meter exchange zone.

- G. In relay races where the acceleration zone is not permitted, each outgoing competitor, while waiting for the baton, shall take a position entirely within the passing zone and must complete the exchange while the baton is within the 20m exchange zone.
- H. In relays of 1600m or longer and which are not run in lanes, the games committee shall determine the method of exchanging batons at each station. At each station, competitors shall line up in the same relative lane position as that of their teammate who started the race, but there may be movement to a position better suited to meeting the passer of the baton. Each passer shall keep a straight course to the exchange zone. The responsibility for taking a position which corresponds to that which the passer is entitled is on the outgoing competitor.

Relay Infractions

- A. A relay team shall pass the baton in accordance with the rules. The track rules relative to fouling, coaching, or interference apply identically to relay races. Also, incoming competitors may not assist teammates by pushing them.
- B. The baton shall not be thrown following the finishing of any relay.

PENALTY: Disqualification of the relay team from the event.

Infractions for Races Run in Lanes

- A. When a race is run in lanes, competitors are expected to run the entire race in their assigned lanes. Competitors who inadvertently run out of their lanes on a straightaway or in the lane to their outside on a curve are not in violation provided they do not interfere with or impede another runner. A competitor shall be considered to be out of the lane when:
 - a. Without being fouled and while running around a curve, steps on or over the inside lane line or curb for three or more consecutive steps with either or both feet.
 - b. While running on a straight away, runs in an adjacent lane and interferes with or impedes another competitor.
 - c. While running around a curve, runs over the outside lane line and interferes with or impedes another competitor.
 - d. S/he does not finish the race in the assigned lane, or if while a member of a relay team, does not make the pass in the assigned lane.
 - e. S/he takes one or more steps inside the assigned lane line at the break line.

PENALTY: Disqualification of the relay team from the event.

- B. The break line is a place in each lane, usually at the point of curve, that marks the end of a lane stagger. It may be a solid line painted on the track, or designated by a flag or pylon located on the inside lane boundary of the inside lane of the track.

Infractions for Races Not Run in Lanes

- A. Any competitor shall not deliberately run on or inside the track curb (or painted line), and thereby gain an advantage by improving position or shortening the course. A competitor may leave the track to retrieve a dropped relay baton provided no interference occurs and no advantage is gained.
- B. In a race involving a curve where lanes are not specified, a competitor may move toward the inside or outside of the track provided s/he is one full running stride, approximately 7 feet, in advance of the competitor whose path is crossed. It is not a foul if a competitor crosses to the inside or outside if this action does not interfere in any way with another competitor's stride. A competitor shall not, when running

around a curve, step on or over the curb, or painted curb line, for three or more consecutive steps with either or both feet.

PENALTY: Disqualification from the event.

Hurdling Races:

Girls 55m Hurdle race
Boys 55m Hurdle race
Girls 100m Hurdle race
Boys 110m Hurdle race
Girls 300m Hurdle race
Boys 300m Hurdle race

HURDLE SPECIFICATIONS

12m to first Hurdle 30" high and a total of 5 hurdles(yellow)
12m to first Hurdle 30" high and a total of 5 hurdles(yellow)
13m to first Hurdle 30" high and a total of 10 hurdles(yellow)
13.72m to first hurdle 33" high and a total of 10 hurdles(blue)
45m to first hurdle 30" high and a total 8 hurdles (red)
45m to first hurdle 30" high and a total of 8 hurdles (red)

Hurdling Infractions

- A. It is an infraction if a competitor:
 - a. Does not attempt to clear each hurdle
 - b. Deliberately knocks down any hurdle by hand or foot
 - c. Advances or trails a leg or foot along the side of and below the height of the hurdle gate
 - d. Runs over a hurdle not in the assigned lane
 - e. Runs around a hurdle
 - f. Impedes another hurdler.

PENALTY: Disqualification from the event.

Throwing Events

DEFINITIONS

- A. A trial is an attempt in a throwing event. Each competitor is allowed a specified number of trials.
- B. A foul throw is one which is counted as a trial but which is not measured because of some violation of the rule.

General Rules for Throwing Events

- A. Each competitor shall be allowed three trials. Competitors shall be credited with their best performance.
- B. To place in a throwing event, a competitor shall have had at least one legal throw.
- C. For all meets, the games committee will provide implements for the throwing events and require all competitors to use them.
- D. Warm-ups shall not be allowed unless supervised by an event official or coach. At the conclusion of any field event, there shall be no further practice and implements shall be removed from the area.

PENALTY: Warming up without a coach or event official at the venue shall lead to a warning and, if repeated, disqualification from the event. If the incident recurs, the athlete will be disqualified from the meet.

