



# VENTURA COUNTY YOUTH TRACK CONFERENCE

## VCYTC Rulebook

## Full rule changes passed in 2011 and accepted in 2012

This amendment to the rulebook is being carried over from the prior rulebook though most if not all of these amendments have been integrated into this version. The VCYTC rulebook is going to be rewritten for the 2016 season.

- Bantams are now allowed to wear spikes under the same terms as the older age groups Rules passed provisionally in 2012
- Lane assignments at Varsity Finals will now follow a USTAF rules.
- 800 meter start will now be an alley start with the faster runners being placed in the outer alley.
- Varsity Finals petitioning will now be done electronically (Team Manager) no paper. -Modify shot put throwing sector to match CIF
- Only FAT times will be considered for Varsity status

## Forward

The publication of this rulebook will undoubtedly cause some questions to be asked: Why such a large book? Why such a detailed directional document is necessary? In addition, why can't we just use one of the other many existing rulebooks such as TAC, NFSHSA or even our old rulebook?

Obviously, it is the responsibility of any organization, such as ours, which sponsors a competitive program, to establish goals and standards by which the competition is conducted. The competitive rules ensure that the program is conducted in such a manner to achieve those goals and abide by the standards.

In my years with the conference, there also developed another genuine reason for a complete rulebook to be published. The rulebook became, by default, a textbook on track and field. Most of the parent-coaches had little former track and field background before becoming involved in our program. The former philosophy of placing in the conference rulebook only those rules which modified or were additive to the TAC rules proved it to be an insufficient source to guide the competition through painless meets. Recent years saw many of the "old hands" graduate from the program and with them, their knowledge of Track and Field, which had greatly supplemented the rulebook. By creating this "stand-alone" rulebook, we have eliminated the need for multiple rulebooks, created a single source of direction for the competition, and formalized the program goals and objectives in one place.

This new rulebook incorporates rules, which cover all of the facets of competition and program organization. In preparing this rulebook, I not only used our former rulebook, but also consulted the TAC, High School (NFSHSA), NCAA, and IAAF rulebooks. I also included, by reviewing the Conference Board minutes since 1988; each of the approved rule changes since the old book was last published. The most sincere effort went into carefully reviewing each rule for its applicability to our program, the ages and skill levels of the children and adult volunteers involved.

This preparation of the book also had a few ancillary goals. Primarily based on the experience in using and applying the old rulebook, the Conference board decided that the new book should, as closely as possible, have all of the information concerning a specific subject in one place. The book should have an index and a table of contents for easier location of subject matter, and its presentation should be easy to read and facilitate field use. I have made substantial efforts to accommodate these directions.

The strength of this book comes from the review and approval of the Conference Board of Directors. Each Director, and therefore each club, has had an extended opportunity to review and suggest changes to the book. No rulebook will ever meet with unanimous approval, but due to an extraordinary set of members on the board, this book comes close. Future applicability and concurrence is assured by prescribed annual reviews and approvals by the Board of Directors.

I sincerely wish to thank all of the current members of the Ventura County Youth Track Board of Directors for their efforts in the review and publication of this rulebook. For those future members of the Board, or anyone else suggesting rule changes or modifications, let them be guided by Aeschylus' words "Wrong must not win by technicalities". Rules can and should change, but right, wrong, and fairness principals do not.

Bob Hamic  
Newbury Park Track Club  
November 1991

**Comments on the 1997 Revision:** Bob Hamic was involved in the VCYTC for many years without having a son or daughter in the program. Bob retired from active participation in the league in 1992, and his participation and expertise are certainly missed. We owe him a big debt for all of his contributions and influence on the development of our league and for this rulebook. The 1997 edition of the conference rules is our second revision of his original work.

Larry Olson

Oxnard Stars Track Club

October 1997

**Comments for 1999 Revision:** Much like our predecessors, this year's board has attempted to clarify some specific rule categories thus eliminating any confusion associated with the athlete's achievement. In preparing this revision, one thought kept coming to mind, our conference and the sport of track and field is very unique in that everyone who participates is a Winner! We remain hopeful, that as adults, we continue to understand the importance of this single ideal. We must continue to commit all of our resources to our youth Athletes.

Jimmy Jacobs  
Moorpark Striders  
March 1999

**Comments for 2005 Revision:** This year's update reflects the board's continuing efforts to clarify and enhance the rulebook for the benefit of all.

Chris Waian  
Camarillo Cosmos  
March 2005

**Comments for 2011 Revision:** Chris Waian intended to fold in our last 5 years of rule changes into this edition of our rule book however his work schedule did not permit. Chris has been instrumental in the program in the 5 years since I have been involved selflessly offering his computer knowledge and skills, office facilities and knowledge of this rule book to our board and conference. The board will truly miss this gentleman when he decides to step away. Also thanks to Larry Olson for his penciled revisions.

This edition has all the updated rules brought into it. Referenced running measurements are now all in meters. Santa Barbara was dropped and Westlake Village is a new provisional team this year.

The Valley youth conference fractioned apart in 2009 and we are doing some joint meets with the new SCYTFC program were this will go is up to future boards.

Rick Harrison  
Ojai Roadrunners  
February 2010

**Comments for May 2015 Revision:** Much of the rulebook remains the way it was since the 2010 version as posted by Rick Harrison. Since 2012 when I assumed the roles of Chris Waian, few rules have been adopted, most were posted separate of the rulebook. This update aims to incorporate those rules but they are also still indicated on the first page. Additional edits (corrections such as dates for hosting Varsity, which club will hold the chair of VCYTC each season) have been made. It has been agreed that that the rulebook is in dire need of update so this is a temporary and possibly final update before simplifying the VCYTC rulebook, hopefully for the 2016 season. **NOTE to all future boards or those responsible:** please be diligent in inserting rules ASAP as they are voted on and passed. Please also keep any rules proposed or vote upon keeping with the spirit of this board as voiced by prior notations above.

Erin Sap  
Ventura Tigres  
May 2015

**Comments for May 2016 Revision:** Most of the rules remain the same. Major Change: No Varsity Standards; JV-Finals is now League Finals; Varsity Finals is Now County Championship. Intermediate Boys will now throw a 10lb ball. I have been doing track for 10 plus years and it has evolved into a great sport for our kids. Recommend Future VCYTC Board Members to Vote and Pass new rules or changes by January Meeting. Makes it go Smooth in long run

Julian Morral  
Heritage Valley Blazers  
March 2016

<b>FULL RULE CHANGES PASSED IN 2011 AND ACCEPTED IN 2012</b>	<b>- 1 -</b>
➤ <b>BANTAMS ARE NOW ALLOWED TO WEAR SPIKES UNDER THE SAME TERMS AS THE OLDER AGE GROUPS RULES PASSED PROVISIONALLY IN 2012</b>	<b>- 1 -</b>
➤ <b>LANE ASSIGNMENTS AT VARSITY FINALS WILL NOW FOLLOW A USTAF RULES.</b>	<b>- 1 -</b>
➤ <b>800 METER START WILL NOW BE AN ALLEY START WITH THE FASTER RUNNERS BEING PLACED IN THE OUTER ALLEY.</b>	<b>- 1 -</b>
➤ <b>VARSITY FINALS PETITIONING WILL NOW BE DONE ELECTRONICALLY (TEAM MANAGER) NO PAPER. -MODIFY SHOT PUT THROWING SECTOR TO MATCH CIF</b>	<b>- 1 -</b>
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# **SECTION 1: Youth Track Program**

# COMPETITIVE SEASON

## **SECTION 1; Season**

The conference competitive season shall be defined as starting with the first day of practice and shall conclude with the County Championship Meet or any other conference sanctioned meet following the County Championship Finals.

## **SECTION 2; Schedule**

The Conference Board of Directors is responsible for preparing the schedule of competition for each season. The Board of Directors shall publish the schedule by the December Board meeting prior to the next competitive season.

## **SECTION 3; Season Format**

The competitive season shall consist of a series of dual, triangular, or quadrangular meets among the member clubs, two Junior Varsity Finals meets and a Varsity finals meet. The board may schedule and sanction other meets as well.

## **SECTION 4; Schedule Requirements**

The Conference Board of Directors shall construct the season schedule according to the following:

- (a) All meets shall be scheduled on Saturdays
- (b) The first meet of the season shall be scheduled no later than the second Saturday in April.
- (c) The schedule shall be constructed in such that each club hosts the same total number of meets
- (d) The number of meets hosted by each club shall be distributed as equitably as possible .
- (e) There shall be only one Varsity Finals meet, and it shall be scheduled on a different day than the Junior Varsity Finals meets.
- (f) The Junior Varsity Finals meets shall be held on the same day.
- (g) Junior Varsity Finals meets shall be held on the Saturday following the last dual and/or triangular meet.
- (h) In addition to the above, the Board of Directors shall make every reasonable attempt to schedule the same number of home and away meets for each club and to avoid "byes" or open Saturdays in the schedule

## **SECTION 5; Date of First Practice**

Member clubs shall not start practice earlier than Six (6) weeks prior to the first scheduled meet.

## AGE GROUPS AND DIVISIONS

### *For 2016*

<b>Age Group</b>	<b>Birth Year</b>	<b>Age after 2016 birthday</b>
Gremlins	2009-2008	7 or 8
Bantams	2007-2006	9 or 10
Midgets	2005-2004	11 or 12
Youth	2003-2002	13 or 14
Intermediate	2001-2000	15 or 16

### *For 2017*

<b>Age Group</b>	<b>Birth Year</b>	<b>Age after 2017 birthday</b>
Gremlins	2010-2009	7 or 8
Bantams	2008-2007	9 or 10
Midgets	2006-2005	11 or 12
Youth	2004-2003	13 or 14
Intermediate	2002-2001	15 or 16

### *For 2018*

<b>Age Group</b>	<b>Birth Year</b>	<b>Age after 2018 birthday</b>
Gremlins	2011-2010	7 or 8
Bantams	2009-2008	9 or 10
Midgets	2007-2006	11 or 12
Youth	2005-2004	13 or 14
Intermediate	2003-2002	15 or 16

### *For 2019*

<b>Age Group</b>	<b>Birth Year</b>	<b>Age after 2019 birthday</b>
Gremlins	2012-2011	7 or 8
Bantams	2010-2009	9 or 10
Midgets	2008-2007	11 or 12
Youth	2006-2005	13 or 14
Intermediate	2004-2003	15 or 16

The age group placement of an athlete shall be determined by **year of birth only**; the day or month of birth is of no consequence.

