

SOUTHERN CALIFORNIA YOUTH CHAMPIONSHIPS RULES

- a. A Southern California Youth Championship Meet will be held on a Saturday and location to be determined by the Joint Conference Board of Directors. All associations are expected to assist in the meet management as assigned prior to the meet by the Southern California Youth Director. Failure to provide help or assistance will result in a \$250 fine for the meet.
- b. All rules will follow SCYTFC and VCYTC Rulebooks; unless, specifically stated in this section which takes precedent.
- c. The top four finishers from each conference's Varsity Championship Meet are invited to the Southern California Youth Championship Meet. If the Southern California Youth Championship Meet is held on a 9 lane track, an additional athlete will be added to all events. If the meet is held on a 10 lane track, two additional athletes will be added to all events. The added athletes will have the next fastest times, higher heights or furthest distances, regardless of Conference. In the event that any Southern California Youth Championship qualifier declares, prior to the Southern California Youth Championship seeding meeting, that they will not be competing in one or more of their scheduled events, the conference may invite the next fastest, furthest and highest place finisher(s) in all running and field events.
- d. In the 800, 1500, and 3000 Meter runs, the number of qualified runners shall be 16 athletes, the top eight finishers from each conference. The start for the 800 and 3000 meter runs will be a two alley waterfall.
- e. Each Association will be allowed to have two (2) Gremlin Coaches with the Athletes on the infield.
No coaching is allowed; but the coach is to provide assistance to the athletes to get into staging and the start line or event on time.
- f. SCYTFC and VCYTC will equally split all meet expenses, including but not limited to rental of track, timing of the meet, 2 red coats, medals, etc. Both conferences will participate in fund raising activities. Proceeds from Concessions, if any, Programs, and T-shirt Sales will help offset meet expenses and any net proceeds will be equally split between SCYTFC and VCYTC. Net Proceeds to be used at the discretion of each conference. SCYTFC split of net proceeds will go towards post season track and field funding.
- g. A competitor in the **Gremlin** age group may participate in a maximum of any three events; **Bantam through Youth** can run in 3 individual events plus 1 relay, or 2 individual events plus 2 relay events. **Intermediate, Young Women and Young Men** may participate in a maximum of any four events.
- h. After Varsity Championships, each Association may designate 2 alternates for each relay team advancing to the Southern California Youth Championship Meet, providing that they: have met minimum participation requirements during the regular season, have not competed in the Junior Varsity Championship meet, and have not competed on another relay team in the same event at the Varsity Championship meet. Furthermore, any addition of an alternate to a relay team advancing from the Varsity Championship meet to Southern California Youth Championship Meet will count towards the maximum number of events allowed per athlete at the Varsity Championship meet. Thus, a qualified alternate will have competed in 3 or fewer events at the Varsity Championship meet to be added to one relay event at Southern California

Youth Championship Meet, or 2 or fewer events at the Varsity Championship meet to be added to both relay events at the Southern California Youth Championship Meet.

i. Relay Rule - Every club must submit 3 “club certified” zone judges, plus 1 alternate and must provide 4 the names of the judges prior to the Meet to the Joint Conference Meet Directors. The Joint Meet Directors will select 3 from each Association. Only the Head Zone Judge may speak to the athletes. The Head Zone Judge (flag holder) can only state to the athletes, “where the acceleration zone starts and ends or from little triangle to big triangle” and “where the passing zone starts and ends or from big triangle to big triangle,” And, if asked any questions by the relay athletes, the Head Zone Judge may only respond by saying, “do what your coach has taught you to do.” **No zone judge may judge their own team in a lane assigned;** if necessary the zone judge must switch lanes with another zone judge in order to comply with the rule. If a club or coach does not agree with a judgment or a disqualification rendered during the event, the club has 30 minutes to file a protest pursuant Article 6 with the Joint Meet Directors. A \$50 cash fee/protest must be paid in advance and the appeal will be reviewed by the Joint Meet Directors and Jury of Appeals once the protest has been filed and heard. The decision by the Joint Directors/Jury of Appeals is binding and final. If the protest is withheld, the \$50 fee/protest will be returned to the protester.

j. All field events will begin at 9:00AM and run concurrently.

HIGH JUMP LONG JUMP SHOT PUT

Gremlin Girls

Gremlin Boys

Bantam Girls Intermediate Boys & YM Youth Boys

Bantam Boys Intermediate Girls & YW Youth Girls

Midget Girls Midget Girls Intermediate Girl & YW

Midge Boys Midget Boys Intermediate Boy & YM

Youth Girls Youth Girls Bantam Girls

Youth Boys Youth Boys Bantam Boys

Intermediate Girls & YW Bantam Girls Midget Girls

Intermediate Boys & YM Bantam Boys Midget Boys

k. All events will begin at 9:00 am. See Appendix for order of events.

l. Coaching is allowed outside of track fence and/or barriers at venue as long as that coaching does not interfere with any meet officials or other athletes. Coaches/parents will get one warning regarding event or meet interference or conduct. At the second offense they will be removed from the area for the remainder of the meet.

m. No coaches or parent volunteers are allowed on the infield of the track/field fence and/or barriers at venue, unless they are volunteering for a specifically assigned responsibility and/or event. Further, while volunteering no coaching is allowed. If a meet official discovers any coaching within the track/field fence and/or barriers at venue the following will occur:

1st Offense - The coach or parent volunteer is requested to leave infield immediately and not return;

2nd Offense - The coach or parent volunteer is requested to leave the stadium immediately until the meet is finished; if the coach or parent volunteer does not comply the conference/club must

suspend coach or parent volunteer for 2 weeks/2 meets served in that season and/or following season. If additional coaches or parent volunteers from the same team are requested to leave infield then coaches or parent volunteers are requested to leave the Stadium immediately until the meet is finished. If this coach or parent volunteer does not comply the conference/club must suspend coaches or parent volunteers for 2 weeks/2 meets served in that season and/or following season.