- E. To obtain a better grip, competitors are permitted to use chalk or an adhesive or similar substance such as rosin on their hands during the competition.
- F. An event shall not be delayed to allow a coach or other person to instruct a competitor in the event venue.

- G. A competitor shall not compete while using an illegal implement.
- H. A competitor shall not place personal reference marks in the landing sector of any throwing event.

PENALTY (F & G): Disqualification from the event.

Breaking Ties

- A. A tie in a field event occurs when two or more competitors finish with the same height or distance.
- B. When there is a tie for any place in the finals of a throwing event, places and points scored shall be awarded as follows:
 - 1. if the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second best performance is better.
 - 2. If after (B1) the tie remains, the higher place is awarded to the tied competitor whose third best performance is better than the third-best performance of any tied competitor, etc.
- C. If there is a tie by any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

Discus Throw

- A. The discus shall be constructed so that its body is of wood or other suitable material attached to a circumscribing smooth metal or plastic rim. Metal plates shall be set flush with the sides of the wood, plastic or composition material body and in the exact center as a means of acquiring the correct weight. These metal plates shall be circular with a diameter of 2 inches (5 centimeters). Each side of the discus shall be a counterpart to the other side and there shall be no indentations, projecting points or sharp edges. Each side shall taper in a straight line from the beginning of the curve of the rim to the edge of the centrally placed metal plate. A discus constructed entirely of rubber, plastic or metal alloys is legal if it conforms with the specifications for weight, size and shape. The rim of the discus shall not be sandblasted and shall remain smooth.
- B. The discus shall meet the following specifications.

BOYS & GIRLS DISCUS:

5-6 Grade:

Weight .75 Kilogram

- C. **BOYS & GIRLS DISCUS:**

7-8 GRADE:

Weight (minimum)	2 pounds, 3.27 ounces (1 kilogram)
Diameter (minimum)	7-1/8 inches (180 millimeters)
(maximum)	7 ¼ inches (182 millimeters)
Diameter of Core	2 inches (50 millimeters)
Thickness of Center (minimum)	1-½ inches (37 millimeters)
(maximum)	1-5/8 inches (39 millimeters)
Rim ¼ inch from Edge	¼-inch (12 millimeters)
Radius of Edge	¼-inch (6 millimeters).

- D. Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, a support belt may be worn. No harness or mechanical device attached to the hand or arm shall be used.

- E. It is a foul if the competitor:
 - a. after stepping into the circle, fails to pause before starting the throw
 - b. after stepping into the circle, touches the circle, not including the inner face of the bar, if one is used, or the ground outside the circle during a throw.
 - c. Throws the discus so it does not fall within the sector lines.
 - d. Throws a discus which hits the cage and/or an object outside the sector before landing within the sector
 - e. Is not under control before exiting the back half of the circle
 - f. Leaves the circle before the implement has landed and the judge calls "mark."
 - g. Does not exit the back half of the circle.

PENALTY: The throw is not measured, but counts as a trial.

- F. The measurement shall be from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle nearest such mark, measured along an extended radius of the circle.
- G. It is recommended that all throwing areas be cordoned off or roped, fenced or with flags placed well outside the sector lines to minimize the risk of injury for spectators and athletes.
- H. Measurements shall be recorded to the nearest lesser inch or centimeter. Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). The judges shall not hold the tape in such a way that the readings will be at the circle.

Shotput

- A. The shot shall be constructed so its body is a solid sphere made of any metal or suitable material not softer than brass, or a shell of such metal filled with lead or other material. The shot shall not have indentations other than a weight marking which must be manufactured in such a manner that no advantage is gained by the grip.
- B. The shot shall meet the following specifications:

	Boys Competition 7-8 Grade	Girls Competition 7-8 Grade
Weight (minimum)	4.0 kilograms (8 lbs, 13 oz)	6-lbs (2.744 kg)
Diameter (minimum)	3 ¾ inches	3 ½ inches
(maximum)	4 ¼ inches	4 inches
	Boys Competition 5-6 Grade	Girls Competition 5-6 Grade
Weight (Minimum)	6lbs	4lbs

- C. Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, a support belt may be worn. No harness or mechanical device attached to the hand or arm shall be used.
- D. A legal put shall be made from the shoulder, with one hand only, so that during the attempt, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle. The put shall be made from inside the circle.
- E. It is a foul if the competitor:
 - a. After stepping into the circle, fails to pause before starting the put

- b. After stepping into the circle, touches the circle (not including the inner face of the stop board or the band, if one is used) or the ground outside the circle during a put.
- c. Allows the shot to drop behind or below the shoulder during the put attempt
- d. Touches the top or end of the stop board before the put is marked
- e. Puts the shot so it does not fall within the sector lines
- f. Is not under control before exiting the back half of the circle
- g. Leaves the circle before the implement has landed and the judge calls "mark"
- h. Does not exit the back half of the circle.