A boys' division and a girls' division shall be available for each age group.

Competitors must compete in their own division only. No athlete may compete in younger divisions in any individual or relay event. No athlete may compete in older divisions in any individual or relay event, except that Youth may run on Intermediate Relays.

## USA T&F PARTICIPATION

None of the rules herein shall be interpreted to exclude any VCYTC member Club athlete from entering competition in sanctioned USA T&F meets, either on an individual basis (unattached) or as a member representing a VCYTC Club if it is a USA T&F affiliate, or as a member of the Ventura County Condors (our VCYTC Club designation with USA T&F ).  
- Athletes should be aware of USA T&F restrictions regarding switching from one club to another in making a decision to run in a status other than unattached. Section 9 of this rule book provides further discussion of the league USA T&F policy.

If a conflict between a conference meet and a USA T&F meet arises, the conference meet shall have priority. The USA T&F program shall be viewed as secondary to and an extension of the conference program. An athlete who attends USA T&F meets in conflict with scheduled conference meets (without the approval of the team and conference board) will face a penalty of disqualification from the remainder of the conference season.

## ATHLETE ELIGIBILITY

### **SECTION 1; AGE-GRADE**

All athletes must compete within the age groups described herein.

### **SECTION 2; MEMBERSHIP**

All competitors shall be - registered members of a conference club prior to competing in any meet. A registered member is a member whose name appears on the official roster of the club for which they wish to compete and for whom dues have been paid to the conference. No athlete may compete unattached.

### **SECTION 3; Club Registration Reporting Requirements**

Each Club will provide a roster of all properly enrolled athletes to the conference treasurer no later than the first Friday following the first league meet. The roster will be sorted by division, and will include the athlete's full legal name and date of birth.

A "properly enrolled athlete" is defined as one whose legal guardian(s) have completed and signed the official conference registration form, and satisfied the registration fee and requirements of his/her Club. **No Club shall enroll any athlete after the first meet of the season.**

Clubs may submit their rosters via U.S. Mail, email, or in person.

### **SECTION 4; Club Payment of Conference Fees**

Conference fees are due and payable to the conference treasurer no later than the March Conference Board Meeting. Conference fees for athletes that register after the March Conference meeting, and before the first league meet, are due and payable to the conference treasurer no later than the April Conference meeting.

#### **SECTION 5; BIRTH CERTIFICATION**

Each competitor shall, at the time of registration or upon demand of the Conference Board of Directors, produce proof of the year of birth for the purpose of proper division placement.

Acceptable forms of birth certification shall be a birth certificate, Baptismal certificate, or immigration papers only. Letters, Statements or documents from other sources shall not be acceptable.

#### **SECTION 6; HIGH SCHOOL ATHLETES**

Athletes who are a member of, or participate for, a High School track team are ineligible for conference participation. This prohibition is to be interpreted so as to preclude athletes of the age and capability to compete at the High School level from competing in the conference program unless exempted by the board. Specifically, if an athlete competes in any meet for a High School team, he/she shall not compete in any conference dual/triangular or League Finals meet.

High school athletes who do not participate in the high school program may run in the VCYTC program within the Youth or Intermediate age group if their birthdates allows

After the school participation is concluded for the current season, an athlete may become a registered conference member for the purpose of USA T&F participation only.

#### **SECTION 7; RESIDENCE**

All athletes must be a resident of Ventura County or resident of a VCYTC clubs community or be specifically allowed to compete by the Conference Board of Directors prior to competing.

### **County Championship and League Finals Classifications**

There shall be both a County Championship and League Finals classification available in each age group, division and event.

Athletes may compete in either classification or both and shall not be required to make entries in either.

In the same meet, a competitor may compete in either the County Championship class or the League Finals class in an event, but not both classes in the same event.



## ARTICLE 6 – COUNTY CHAMPIONSHIP STANDARDS

### **SECTION 1; CONFERENCE STANDARDS**

The Conference Board of Directors shall make and maintain qualification standards in each event except relays in each age group and division. The county championship standards for a 400 meter marked track are contained in Appendix B.

For races 400 meters and longer (400m, 800m, 1600m, 3200m) run on a 440 yard marked track, coaches have the option of converting varsity athletes times to the equivalent of a 400 meter marked race. The conversion factor is as follows:

$$\textit{Time on 440 Yard Marked Track} \times 0.994 = \textit{Equivalent 400 Meter Marked Time}$$

### **SECTION 2; GENERAL GUIDANCE**

Athletes are encouraged to strive to be in the Top 9 {for Laned and field events} and Top 12 {for non-laned events} and to compete with other athletes on the county championship level. Athletes who attempt to run League Finals, and "shave" their best efforts in order to get blue League Finals ribbons should be discouraged from such practices. We have many athletes who are clearly League Finals athletes while giving their best effort. The League Finals level of competition is established for their level of abilities, and athletes with county championship capabilities or potential should not compete against them.

### **SECTION 3; APPLYING STANDARDS**

The application of Varsity shall be on an event-by-event basis. An athlete may compete in Varsity class in one event and Junior Varsity in another. Qualifying Varsity in one event shall not require classification as Varsity in another event. Varsity level athletes should be encouraged to compete on the varsity level whenever possible.

### **SECTION 4; ENTERING COUNTY CHAMPIONSHIP**

Any competitor may compete in the County Championship class at the discretion of the team coach. As Long as the athlete is in the top 9 for lane and field events and top 12 for non-lane events.

### **SECTION 5; COUNTY CHAMPIONSHIP REQUIRED**

A competitor who attains in the Top 9 {for Laned and field events} and Top 12 {for non-laned events} in a particular event for his/her age group/division shall be required to compete in the County Championship class if entered in that event in any subsequent meet.

If a competitor attains in the Top 9 {for Laned and field events} and Top 12 {for non-laned events} in a particular event at a dual/triangular meet, he/she shall be eligible to compete in County Championship in that event. He/she may not compete in that event at the League Final meet.

## RULE BOOK AUTHORITY

By its acceptance by a majority of the governing board of the Ventura County Youth Track Conference, this rule book shall be the exclusive authority governing conference competition.

### - RULE REVISIONS

#### **SECTION 1; AUTHORITY**

All revisions to this rule book shall be by vote of the Conference Board of Directors.

#### **SECTION 2; ANNUAL REVIEW**

The Conference Board of Directors shall review the rules and make revisions, if deemed necessary, on an annual basis. The review shall include all rules in all Sections and the Appendices herein. Rule changes for years following 2010 will be attached as Appendix A until another rule book revision incorporates them into the body of the rule book.

#### **SECTION 3; WRITTEN SUBMISSION**

All rule revisions must be submitted in writing at a conference meeting at least one month prior to a vote by the Conference Board of Directors. Generally submission occurs in September or October. There is discussion, the proposal may be modified, and the board members have a month to get direction from their club boards on how to vote at the next meeting. An example of an acceptable rule change form is shown in Appendix J.

#### **SECTION 4; PROVISIONAL PERIOD**

All rules voted for approval shall remain in a provisional status for a minimum of one competitive year. Prior to the second competitive year, a second vote shall be taken for final approval and adoption. If a provisional rule requires modification, a second provisional period is optional.

#### **SECTION 5; RESUBMISSION**

Any new or modified rule which was defeated shall not be resubmitted until the next yearly review.

#### **SECTION 6; HEALTH AND SAFETY RULES**

Rule additions or modifications that clearly affect the health or safety of the athletes may be passed at any time and shall not be held until the next annual review. By a majority vote of the Conference Board of Directors, a "Health and Safety" rule addition or modification may be immediately implemented.

## Addition or Disbanding of Member Clubs

### **SECTION 1; NEW CLUBS**

New clubs are admitted to full membership in VCYTC by a majority vote of the existing members. Clubs may also exist in a provisional non-voting status while demonstrating the ability to meet VCYTC club membership requirements. These requirements are:

- (i) Draw members only from the community or area it represents within the county. Clubs shall not recruit in an area represented by another club. Athletes may compete for clubs outside of the area of their residency if it is mutually acceptable to all affected clubs.
- (j) Club membership shall be open to all Youths capable of participating in Track and Field, having the permission of their parent(s)/guardian(s), and subject to limitations described in this rule book.
- (k) Provide one delegate to serve on the conference board, attend VCYTC meetings, and cast that club's vote.
- (l) Agree to abide by the by-laws and the conference rule book.
- (m) Obtain an appropriate track and field facility to conduct home meets. The facility must be acceptable to a majority of conference members. See Appendix I for additional information on track facilities.
- (n) Demonstrate the ability to adequately staff the positions necessary to conduct a track and field meet in accordance with the conference rule book.
- (o) Pay conference dues and special fees as they are set and required by the conference board.
- (p) Provide financial information to the conference for tax filings.
- (q) Fund-raising shall be conducted within each clubs municipal area only, and shall not infringe on other clubs' ability to solicit contributions.

### **SECTION 2; DISBANDING OF CLUBS**

Clubs are financially unattached from each other and from the league. Clubs are free to disband at any time as they so choose, but are urged to do so during the "off-season" so as to have a minimal impact on the league schedule. Disbanding clubs will donate any funds to the league after settling all debts. This is to avoid the appearance of profiteering by any of the final board members and is consistent with California law.