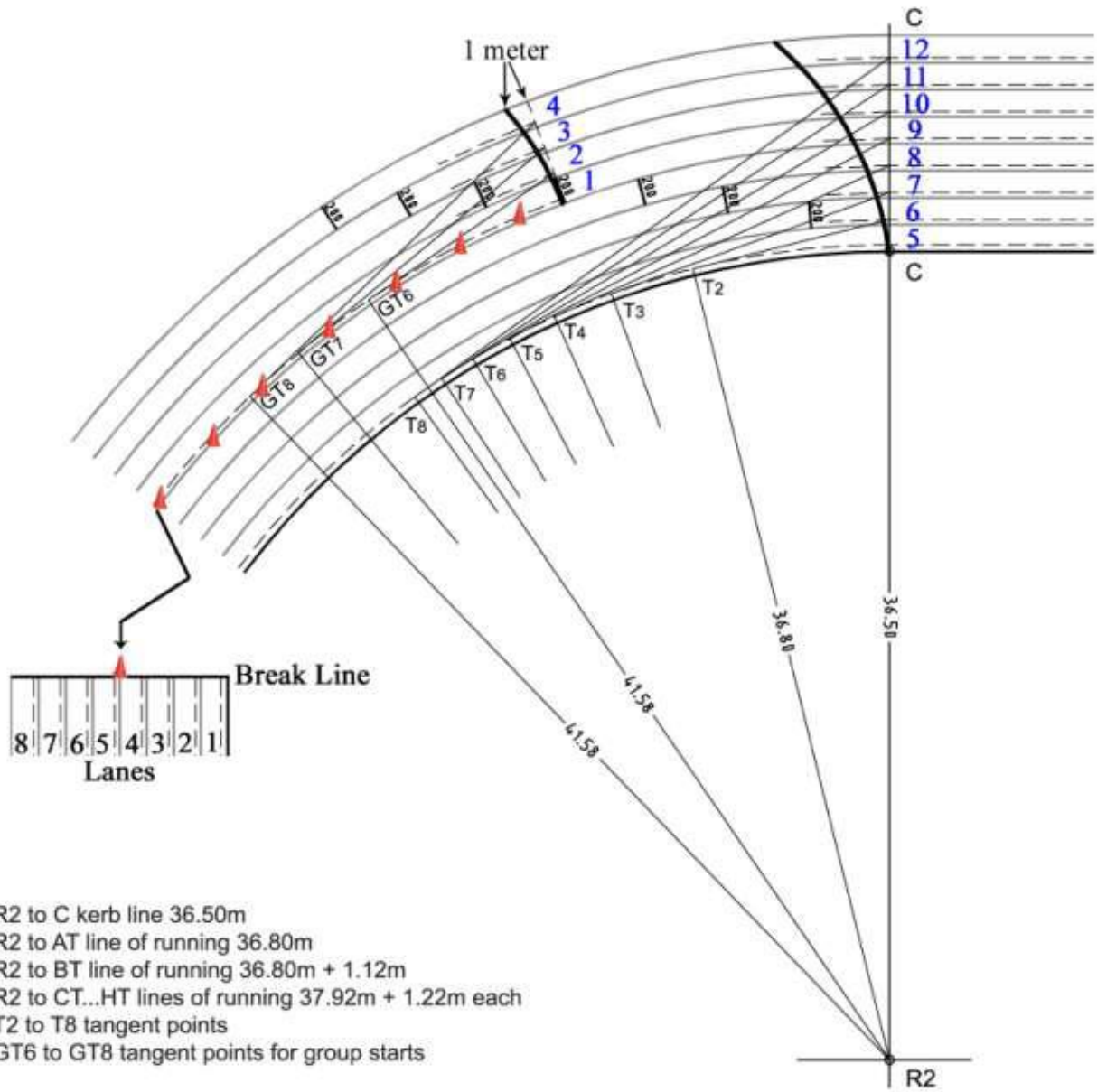
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3rd Offense - All of the club coaches of offending coach(s) and parent volunteers must clean-up all trash in stadium/field at the end of the meet or the conference/club of the offending coaches or parent volunteers must be suspended for 4 weeks/4 meets served in the that season and/or following season.

LANE SEEDING ASSIGNMENTS - 9 Lane Track

100 Meter, Hurdles		200, 400 Meter & Relays		800 Meter, 1500 Meter, 3000 Meter	
SEED	Lane	SEED	Lane	SEED	Lane
1	5	1	4	1	1
2	6	2	5	2	2
3	4	3	6	3	3
4	7	4	3	4	4
5	3	5	7	5	5
6	8	6	2	6	6
7	2	7	8	7	7
8	9	8	1	8	8
9	1	9	9	9	9

TWO ALLEY WATERFALL START DIAGRAM:



Source: Swedish Athletic Federation