PENALTY: The put is not measured, but counts as a trial.

- F. The measurement shall be recorded from the nearest edge of the first mark made by the shot to the inside edge of the stop board nearest such mark, measured along the extended radius of the circle.
- G. Measurements shall be recorded to the nearest lesser ¼ inch or centimeter. Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). The judge shall hold the tape in such a way that the readings will be at the circle.

JUMPING EVENTS

DEFINITIONS

- 1. A trial is an attempt in a jumping event. Each competitor is allowed a specified number of trials in the horizontal events.
- 2. a flight is a round of trials for a group of competitors in jumping event competition
- 3. a foul jump is one which is counted as a trial but which is not measured
- 4. horizontal events include the long and triple jumps
- 5. vertical events include the high jump

General Rules

- A. To place in a jumping event, a competitor must have had at least one successful jump.
- B. Warming-up shall not be allowed in any jumping venue unless supervised by a coach or an official. At the conclusion of any jumping event, there shall be no further practice.

PENALTY: Warming up without a coach or event official at the site shall result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

- C. Competitors in the jumping events shall not use any weights or artificial aids. They shall not wear a shoe or shoes which incorporate or contain any device that gives the competitor an unfair advantage.
- D. Warm-ups or setting marks at the event site are not permitted after the event has commenced or at any time during it.
- E. An event shall not be delayed to allow a coach or other person to instruct a competitor in the event venue.
- F. Distance from the foul line or takeoff board may be adjusted to accommodate different levels of completion. Competitors may change which foul line or takeoff board they are

using during competition, but only with the prior notification and confirmation of the event judge.

PENALTY: Disqualification from the event.

Breaking Ties

- A. A tie in a jumping event occurs when two or more competitors finish with the same distance or height.
- B. When there is a tie at any height or distance, places and points scored shall be awarded as follows:
 - a) for places determined by distance:
 - 1. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second best performance is better.
 - 2. If after (a1) the tie remains, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.
 - b) for places determined by height:
 - 1. The competitor with the fewest number of the trials for the height at which the tie occurs, i.e./ the last height successfully cleared, shall be awarded the higher place.
 - 2. If the tie still remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
 - 3. Passed trials shall not be counted as misses.
- C. If there is a tie by any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

High Jump

- A. The base of the standards shall not be moved during the competition, and its position should be marked with athletic tape prior to the start of competition.
- B. Each competitor is allowed a trial in the order assigned by the games committee, and is granted a maximum of three trials at any one height. The competitor may use all three trials or elect to pass any one of them. Unless the competitor has had three unsuccessful trials at a given height, the competitor may elect to pass a height and take the remaining trial or trials at a subsequent height, but the competitor is eliminated as soon as s/he has had three consecutive unsuccessful trials, regardless at the height or heights at which the unsuccessful trials were attempted.
- C. The judges shall place the crossbar at the starting height as determined by the games committee. Generally for girls this will be 3-04 and for boys 3-10. The bar will be raised 2 inches with each new height. This may be changed as needed.
- D. If improperly fastened supports slip downward when a jumper hits the crossbar without displacing it, the head judge of the event shall rule no jump, and allow the jumper another trial. Should the bar be displaced, it shall be a failed attempt.
- E. When only one competitor remains in the competition, the competitor may determine successive heights of the crossbar.
- F. A competitor may attempt to clear the bar in any manner, provided the takeoff is from one foot and provided no weights or artificial aids are used. All of the competitor's body must go over the bar.

- G. An accurate measurement of the height of the crossbar shall be taken before each new height is jumped, to verify the accuracy of the standards. Mark the crossbar and base of the standards to ensure consistent placement of the crossbar. Any displaced crossbar should be placed on the standards in exactly the same position as before its displacement.
- H. Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch or centimeter. Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). Measurement of the official height shall be from a point on the same level as the takeoff to the lowest point on the upper side of the crossbar.
- I. It is a foul if the competitor
 - a) displaces the crossbar in an attempt to clear it
 - b) touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar
 - c) after clearing the bar, contacts the upright and displaces the crossbar or steadies the bar
 - d) fails (total body) to go over the bar

PENALTY: An unsuccessful trial is charged, but not measured.