# FINANCIAL PROCEDURES

## **SECTION 1; CONFERENCE PAYMENT OF TRACK RENTAL FEES**

Beginning with the 1999 season, all payments for the use of tracks in the Oxnard Unified School District will be paid by the conference.

Each Club that plans to host one or more meets on a track at an Oxnard Unified School District campus will pay to the conference, no later than the March conference meeting, an amount equal to the expected bill(s) for the use of the facility(ies).

Clubs not paying the conference in advance for use of the facilities will not be permitted to host meets on the Oxnard Unified School District campuses.

Should the Oxnard Unified School District bill the conference an amount greater than the prepayment amount a Club made, the Club will reimburse the conference the difference as soon as it is made aware of the difference.

Should a Club not use a facility for which it has previously paid the conference, and for which due notice has been given to the Oxnard Unified School District so that payment is not owed, the conference will reimburse that Club in full at the next regularly scheduled conference meeting.

## SECTION 2; REIMBURSEMENTS

**Reimbursement to individuals and Clubs will be made only upon submission of a signed Expense Report (Appendix L). Club submissions must be signed by a duly-elected officer of the Club. Individual submissions must be signed by the individual making the request.**

## SECTION 3; BANKING

Under no circumstances are conference checks to be signed by anyone other than those who have signed the bank signature cards.

Deposits are to be made only by the treasurer unless previous approval has been given by the Board.

## SECTION 4; FINANCIAL REPORTS

Financial reports are to be submitted only by the treasurer unless a prior request has been made by the Board.

## SECTION 5; CASH

For any event where money (cash and checks) is to be collected for the Conference, procedures need to be approved by the Board for the collection, handling, and tabulation of the money prior to the event. Such events and activities include, but are not limited to, a Conference-sponsored USATF meet, and Varsity and Junior Varsity finals.

## SECTION 6; REGISTRAR

**For each competitive season, the Conference Board must specify an individual to serve as Registrar. The responsibilities of the Registrar may be assigned to**

another officer (i.e. Secretary or Treasurer), but in the interests of *work distribution* an effort should be made to select another individual.

The Registrar will be responsible for receiving, verifying the completeness, and maintaining the registration records as submitted by the individual Clubs. The Registrar will also be responsible for receiving, verifying the completeness, and maintaining the Registration Forms of Condor athletes. The Board may also assign the Registrar other activities.

#### SECTION 7; DOCUMENTS

No receipts or documents shall be signed by anyone other than an elected Board member or individual designated by the Board.

## COACHES AND OTHER ADULT PARTICIPANTS

**All coaches, Officers, Officials and other Adults who have regular contact with the athletes of this program (children) shall complete a VCYTC Adult Volunteer Application.**

**VCYTC may at its discretion, require adults to provide identity verification information. Also a background check may be performed.**

**It is the responsibility of the member clubs to check their respective "Adults" using the volunteer form. VCYTC reserves the right to follow up as outlined above.**

## **SECTION 2: Meet Procedures**

## APPROVED FACILITY

All conference meets shall be held in a facility which has been approved for competition by the Conference Board of Directors.

An approved facility must have (prior to the meet) met any Conference or facility management requirements for insurance coverage. See Appendix I for additional information.

## HOST CLUB RESPONSIBILITIES

### **SECTION 1; PRIMARY RESPONSIBILITY**

The host club shall bear the primary responsibility for the proper preparation and conduct of the meet, as outlined in "***CONDUCTING SUCCESSFUL TRACK MEETS***" by ***Robert Hamic, Revision 3, dated 1993.*** Any responsibility not specifically placed on the visiting club(s) shall be the responsibility of the host club.

### **SECTION 2; MEET OFFICIALS**

The host club shall ensure sufficient knowledgeable officials are available to run the meet. In general, all clubs should be able to conduct meets without assistance.

If the host club will require meet officials from the visiting club(s), the host club shall notify the visiting club(s) not less than three (3) days prior to the meet.

### **SECTION 3; EQUIPMENT AND SUPPLIES**

The host club shall provide all necessary equipment and supplies required for the meet including, but not limited to high jump standards, landing mats, cross bars, shot puts, measuring tapes, results forms, ribbons, starting guns and blanks, zone flags, stop watches, and hurdles. And a reasonably stocked first aid kit.

### **SECTION 4; FORMS AND AWARDS**

The league will provide forms and awards to the clubs prior to the start of the season. On the day of a meet, the host club will bring all of the awards and forms (such as Event Results Sheets and Varsity Results forms) necessary to conduct the meet.

## VISITING CLUB(S) RESPONSIBILITIES

### **SECTION 1; ASSISTANCE**

The visiting club(s) shall assist the host club, if requested, in supplying meet officials, forms, or awards.

If the visiting club(s) are notified by the host club at least three (3) days prior to the meet that the visiting club(s) are to supply meet officials, they shall be obligated to provide them. (Reference ARTICLE 2.2 of this Section).

### **SECTION 2; MEMBERSHIP CONTROL**

The visiting club(s) shall be responsible for the behavior of the members of their club.

**SECTION 3; CHANGE OF MEET LOCATION (NON HOST CLUBS)**

Once the season's meet schedule has been mutually accepted by the Board, non-hosting clubs shall not seek to change meets (i.e. if a non-hosting club is scheduled to compete on a specific date, at a specific location, they may not change to another location to compete with a different club(s) on that date). The non-hosting club may change locations if the scheduled meet is canceled due to unforeseen conditions, i.e. rain.

**MEET STARTING TIME**

The scheduled starting time for all meets is 8:30 am. Except as noted in this section Article 5, no meet shall start after 10:00 AM regardless of the reason for the delay.

The first running event and the first age group division at each field event site shall begin at 8:30 AM. If multiple sites are used for a field event, all sites shall start at 8:30 AM. Host club facility restrictions will be considered.

**POSTPONEMENTS AND DELAYS**

Any scheduled meet which cannot be held at the scheduled date and time may be rescheduled with the mutual consent of the clubs involved.

Meets shall not be rescheduled so as to conflict with other scheduled meets.

If the clubs involved cannot mutually agree on the reschedule, the meet shall not be held.

There shall be no obligation to complete one meet before the next meet is held.

**EVENT CALLS**

**SECTION 1; NUMBER/TYPE**

The host club shall make, through their Announcer, three (3) calls prior to the start of each age group division in each event.

The calls shall be referred to and announced as the "First" call, the "Second" call and the "Third or Final" call.

As an aid only, Announcer's call sheets are included herein as Appendices C and D.

**SECTION 2; TIMING OF CALLS**

The calls shall be made so that the First call is fifteen (15) minutes prior to the start of the event, the Second call is ten(10) minutes prior to the start, and the Third or Final call is five(5) minutes prior to the start of the event. The time intervals listed shall be the minimum intervals required. They may be increased but not decreased.



### **SECTION 3; COMBINING CALLS**

Calls for different age group divisions for the same event may be combined. Example: "First call for all 2 mile runners". Combining any of the three required calls for the same age group division event shall not be done. Example: "First, Second, and Third call for Bantam Girls long jump".

## **DISPUTES/APPEALS/PROTESTS**

### **SECTION 1; DISPUTES**

Each adult volunteer, whether coach, parent, meet official, or spectator shall avoid disruptive action regarding the competition. Due to the recreational nature of the program, every attempt to avoid filing of protests or appeals should be made. Involved adults shall first attempt to solve disputes by arbitration and/or compromise before formal action is taken. In all meets except Varsity Finals, disputes can often be overcome by the awarding of duplicate ribbons. Remember, we do not keep score and we do want the kids to learn lessons if they make mistakes.

### **SECTION 2; APPEALS**

If a dispute is not settled, a first appeal shall be made by the Head Coach, or other club officer, of the affected team to the Head Official of the event or area. If agreement is still not reached, an appeal shall be made to the Referee prior to the filing of a formal protest.

### **SECTION 3; PROTESTS**

A protest is a formal action filed with the Referee.

Protests shall only be filed or accepted regarding an interpretation or application of existing rules. In submitting a protest, the Head Coach shall cite the applicable rule(s).

Judgment calls by officials shall not be a valid basis for protests.

Actions or decisions by the Referee shall not be a valid basis for a protest or further appeal, except for Varsity finals where a Jury of Appeals has been appointed (SECTION 3 ARTICLE 21 SECTION 19).

The decisions of the Finish Coordinator as to finish placement and times shall be final and without appeal.

### **SECTION 4; CORRECTIVE ACTIONS**

The Head Official or Referee shall make every reasonable effort to resolve disputes and formal protests in a timely manner.

Any solution which does not further violate these rules and which does not require further competition may be used, including the duplicating of awards.

No event shall be re-contested if already complete in order to resolve an appeal or protest.

**SECTION 5; TIMING of APPEALS & PROTESTS**

All appeals or protests shall be made immediately upon discovery so that the maximum number of solutions are available.

No appeal or protest shall be heard ten(10) minutes after the conclusion of the event in question.

No appeal or protest shall be heard after ten(10) minutes after the conclusion of the last event.

No post-meet appeal or protest shall be heard.

**SECTION 6; USE**

Each competitor entered in any event, including all individual running and field events, shall have an event tag (or "sticker"). The purpose of the tag is to provide the meet officials with accurate information regarding the competitor for the purpose of recording event results.

**SECTION 7; RELAY EVENTS**

Only one event tag shall be required for a relay team; each runner is not required to have a sticker. The Anchor (4th) runner must have the tag for the team

**SECTION 8; TYPE**

The event tag, or sticker, shall be made of paper or fabric which has a non-destructive adhesive on one side. The adhesive shall be capable of re-adhesion once it has been applied and removed.

It is suggested that the minimum dimensions of the tag be one(1) inch by three(3) inches. Smaller tags may be used if they provide adequate space for legibly recording all of the required information.

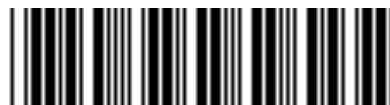
**SECTION 9; PREPARATION**

The event stickers shall be typed or printed in the following format or as a meet management, program/software as approved by the VCYTC board will print. As of this edition the league uses Hi-techs Team and Meet Manager and MMPlus

Teams: Heritage Valley Blazers Marks as of:  
Blazers 03-12-2016

**Gremlin Girls**

57004



**Jane, Blazers**

<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1600m</u>
0:0.00	0:0.00	0:0.00	0:0.00	0:0.00
<u>3200m</u>	<u>Hurdles</u>	<u>Long Jp</u>	<u>High Jp</u>	<u>Shot Put</u>
0:0.00	0:0.00	0-0.25	0-0.25	0-0.25

**SECTION 10; RESPONSIBILITY**

The responsible coach shall ensure that each competitor in the individual events and the last leg of a relay team have a properly prepared event tag when reporting for the event.

**TEAM ENTRY LIMITATIONS**

**SECTION 1; TEAM ENTRIES**

There shall be no limitation on the number of entries, either in total or in any age group division that may be made by a club. NOTE: Individual athlete event entry limitations are specified in Section 6, Article 4,.

**SECTION 2; RELAY ENTRIES**

In regular season meets, each club shall not enter more than two (2) relay teams in the Varsity class for any age group division relay event.

There shall be no limit to the number of relay teams a club may enter in the Junior Varsity class of any age group division relay event. See SECTION 3, ARTICLE 20 SECTION 2 for Varsity Finals and SECTION 3, ARTICLE 22 SECTION 9 for Junior Varsity Finals rule modifications for Relay events. See SECTION 7, ARTICLE 56 SECTION 13 For special rules regarding Gremlin Relay events.

## **SECTION 3: League Finals**

## FINALS PROGRAM

### **SECTION 1; LEAGUE FINALS AND COUNTY CHAMPIONSHIP AS ONE MEET**

The County Championship and League Finals meets shall be considered as one meet for the purpose of entry limitations. The combination of the meets shall be known as the "League Finals."

### **SECTION 2; ENTRY LIMITATIONS**

Entry for League Finals meet combined be the same as in a single dual meet: An athlete may enter as many events, as he/she wants **IF AND ONLY IF** he/she is in the Top 9 for laned and field events and top 12 in the non-laned events.

If an athlete has attained or exceeded the County Championship in an event, he/she shall not attend League Finals in that event.

An athlete may not participate in the same event, including all individual events and relays, in both the County Championship and League Finals meets.

Hurdle events shall be considered non-sprint events.

Any athlete entered in the League Varsity final meet must have participated in an approved Conference dual or triangular meet and a spot in the Top 9 for laned and field events and top 12 in the non-laned events.

Athletes who are in the Top 9 for laned and field events and top 12 in the non-laned events; will be seeded in those events. Relays are not counted as individual events.

Any athletes that are on the Top 9 for laned and field events and top 12 in the non-laned events; can compete in all the events he/she qualified to do; There is no limit in the events. However if any Athlete drops from the varsity race or decide not to compete in one of the race he/she qualified; the lane will be left open. The empty lane or **lanes will not be filled** with athletes that are not in the Top 9 for laned, field events, and top 12 in the non-laned events

## COUNTY CHAMPIONSHIP

### **SECTION 1; ADMINISTRATION/HOST CLUBS**

The Conference Board of Directors shall be responsible to administer the County Championship meet.

The host clubs of the prior year's League Finals meets in each division shall co-host the current year's County Championship meet.

The host clubs “administer” the organization and set up of the meet. The actual work is distributed among all of the clubs. The host club's shall ensure that the operational needs of the meet are met. They shall appoint officials, prepare the facility, and supply the necessary equipment and supplies for the meet. The non-host clubs may be required to provide materials by the host clubs. Generally, the host club, with league approval, obtains the facility along with materials that are normally in place such as hurdles, pads, and PA system. The other clubs bring the materials to perform their assigned tasks such as starting guns, watches, and measuring tapes.

The rotation for host clubs is contained in the conference bylaws, and is shown in the table below:

<b>YEAR</b>	<b>LEAGUE FINALS (WEST)</b>	<b>LEAGUE FINALS (EAST)</b>	<b>COUNTY CHAMPIONSHIP</b>
2015	HERATAGE VALLEY	THOUSAND OAKS	OXNARD & MP
2016	OJAI	NEWBURY PARK	H.V. & T.O.
2017	VENTURA	CAMARILLO	OJAI & N.P.
2018	OXNARD	MOORPARK	VEN & CAM
2019	HERITAGE VALLEY	THOUSAND OAKS	OXNARD & MP
2020	OJAI	NEWBURY PARK	H.V. & T.O.
2021	VENTURA	CAMARILLO	OJAI & N.P.
2022	OXNARD	MOORPARK	VEN & CAM

**SECTION 2; SITE DETERMINATION**

The conference board shall first make the choice of the location of the Varsity Finals meet. An all-weather track is a requirement, and nine lanes is required. The conference will pay the cost for the facility. The host clubs will keep the snack bar proceeds.

**SECTION 3; MEET OFFICIALS**

The host clubs shall ensure that the key officials listed in SECTION 4 are available for the meet. Key official positions shall not be combined at the Varsity Finals meet. There is also a special requirement for at least 12 relay zone judges at varsity finals.

The host clubs may select key meet officials from any of the member clubs. This practice is in place so that the strongest, most knowledgeable officials are available. All attending clubs are required to supply meet officials if requested.

**SECTION 4; ORDER OF EVENTS**

The order of running events at Varsity finals shall be as follows:

3200 M Run	MG, MB, YG, YB, IG, IB
100m Hurdles	IB, YB, IG, YG
80m Hurdles	MG, MB
4x100 M Relay	BG, BB, MG, MB, IG, IB, YG, YB, GG, GB
1600 M run	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
400 M Dash	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
100 Meter Dash	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
800 M Run	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
200 M Dash	BG, BB, MG, MB, YG, YB, IG, IB, GG, GB
4x400 Relay	BG, BB, MG, MB, YG, YB, IG, IB

The order of field events shall be:

High Jump	BG, BB, MG, MB, YG, YB, IG, IB
Long Jump	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB,
Shot Put	IB (10lb); IG (4kg); YB (4kg); YG (6lb) 6lb: MB, MG, BB, BG

If two sites or pits are available for an event, the event shall be conducted with boys at one site and girls at the other in the same sequence as indicated.

**SECTION 5; AWARDS**

The Conference Board of Directors shall have the authority to approve of and acquire distinctive awards for the County Championship and League Finals meet.

Unless otherwise changed by the Conference Board of Directors, the awards shall consist of medals for the first five (5) places and specific place ribbons for sixth through ninth places.

Participation awards shall be provided for those athletes who qualify for but do not "place" in the League Finals Meet.

**SECTION 6; PUBLICATION OF RESULTS**

The host clubs shall ensure that complete results are recorded and distributed for the Varsity finals meet. The results shall be published within two (2) weeks of the meet.

**SECTION 7; SNACK BAR PROCEEDS**

The proceeds from the snack bar sales at the Varsity Finals meet shall be divided equally between the two host clubs unless the host clubs make an alternative agreement.

## **SECTION 8; QUALIFICATION FOR INDIVIDUAL EVENTS**

Qualification for an athlete to enter County Championship in an event is automatic when that athlete is in the Top 9 for laned and field events and top 12 in the non-laned events. in that event.

Qualification shall be on an event by event basis.

There shall be no qualification standard for relay events.

Qualification shall only be achieved in an approved Conference dual or triangular meet of the current season.

Qualification for County Championship shall not be achieved in League Finals.

If an athlete who has qualified into County Championship competes in that event in League finals, he/she shall not be eligible to compete in that event at the County Championship meet.

## **SECTION 9; RELAY EVENTS**

**Each VCYTC club has the option of fielding one relay team in each age group and sex within each age group for the 4 x 100 and 4 x 400 relay events at the County Championships.**

1. There will be no additional teams permitted to enter relay races at the County Championships outside of the one team allotted to each club, unless a club has six or more athletes that have qualified for the County Championship meet as described in Section 9 under the League Finals section in the current VCYTC rule book.
2. Athletes who participate on the relay team(s), must meet the qualification described in Article 20, Section 2 of the VCYTC rule book, in the League Finals section.
3. As described in Section 9 in the League Finals section of the VCYTC rule book, "A relay team member need not have run on any relay or competed with the other members of any relay prior to the Varsity Finals meet, but must meet the requirements of Article 20, Section 2 of this Section (the League Finals section)"
4. Relay teams will be seeded according to the VCYTC rule book as specified in the League Finals section.
5. Qualification for the Co Conference Championship can be accomplished in the County Championships or either on the League Finals meets.
6. After the conclusion of the County Championship meet, relay results of both League Finals meets along with the County Championship meet will be combined and presented to at the Co Conference seeding meeting to determine who represents the VCYTC in relay events.
7. The four (potentially 5) fastest times from those combined results will be entered into the Co Conference Championship according to the seeding process currently in place for that meet.



**SECTION 10; EVENT TAG**

Each competitor shall be required to have an event tag (or "sticker") for each event in Varsity Finals. See SECTION 2 ARTICLE 18 SECTION 9

**SECTION 11; RUNNING EVENT COMPETITION**

The running events shall be contested in the following manner:

<b>RUNNING EVENT</b>	<b>METHOD</b>	<b>MAX/RACE</b>
100 Meter Dash	Flights	9
200 M Dash	Flights	9
400 M Dash	Flights	9
800 M Run *	Flights	12
1600 M *	Finals	12
3200 M *	Finals	12
4x100M Relay	Finals	8
4x400M Relay	Finals	8

\* See the tables below for further clarification.

If the number of seeded entries is greater than the number shown for the maximum allowed in one race, an additional trial or flight must be formed.