Long Jump and Triple Jump

- A. Each competitor shall be allowed three trials.
- B. The scratch lines in the triple jump should be approximately 16 feet and 20 feet from the near edge of the landing pit. Girls and boys may choose which scratch line they want to start their jump from. They must clearly communicate this before jumping with the triple jump coordinator.
- C. A marker shall not be placed on the runway or in the landing pit.
 - a) a competitor may place one or two markers (supplied or approved by the games committee) alongside the runway to assist in the run-up and take-off.
- D. It is not a foul if the competitor runs outside of the white lines marking the runway at any point.
- E. It is a foul if the competitor:
 - a) allows his/her shoe to extend over the foul line or make a mark in front of it on the takeoff.
 - b) Runs across the foul line, or foul line extended
 - c) In the long jump, does not keep his/her head in the superior position, i.e., no somersault
 - d) In either triple or long jump, does not reach the sand during a jump.
 - e) In the triple jump, in hopping does not land on the same foot used in takeoff, or in stepping does not land on the other foot from which the jump is performed.
 - f) In the process of landing or leaving the pit, touches the ground outside the landing nearer the foul line than the nearest mark made in the landing pit.

PENALTY: An unsuccessful trial is charged but not measured.

- F. Each legal jump shall be measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person or apparel of the jumper which is nearest the foul line or its extension.
- G. The judges shall hold the tape in such a way that the readings will be at the takeoff board.

- H. Measurements shall be recorded to the nearest lesser ¼ inch. Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser).

OTHER RECOMMENDATIONS FOR TRACK & FIELD

- A. Coaches should enter competitors in running events in order to allow for a reasonable recovery period before their next race.
- B. Each competitor should have a minimum of 10 days of practice before being permitted to enter an interschool meet.
- C. Competitors should have a thorough physical exam
- D. There should be no state championship at the middle level/junior high school level.
- E. Some classification system should be followed which employs one or more of the following: age or grade.

CROSS-COUNTRY

Course

- A. The cross-country run shall be a course 3200 meters in length. Measurement shall be along the shortest possible route a runner may take on the prescribed course. The course shall be clearly marked. This may be by a single wide line or boundary lines, both inside and outside marked with a material which is not injurious to the eyes or skin. The use of natural or artificial boundary markers may also be used or by signposts with large directional arrows wherever the course turns, or by cones, or any combination of these, to include flags about 1-foot square and mounted on stakes which hold them 6 feet or more above the ground.
- B. Flag Designations:
 - a. A red flag indicates a turn to the left. RUNNERS MUST STAY ON THE RIGHT SIDE OF THE FLAG.
 - b. A yellow flag indicates a turn to the right. RUNNERS MUST STAY ON THE LEFT SIDE OF THE FLAG.
 - c. A blue flag indicates a course straight ahead. RUNNERS MAY RUN ON EITHER SIDE OF THE FLAG.
- C. The course should be at least 3 feet wide at its narrowest place.

Scoring

- A. Scoring shall be as shown in the following table:

Place:	First	Second	Third	Fourth	Fifth	Sixth	Etc.
Points:	1	2	3	4	5	6	Etc.

- B. All competitors who finish the race shall be ranked and tallied in accordance with the above table. In cross-country, up to seven team members retain their order of finish. Any team members beyond seven shall be disregarded and shall not displace any opposing runners. The team score then shall be determined by totaling the points scored by the first four finishers of each team. The team which scores the smallest number of points is the winner.
- C. If fewer than four competitors of a team finish, the places of all members of that team shall be disregarded and the team scores re-ranked.

- D. Ties in team scoring shall be resolved by comparing the fifth-place finishers from the tying teams. The team with the best fifth-place finisher shall prevail. If one team does not have a fifth-place finisher, the team with the fifth-place finisher shall prevail.
- E. If only four competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first three finishers.

Start/Conclusion

- A. A cross-country race begins when the competitors are called to the starting line for final instructions and is considered to be official and concluded when places have been determined and the results have been recorded.
- B. A competitor finishes a cross-country race when the torso of the runner breaks the plane of the finish line when using hand- or picture-based timing systems.

Teams/Uniforms

- F. A cross-country team is represented by coaches, contestants, managers, trainers and other associated school personnel. A cross-country team shall consist of six members unless otherwise agreed.
- G. Uniform rules for track & field apply to cross-country

Disqualification

- A. A competitor who false starts
- B. A competitor who interferes with another competitor
- C. A competitor who is unsportsmanlike or uses unacceptable conduct (see track rules above)
- D. A competitor receives any assistance from any other person who could improve that competitor's performance (providing liquids during competition is not considered to be an aid or assistance)
- E. A competitor who fails to complete the prescribed course that is defined by the marking system.

PENALTY: Disqualification from the event.