If more clubs enter relays than the track can accommodate a second flight shall be created. The first flight shall be made up of either seven(7) or eight(8) of the fastest seeded clubs. The second flight shall be made up of the slowest clubs, but there shall be at least two teams in that flight. The final results shall be determined by time.

800 M Run events shall be run using lanes around the first curve.

1600m and 3200m Run using Waterfall Start

**SECTION 12; RUNNING EVENT FLIGHT SEEDING**

Running events contested in flights and for which more than one flight has been formed, shall be seeded with the fastest runners in the first flight. The maximum number of competitors allowed in the race shall be placed in the first flight and the remainder in the second flight unless doing so would remove the element of competition. In that case, the slowest athlete in the first flight will be moved to the slower flight to provide competition.

The element of competition is defined as requiring at least two (2) in the race. As an example, if ten entries reported for the 200 meter dash, the fastest eight (8) would be placed in flight 1 and the remaining two placed in the second flight.

If the element of competition has been eliminated (that is, only one runner is in a flight), the next slowest runner in the competition shall be placed in the last flight.

The times of the flights shall be combined to determine overall finish placement.

If fewer than the number of entries actually report to the Clerk of the Course at the third call of the event on meet day, The Clerk of the Course may "re-seed" the flights according to the method specified herein, or can leave the Lane empty

**SECTION 13; RUNNING EVENT FINALS ONLY**

For those events contested in finals only, all entries shall be placed in the same race.

Where the facility or safety does not permit all of the entries to compete in the same race, flights shall be formed according to ARTICLE 21 of this SECTION and the times combined to determine finish placement. or can leave the Lane empty

**SECTION 14; LANE ASSIGNMENTS**

Lane assignments, effective with the 2012 season, were changed in order to align better with our sister conference (SCYTFC) and other governing bodies (i.e. USATF, AAU, etc) and also to order avoid confusion by athletes and coaches.

<b>100 Meter &amp; Hurdles (80m 100m)</b>									
<b>SEED:</b>	1	2	3	4	5	6	7	8	9
<b>LANE:</b>	5	6	4	7	3	8	2	9	1
<b>200 &amp; 400 Meter</b>									
<b>SEED:</b>	4	5	6	3	7	2	8	1	9
<b>LANE:</b>	5	6	4	7	3	8	2	9	1
<b>4X100 &amp; 4X400</b>									
<b>SEED:</b>	4	5	6	3	7	2	8	1	9
<b>LANE:</b>	5	6	4	7	3	8	2	9	1

**SECTION 15; JURY OF APPEALS**

The County Championship Meet Director shall appoint a jury of appeals for the meet. The Jury shall be appointed prior to the start of the meet.

There shall be three (3) members or five (5) members of the Jury.

The members shall be from clubs other than the host clubs for the meet or the Referee's club.

The Referee and Meet Director shall not serve on the Jury of Appeals.

The Jury of Appeals shall hear and rule upon appeals made on the Referee's decision only. The Referee shall first handle and rule upon any situation and only in the case that the protester desires additional review should the Jury be consulted.

The Jury shall confine its considerations and decisions to interpreting existing rules or to providing direction where no rule exists. The Jury shall not have the authority to create rules or suspend rules. See SECTION 2, ARTICLE 18 for additional discussion.

**SECTION 16; HIGH JUMP STARTING HEIGHT AT VARSITY FINALS**

The starting height for the bar shall be four inches (4"). This is regardless of the mark of the lowest seeded competitor. The starting heights for all age groups are shown in the following table.

County Championship						
STARTING HIGH JUMP HEIGHTS						
BANTAM GIRLS	MIDGET GIRLS	Youth & Intermediate GIRLS		BANTAM BOYS	MIDGET BOYS	Youth & Intermediate BOYS
3'-3"	3'-9"	4'-2"		3'-5"	4'-0"	4'-8"

**SECTION 17; HIGH JUMP BAR PROGRESSION**

High jump bar progression is discussed in SECTION 8 ARTICLE 58 SECTIONS 11&12 of the rule book. The high jump bar may be raised and lowered during JV finals and during the regular season to accommodate athletes who have to leave for running events. (High Jump has priority over all other field events and athletes should never leave high jump for another field event). At Varsity finals, all athletes must make their attempts at each height before the bar is raised. Athletes may leave at third call for a running event, but must return within 5 minutes after conclusion of the event to continue the competition. At Varsity finals, competition must be continuous and the bar is never lowered except to resolve ties (see SECTION 8 ARTICLE 58 SECTION 9). The use of surrogates to report to events for high jumpers is encouraged so they can remain at the high jump as long as possible before leaving to run an event.

**SECTION 18; TIMING**

All timed events shall utilize three (3) timers on the first place finisher. SECTION 7 ARTICLE 54 SECTIONS 3,6 & 7 are applicable timing rules for hand timing in our league. If an electronic timing device is used in the meet, that time shall supersede the hand times as official. For an electronic time to be considered for a league record: .24 second shall be subtracted from the electronic time and then it shall be rounded to the next slowest tenth of a second in accordance with SECTION 7 ARTICLE 54 SECTION 7. Example: An electronic time of 13.15 seconds is converted to hand time by subtracting .24 seconds to equal 12.91 seconds. It is then rounded to the nearest tenth of a second to become 13.0 seconds. This adjusted time can be compared with other hand times to determine if it is a record breaking performance. A discussion of how records are set is contained in SECTION 5 ARTICLE 37.

**SECTION 19; SURROGATES REPORTING FOR ATHLETES**

A surrogate, or substitute, for an athlete can check in at the staging area in order to establish that athlete's presence for the event while the athlete remains at a field event or a running event in progress. The surrogate can remain in place of the athlete until it is necessary to go and get the athlete for the event. It is the surrogate's responsibility to get the athlete to the starting line before he/she is needed to start the race. This is a "good faith" option available to help the athletes and coaches, and should not be used for any purpose other than to allow an athlete to remain at an event in which he/she is involved at the time of being called to the staging area for a new event.

**SECTION 20; NUMBER OF TRIALS IN FIELD EVENTS**

Each competitor shall be granted four (4) trials in the Long Jump and Shot Put in the Varsity Finals meet.

The number of trials in high jump is unchanged. (See SECTION 8, ARTICLE 58 SECTION 6 for details).

**LEAGUE FINALS**

**SECTION 1; CONFERENCE DIVISIONS**

For the purpose of conducting Junior Varsity Finals meets, the Conference shall be divided into divisions as follows: (the conference has been dividing the divisions to equal up the participate numbers)

<b>WEST DIVISION</b>	<b>EAST DIVISION</b>
Ojai	Camarillo
Ventura	Moorpark
Oxnard	Thousand Oaks
Heritage Valley	Newbury Park

**SECTION 2; HOST CLUBS**

The responsibility to host League finals shall rotate annually among the clubs in the division. Rotation shall be in the order shown in ARTICLE 21 of this SECTION.

**SECTION 3; SITE DETERMINATION**

All JV Final meets shall be held on all-weather tracks. The host clubs may propose sites for approval by the conference board. The facility usage fees for these meets will be paid by the conference. The host clubs will operate the snack bar at the meet, and may keep the proceeds.

**SECTION 4; MEET OFFICIALS**

The host club shall be responsible for identifying and providing meet officials. Visiting clubs shall provide meet officials if requested to do so by the host club.

## **SECTION 5; ORDER OF EVENTS**

The order of events in League finals shall be the same as for a dual/triangular meet. See SECTION 7 ARTICLE 46 for running events and SECTION 8 ARTICLE 57 for field events.

## **SECTION 6; AWARDS**

All finishers in the League finals shall receive an award.

The conference Board of Directors shall have the authority to approve of and acquire distinctive awards for the League Finals meets.

Unless otherwise voted by the Conference Board of Directors, the League Finals awards shall consist of specific place ribbons for first through eighth place. Participation awards shall be given to all finishers beyond eighth place.

If multiple flights are formed in any League final's event, either running or field, each flight shall be awarded separately.

## **SECTION 7; RESULTS**

Each host club will keep; post or publish League Finals results

## **SECTION 8; SNACK BAR PROCEEDS**

The host club shall receive the proceeds from the snack bar sales at their Junior Varsity meet unless modified by the Conference Board of Directors and/or, the clubs attending that Junior Varsity finals meet.

## **SECTION 9; QUALIFICATION**

All age groups and divisions may compete in League finals if qualified.

An athlete must have competed in an event a minimum of **one (1)** time in a regular season dual/triangular meet to be eligible to compete in that event in League Finals. This does not apply to relay events.

In all cases, relay team members must comply with ARTICLE 20 SECTION 2 of this Section that governs the number and type of events an athlete may enter.

An athlete who is qualified to participate in Varsity Finals in an event shall not compete in that event in Junior Varsity Finals.

There shall be no limit to the number of competitors from a given club who may be allowed to compete in any individual or relay event at JV Finals.

## **SECTION 10; EVENT TAG**

Each competitor shall be required to have an event tag (or "sticker") for each event in League Finals. See SECTION 2 ARTICLE 18 SECTION 9.

**Coaches shall place the competitor's best performance in that event on the event tag** before the athlete reports for the event. Times shall be rounded to the slowest tenth of a second. Athletes without best performances recorded will be placed in the fastest heat. Best performances for field events shall also be recorded on the event tags. **Athletes without marks on their tags will be seeded with those with the best marks.**

**SECTION 11; FORMING FLIGHTS**

In all events including running and field, if there are more than nine (9) athletes entered, flights shall be formed. Eight (8) is the preferred heat size.

At League Finals, the number of competitors in flights should be roughly equal. For example: If ten athletes are entered in an event, two flights of five each should be run rather than one flight of eight and one of two. Flights should always have at least two(2) competitors.

Each flight shall be ribboned separately.

**SECTION 12; SEEDING**

If multiple flights are formed in any League Finals event, the competitors shall be seeded into the flights by performance. For example, if there are 18 entries in the 100 meter dash, three flights of six would be formed. The six slowest in flight one, the middle six fastest in flight two and the fastest six in the last flight.

Competitors who report to the staging area for running without a season best performance indicated on their tag as required by ARTICLE 22 SECTION 10 ABOVE shall be placed in the fastest flight.

**SECTION 13; LANE ASSIGNMENTS**

All lane assignments in Junior Varsity final's races should be by lot or random order, but the stager has the discretion to modify this. Since the athletes are usually lined up from slowest to fastest and then divided into heats, their lane may be based on where they are in line by speed.

**SECTION 14; HIGH JUMP STARTING HEIGHT**

The starting height in the high jump competition shall be the same as the starting Height for dual/tri meets (Ref. SECTION 8, ARTICLE 58 SECTION 12).

**SECTION 4. Meet Officials**

**MEET DIRECTOR**

The Meet Director is in charge of all phases of meet operations. He shall insure that the facility is prepared, that the necessary equipment and supplies are available and that all of the requisite meet officials are available instructed and assigned for each activity. He shall be responsible to see that each event and the meet as a whole are conducted in an efficient and timely manner.

**REFEREE**

The Referee is in charge of the competitive activities of the meet. He shall have authority over rules' interpretation and applicability and shall also have the following specific responsibilities:

- (a) Any responsibility not specifically assigned to or under the jurisdiction of another official as defined by these rules.

- (b) Disqualification's for unsportsmanlike conduct, rule infractions, or other valid reasons including willful disobedience of his instructions.
- (c) Disqualification for running and field event infractions, including those infractions he personally observes.

SECTIONS 7 and 8 contain listings of infractions and fouls for running and field events.

## FINISH COORDINATOR

The Finish Coordinator is the Head Timer and the Head Finish Judge and is in charge of the finish line. He/she shall assign timers to time runners, pick finish places and record race results. He/she shall resolve any discrepancies regarding race results and shall certify those results to the Awards Table. The Finish Coordinator is the sole authority to determine the readiness of the finish line to time/record a race. The Finish Coordinator can be assisted by a Finish Clerk. The Finish Clerk shall be responsible to record, on Conference approved forms **or electronically**, the finish places and times and transmit those results to the Awards Table. The Finish Clerk shall work at the direction of the Finish Coordinator. **(Note in the prior years we have been hiring a professional to fat time our Varsity finals.)**

## RECORDER/HEAD OF AWARDS

The Recorder is responsible for recording the results of the Varsity heats in the meet on Conference approved forms and for preparing and distributing the awards. He/she is also responsible for the distribution of the meet Varsity results to other clubs in the conference. A copy of the Varsity Results form is in Appendix F. The actual form used should be a multi-page carbonless form so participating coaches can take a copy home after the meet.

## CLERK OF THE COURSE (STAGER)

The Clerk of the Course is responsible for organizing all of the competitors in a running event into the proper age group divisions, determining the number and composition of flights, and assigning lanes. He/she is also responsible for sending the competitors to the starting line. See SECTION 7 Articles 50 and 51 for more information on staging. SECTION 3 Article 21 SECTION 23 discusses the use of surrogates to report to staging for athletes who are in other events at the time they are called to staging.

## ANNOUNCER

The Announcer is responsible for giving the proper announcements to aid the competitors in reporting to their events. He/she may also make other announcements as requested by the meet management. The order of events "call sheets" are contained in Appendices C and D.

## STARTER

The Starter has sole jurisdiction over the activities at the starting line. He/she shall make certain that all athletes receive a fair start in the race. The Starter shall be the exclusive judge of whether or not any competitor commits a "false" start (starting violation). The Starter shall be responsible for calling aloud the laps remaining to the competitors.

The Starter may use an Assistant Starter. The Assistant Starter shall work at the direction of the Starter. The primary duty of the Assistant Starter shall be to observe the start and recall the race should a starting violation occur. He/she may also assist the Starter in final lane assignments or reassignments, starting block placement, and in generally insuring against unnecessary delays at the starting line. Section 7 Article 8 contains additional information on starting.

## HEAD FIELD EVENT JUDGES

There shall be one official designated at each field event site as the Head Official for that event/site. The Head Official shall be responsible for the supervision and proper conduct of the event at that site. He/she shall insure that the judging, measuring, and recording are performed according to these rules. The Head Event Judge shall, at the conclusion of each age group division competition, review the results for completeness, accuracy, and legibility. He/she shall determine the finish placement of all athletes entered and transmit those results to the Awards table. The field events results form is contained in Appendix H.

## RELAY ZONE JUDGES

There shall be at least one relay zone judge located at each of the three relay exchange zones. He/she should have two flags (preferably Red and Green) to be used for three purposes: First to indicate that the competitors at his/her zone are ready for the race to start; Second to indicate whether legal or illegal passes were observed in that zone after all runners have exchanged. Third to release runners who have passed the baton in each exchange zone. All runners must stay in their lane until the zone judge raises a flag to indicate that all exchanges have been completed (preferable green for OK and red for a violation). Zone judges should remind competitors of this requirement before their race begins. In instances where a collision occurs, the zone judge must determine the spot of the collision, and which team was legally occupying that lane in order to determine which team committed the infraction. More than one zone judge would be very useful. **Zone judges are cautioned that the position of the baton during an exchange is what determines a legal pass, not the bodies or feet of the competitors.**

At Varsity finals, each of the league clubs shall provide at least one well known official (preferably including the president) to serve as a zone judge. There will be at least four officials at each zone, at least two at the beginning of the zone, and at least two at the end of the zone. In order to disqualify a team, at least 2 of the zone judges at the area of the infraction must see and agree on the infraction. The zone judges will be mixed such that no two at any of the exchange zones will be from the same club.



## OTHER MEET OFFICIALS

The Meet Director shall insure that sufficient adult meet officials and workers are available so as to provide an orderly and efficient meet.

It is strongly recommended that the Meet Director provide inspectors during the conduct of the relay races and hurdle events as a minimum. The inspector(s) shall be responsible for detecting and reporting to the Referee any running, Hurdle, or Relay infractions observed.

## COMBINING POSITIONS

The host club shall, if at all possible, assign a different individual to each of the positions listed in this section.

If the number of knowledgeable individuals does not permit separate assignments, the Host Club, through the Meet Director may combine Key Official duties as necessary.

As a guideline only, it is suggested that the following positions may be combined:

- (d) Meet Director and Referee
- (e) Announcer and Clerk of the Course
- (f) Finish Coordinator and Recorder

## SECTION 5. SCORING RESULTS, AWARDS, RECORDS

### SCORING

The scoring of individual or team performances shall not be recorded in any meet, including League Finals meets.

### RESULTS

#### **SECTION 1; RESPONSIBILITY**

The host club shall keep a record of the County Championship results in all events in all divisions.

The County Championship Results sheet shall be signed by the appropriate division coaches of the host and each visiting club within fifteen (15) minutes of the completion of the last event.

#### **SECTION 2; FORMS**

Varsity results shall be kept on a Conference approved form. See Appendix F for the Approved Varsity Results form. These forms are printed by the conference as a carbonless multi-page form to allow copies for all clubs in the meet. Keeping them in a computer team manager program or other electronic media or posting on VCYTC Website is the current method used.

### **SECTION 3; DISTRIBUTION**

The host club shall be responsible for the distribution of the League Finals Results to the conference no later than the following Tuesday after the meet.

### **SECTION 4; LEAGUE FINALS**

For additional or modified rules regarding League Finals competition results, see SECTION 3, for League Finals and County Championship

## **AWARDS**

### **SECTION 1; DUAL/TRI MEET AWARDS**

The awards used in the dual/triangular meets shall be approved and supplied by the Conference Board of Directors.

Only one type and design of award shall be used in the dual/triangular meets and it shall be consistent throughout the Conference.

### **SECTION 2; PLACES AWARDED**

Specific place awards shall be given to the first six (6) places, including each member of relay teams.

Participation awards shall be given to all remaining finishers in the event.

### **SECTION 3; JUNIOR VARSITY FLIGHTS**

If there are multiple flights in a Junior Varsity event, each flight shall be awarded separately. Performances from the flights shall not be combined to determine finish places overall.

### **SECTION 4; AWARDS DISTRIBUTION**

Regular dual meet awards will be distributed by each club to its own members. Results will be provided by the host club by the Monday following the regular meet.

Junior Varsity awards may be distributed at the Finish line or Field event site at the option of the host club.

In dual meets, performances and finish places shall be recorded on the ribbons regardless of the point of distribution.

### **SECTION 5; LEAGUE FINALS AWARDS**

For additional and modified rules regarding awards for the League Finals competition, see SECTION 3, for Varsity and JV Finals.

## RECORDS

### **SECTION 1; OPPORTUNITY**

League records may only be set in the Varsity Finals Meet. This applies to all events.

### **SECTION 2; VERIFICATION**

All running event records shall be set with three (3) timers recording that time unless an **electronic system is used**. See SECTION 3 ARTICLE 21 SECTION 22 Field event record measurements should be checked by at least two officials to confirm the distance.

### **SECTION 3; MEASUREMENT**

Records shall be recorded for metric distances only, i.e., 1600M, not 1 mile; 200M, not 220Y. Records set in Yards or on dirt tracks can become official records for the metric equivalent race, but no adjustment or allowance will be made to the time because of the difference in distance run. (Example: Gremlin Girls 440Y in 1:18.7 does not become the record over 400M in 1:18.6 even though 440Y is farther, and a dirt track is slower.) Field events shall be conducted using only **feet and inches measurements**.

### **SECTION 4; FACILITY**

**Varsity Finals shall be held at an all-weather facility. The track will have 9 lanes with metric markings.**

## SECTION 6. Competitors and Coaches

### RESPONSIBILITY TO REPORT

#### **SECTION 1; REPORTING**

The competitor is solely responsible to report promptly at the third call for any event he/she is entered. See SECTION 3 Article 21 SECTION 23 for the use of surrogates in reporting for events.

Competitors shall report to the staging area for all running events, including relays.

Competitors shall report to the field event site for field events.

The competitor shall be responsible to report regardless of the calls made or heard, the facility limitations including the Public Address system, or the timing of the meet. Each competitor shall inform him/herself as to the progress of the meet and report for events they are entered.

No attendant, other than coaches, shall accompany the athlete to the event.

#### **SECTION 2; FIELD EVENTS**

In addition to the requirements for reporting for the field events listed in this Section, additional requirements and impacts are made in SECTION 8 ARTICLE 57 SECTION 6.

### ATHLETE'S EQUIPMENT

#### **SECTION 1; UNIFORM**

The competitor shall wear the uniform that is issued or approved by his/her club.

A uniform top is required for all competition.

The uniform shall not contain any commercial messages or endorsements of any kind. Manufacturers' logos placed on the garment at the time of manufacture shall be acceptable.

The uniform shall be clean, designed and worn so as not to be objectionable to the Referee. It shall be made of a material that is not transparent even if wet.

The uniform shall not be worn so as to impede the view of the judges. If other clothing is worn, it must be worn under the uniform top.

All members of a relay team shall wear a top of the same color and design. This rule shall be interpreted so as to allow the "year-to-year" variances which may occur in club supplied uniforms. This rule shall be interpreted as closely as possible that all members of the same relay team be in the approved uniform of their club.

## **SECTION 2; SHOES**

The competitor shall be required to wear shoes during the competition.

Athletes in the Gremlin age group divisions shall not wear spiked shoes. Spiked shoes are defined as shoes capable of holding spikes whether or not the spikes are used. Effective with a rule passed provisionally for 2011, and officially adopted for 2012, bantams are allowed to perform with spiked shoes that meet the requirements for all other age groups.

Spiked shoes shall be optional in all age group divisions, except as noted herein, in all events. Spiked shoes shall not be worn in the shot put.

Spiked shoes shall be removed when not actually in competition except when the competitor is going directly from one event to another.

The maximum thickness of the sole of the shoe shall not exceed one-half inch and shall not contain any spring, lift or other mechanical device that offers a material aid to the competitor.

The sole and/or heel of the shoe may have grooves, ridges, indentations, or protuberances provided these features are constructed of the same or similar material to the sole itself.

The maximum number of spikes allowed is seven (7) per running shoe; all of which must be located in the fore foot. High jump spikes are allowed at the high jump pit only.

The maximum spike length allowed at any facility is one-half inch ( $\frac{1}{2}$ " ). Host clubs shall have the authority to determine the type and length of spike allowed on their home facility. On all weather facilities, spike length will be one-fourth inch ( $\frac{1}{4}$ " ) or less. None of these facilities allow longer lengths.

## **SECTION 3; IMPLEMENTS AND EQUIPMENT**

Competitors may bring and use their own implements in the field events provided the implement meets the specifications required in Section 8.

If the athlete brings his/her own implement, the loss of ownership identity principle described in SECTION 8, ARTICLE 60 SECTION 9 shall apply.

Competitors may bring and use their own starting blocks provided the blocks meet the requirements of SECTION 7, ARTICLE 52 SECTION 9 and are acceptable to the host club in the method/manner of application to the track surface.

Competitors shall bring and use relay batons that meet the specification outlined in SECTION 7, ARTICLE 56 SECTION 4.

## **ATHLETE'S CONDUCT**

Unsportsmanlike conduct is conduct which is offensive, unethical, or dishonorable in nature. It includes action and/or language that will bring discredit to the individual or his/her club. Disrespectfully addressing an official, using profanity, criticizing an opponent or an official, and destruction of the facility or any equipment (personal or otherwise) are examples of unsportsmanlike conduct.

The penalty for unsportsmanlike conduct is disqualification from further participation in the meet including any event in which the individual is involved or had just completed at the time of the infraction. All events completed prior to the point of disqualification shall stand.

Unacceptable conduct includes willful failure to follow the directions of a meet official, rude and/or obnoxious behavior, or criticizing a teammate.

The penalty for unacceptable behavior is disqualification from the event if participating in an event. If a non-participating athlete is involved, he/she shall be warned and on a second offense, be disqualified from the meet.

## EVENT ENTRY LIMITATIONS

An athlete may not enter or compete in more than four (4) event's total, including all individual running events, individual field events, and relay events.

An athlete may not enter or compete in more than three (3) running events, including individual and relay events.

The 4x400 relay is a free running event this event will not count against a athletes number of events (forth running event or fifth total event)

## COACH'S CONDUCT

Coaches shall conduct themselves in a manner which is exemplary to the athletes at all times.

Coaches shall not use profane language or consume alcohol at any meet site before, during, or after the competition.

Smoking or other use of tobacco is discouraged at the meet site, and may be illegal in some areas.

Coaches shall avoid agitated confrontations with meet officials and other adults at the meet. Proper appeals process shall be used for protests and disputes (See SECTION 2, ARTICLE 18). Coaches shall be allowed in the immediate area of competition unless requested by the Referee or Field Event Judge to remove themselves from the area. If requested to leave, a coach shall immediately comply.

The Referee shall have the authority to disqualify a coach, or other adult, from further participation in the meet. If sufficient justification exists, the Referee may request that the offending adult be removed from the meet site. In extreme cases, the meet can be stopped, and the police called.

## CONDUCT OF PARENTS AND OTHER ADULTS

Setting a good example for the athletes involved in our program is much more important than the outcome of any of the races and field events conducted during the season. Parents should approach our program with the attitude that it is a program conducted by unpaid volunteers for the benefit of all the kids including theirs. Perceived errors and mistakes can be questioned through the appeals and protest process (see SECTION 2 ARTICLE018), but all discussions must be conducted in such a way that a good example is set for the athletes. It is the fervent wish that all adults will comport themselves as true adults and that there will never be a need to identify unsportsmanlike conduct and invoke the penalties described below.

Unsportsmanlike conduct is conduct which is offensive, unethical, or dishonorable in nature. It includes action and/or language that will bring discredit to the individual or his/her club. Disrespectfully addressing an official, using profanity, criticizing an opponent or an official, and destruction of the facility or any equipment (personal or otherwise) are examples of unsportsmanlike conduct.

The penalty for unsportsmanlike conduct on the part of an adult is banishment from site of the meet for the remainder of the day. If compliance with such a penalty is not voluntary, it may be necessary to stop the meet until the offending adult departs. Announcing the reason for the stoppage would provide further incentive. The next step would be to call the civil authorities. In an instance where it is necessary to call the police, the individual involved will be banned from all Conference activity for the balance of the calendar year and all of the following calendar year as specified in ARTICLE 44 (a)

## STEPS OF APPEAL

Each club will have One (1) representative that will be the Liaison for appeals and issues for a given meet; and **ONLY** that person can approach the other clubs with questions and/or concerns of their club. No other coaches or parents can contact or email the other clubs members or the VCYTC Board of Directors. Any information or decision made by the governing board; or by Host club of the given meet will be relayed to the club Liaison All decision by the board of Directors of VCYTC are final and cannot be appealed.

## STEPS OF DISCIPLINE

- (g) Any individual (coach, Board member, parent, etc.) who strikes another person, or makes physical contact with another person in an aggressive, intimidating, threatening, or assaulting way during a conference event (which shall include traveling to and from the event) shall be banned from all Conference activities (this includes individual Club and Condor activities) for the balance of the calendar year, and for the complete calendar year following the incident. Banned shall be defined as not attending any Conference or Club sponsored activity whatsoever in any capacity (even as a spectator), including team practices, any and all meets, and participating as or with the Condors. If an athlete strikes another person, or makes physical contact with another person in an aggressive, intimidating, threatening, or assaulting way during a conference event, he/she shall be banned from all Conference activities (this includes individual Club and Condor activities) for the balance of the calendar year.
- (h) In the event a parent or legal guardian who has been banned as specified in paragraph ARTICLE 44(a) refuses to abide by the terms of banishment, his/her registered child(ren) will be banned from all Conference activities for the balance of the calendar year.
- (i) The Conference Board shall meet as soon as possible following an incident as described in ARTICLE 44(a), but no later than ten days after the incident.
- (j) Should an individual commit a second infraction as described in ARTICLE 44(a), he/she shall be permanently banned from the Conference with no method of reinstatement.

## SECTION 7. Running Events

### FACILITY DESCRIPTION

Please refer to Appendix I of this Rule Book for a description of the track facility and markings.

### ORDER OF EVENTS

The order of the running events and the order of divisions within the event shall be as follows for regular season and JV Final meets: FROM 4X1 ON CHANGE TO "YG, YB, IG, IB"—if COMBINING RACES THEN "YG-IG, YB-IB"

<b>EVENT ORDER</b>	<b>AGE/GROUP ORDER</b>
3200 M run	MG, MB, YG, YB, IG, IB
100 Meter Hurdles	IB, IG, YB, YG
80 Meter Hurdles	MB, MG
4x100 (400) Relay	BG, BB, MG, MB, IG, IB, YG, YB, GG,GB
1600 M Run	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
400 Meter Dash	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
100 Meter Dash	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
800 Meter Run	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
200 Meter Dash	BG, BB, MG, MB, YG, YB, IG, IB, GG,GB
4x400 M (1600 M) Relay	BG, BB, MG, MB, YG, YB, IG, IB

The order of competition in all running events shall be such that, within an age group, the Varsity class shall be contested first followed by the Junior Varsity class.

**NOTE: The order of events is different at the Varsity Final Meet.** See Section 3 ARTICLE 2.4.

### SCHEDULE

The first running event shall start at 8:30 am.

Events shall proceed sequentially from one to the next in the order specified. The next event starts as soon as the prior one is complete. The events shall not be conducted on a pre-established time schedule.



## METHOD OF CONDUCTING EVENTS

The following events shall be contested entirely in lanes:

- (a) 100 Meter Dash / 100 Meter Hurdles
- (b) 200 Meter Dash / 4x 100 Meter/400Meter Relay
- (c) 400 Meter Dash
- (d) The 200 Meter Dash shall be run around one curve.
- (e) The 400Meter Dash shall be run around two (2) curves.

**Note:** On tracks with 42" lanes, a one turn stagger is ten (10)' between lanes 1 and 2, and 11' between all of the remaining lanes. Two turn staggers are double the one turn staggers.

The 800 Meter Run shall preferably be run in lanes for the first turn using the back side straightaway to break to lane one. A waterfall start is allowed in dual meets and JV finals to be decided by the host club.

The 1600 Meter and 3200 Meter runs shall not be run in lanes. A curved line, or "waterfall" start shall be used. Athletes should be cautioned to cut in safely. **Note:** a non-laned distance race can be stopped if a runner falls within the first 100 Meters.

The 4x400Meter Relay shall be run with a two (2) turn stagger and the first leg shall be run in lanes. The first leg shall be run in lanes until the baton has passed the finish line. The second runner may then cut in to lane one after crossing the start/finish line and as soon as it can be done safely. The third and fourth runners may be run in lane one at any time provided they don't interfere with other runners.

## LEAGUE FINALS COMPETITION

For additional and modified rules which affect League Finals competition, see SECTION 3.

## FORMING RACES (STAGING)

### **SECTION 1; CLERK OF THE COURSE IN DUAL AND LEAGUE FINAL MEETS**

The Clerk of the Course ("Stager") shall be responsible for forming races, assigning lanes, and combining races.

The Clerk of the Course may, but is not obligated to, consult with the coaches of the entered athletes to determine preferred placement in flights.

### **SECTION 2; COUNTY CHAMPIONSHIP COMPETITORS IN DUAL MEETS**

All Varsity class competitors in an age group in the same event shall compete in the same race or flight if at all possible. In situations where too many varsity runners wish to compete, SECTION 2, ARTICLE 19, SECTION 2 will allow the formation of additional heats with some restrictions.

### **SECTION 3; LEAGUE FINALS COMPETITORS IN DUAL MEETS**

The League Finals competitors for an event may be organized into as many flights as is necessary to accommodate the number of entries.

The flights shall, as closely as the number of entries permit, be of equal size.

The Junior Varsity Flights shall be run consecutively immediately following the Varsity race of that age group and before the Varsity race of the next age group.

**SECTION 4; RACE MAXIMUMS**

The Clerk of the Course shall not place more than the following number of competitors in the events noted:

Laned Races (Except 800)	One entry per usable lane
800 Meter Run (When in lanes)	12 (9 lane track) - 2 in lanes 4,6 &8
800 Meter Run (Not run in lanes)	18 entries
1600 Meter Run	18 entries
3200 Meter Run	24 entries

Regardless of the provisions of the article, safety of the athletes involved, available officials, and the facility shall be considered when forming races. However, the age, size, and skill levels of the athletes should be the primary concern in determining the number of contestants in a race.

**SECTION 5; COMBINING RACES**

The Clerk of the Course (Stager) may combine races to ensure meet efficiency.

The Clerk of the Course MUST combine entries where not doing so would eliminate the element of competition. As an example, a single entry in the Youth Girls' two mile run should be placed in the same race with the Midget Girls two mile run (provided sufficient entries exist). The athletes in the race should be instructed that the older runner is out of their age group and will not affect the ribbon they win in the race.

Any combination of Varsity and Junior Varsity or age groups and divisions is allowed provided safety, facilities, and available officials permit. The ribbon table should be notified when races are combined so they can separate out the ribbons.

If combinations of divisions are made, the race shall be conducted in the sequence of events when the first division included in the race is scheduled.

**SECTION 6; LEAGUE FINALS FLIGHT SEEDING**

The Clerk of the Course shall have the option to place runners who are known to have the best times in the same flight, and is encouraged to get information from the coaches to facilitate the placement of athletes into flights by ability. If no indication of previous time is readily available, the Clerk of the Course shall place the competitors into flights in random order.

**SECTION 7; SEEDING WITH RESPECT TO CLUB MEMBERSHIP**

Where multiple flights of the same age group and division have been formed, the Clerk of the Course shall, as evenly as possible, place the members of each club evenly into the flights.

## **SECTION 8; SEEDING AND LANE PLACEMENT AT COUNTY CHAMPIONSHIP**

Seeding and Lane Placement at Varsity finals is discussed in SECTION 3 ARTICLE 21.

### **LANE ASSIGNMENTS**

Lane assignments for laned races and starting positions for non-laned races shall be random and assigned by the Clerk of the Course (Stager).

Where a race is composed of members from more than one club, members of the same club shall be assigned alternating lanes.

For example, if clubs A and B have entries in the same race, a member from club A is placed in lane 1, a member from club B in lane 2, a member from club A in 3, and so forth. This requirement shall not be construed so that open lanes exist if there is an imbalance in the number of entries between the entered clubs.

In laned races, only one competitor shall be assigned to a lane. Running "alleys" shall not be used, **except for the 800M run.**

No competitor shall be guaranteed a preferential lane assignment or starting position based on prior performance.

### **THE START AND STARTING**

#### **SECTION 1; CONTROL OF THE START**

The Starter shall have exclusive control of the start of all races and the Starting line and immediate area.

All decisions regarding false starts and fair starts shall be made by the Starter and shall be final and without appeal. The Starter may be assisted by a second, or Recall Starter. The Recall Starter shall have the same authority to recall races as the Starter. In all cases, the Recall Starter shall work at the direction of the Starter. See SECTION 4, ARTICLE 10.

#### **SECTION 2; PRACTICE STARTS**

Practice starts in conjunction with the Starter's commands shall not be allowed. Practice starts not in conjunction with the Starter's commands shall be allowed.

#### **SECTION 3; PISTOL START**

All races shall be started by the report of a pistol or device which can be cocked, can fire twice without requiring reloading, and which produces sufficient flash/smoke so as to be visible to the timers and **or activate an automatic timing system.**

A "snapped cap" (a misfire) does not indicate a start.

As a guideline, the report of the pistol should be loud and equally distinguishable to all competitors to be started. This should be tested when starting at a maximum stagger start such as the 400 meter dash and under the maximum ambient (e.g., crowd) noise present.

#### **SECTION 4; STARTING COMMANDS**

The starter shall use the following commands regardless of age of the competitors or starting position used by the competitors:

- (a) For races up to and including 400 meters and any relay with the first leg of 400 meters or less, two commands shall be used in the order and manner shown prior to firing the gun:

**"ON YOUR MARKS" - At this command, the runners will immediately and without delay take their positions behind the starting line. They shall remain steady and quiet until the Starter gives the next command.**

- 1) "SET" - At this command the runners shall at once and without delay, assume their full and final set position. When all competitors are set and motionless, the Starter shall fire the**

- (b) For races of 800 meters or longer, one command shall be used prior to firing the gun:

**1) 1. "RUNNERS SET"**

It is suggested for races of 800 meters and longer and not run in lanes that the competitors be positioned approximately one(1) meter behind the starting line. At the "RUNNERS SET" command the runners move up to the starting line and are prepared for the firing of the gun.

For races or conditions where distances between the Starter and all those to be started, or where ambient (crowd) noise prevents verbal commands being heard, the Starter may use a whistle in lieu of the verbal commands.

Once the runners are in position, the starter shall ask the timers if they are ready prior to the "RUNNERS SET" command. At the "RUNNERS SET" command the Starter shall raise both hands (including the gun hand) as a further alert to the timers. Both hands shall remain over the head until after the gun is fired. The Starter shall raise both hands even though only one verbal command is given prior to firing the gun.

**SECTION 5; RACE INSTRUCTIONS**

The Starter shall be responsible for giving the competitors instructions prior to the Start of the race. The instructions must include the following:

- (a) Confirmation of the race and the distance.
- (b) The Starting commands to be used, especially if a whistle start will be used.
- (c) A reminder of requirements to run in lanes or, for non-laned races, when the runner may move to lane one.
- (d) Where the finish line is, and where runners may "cut in" if applicable.
- (e) For the 4x400M relay, exchange zones and rules should be explained.
- (f) For 4 x 100M relays, the #1, #2, and #3 runners must be instructed that they must stay in their lanes after the exchange until after the zone judge raises a flag to indicate that all runners have completed their exchange.

The Starter may include any other instructions useful to the proper conduct of the event.

**SECTION 6; STARTING VIOLATIONS**

It shall be considered a "false" start by a competitor if he/she:

- (a) Fails to comply promptly with the commands of the Starter.

- (b) Obviously uses tactics intended to disconcert opponents.
- (c) Has any part of his/her body in contact with the Starting Line or running surface beyond the line when the gun is fired.
- (d) Fails to remain motionless after assuming the "Set" position prior to the gun being fired.
- (e) Leaves their mark with hand or foot after the "Set" command but before the gun is fired.
- (f) If using a crouch start, does not have both hands in contact with the ground.
- (g) If using starting blocks and a crouch start, does not have both feet in contact with the blocks.

Upon any starting violation, the Starter shall warn the responsible competitor and explain the violation. Upon a second violation by the same competitor, that competitor shall be disqualified from the race and removed from the race. The violations need not be for the same reason nor sequential if more than two violations have occurred in the start of the same race.

NOTE: In practice, when one or more competitors makes a False start, others are inclined to follow and, strictly speaking, any competitor who does so has also made a false start. The Starter should charge the competitor or competitors who, in his opinion, were responsible for the false start. This may result in more than one competitor being charged with a false start. All competitors who are charged with a false start must be informed that they are out of the competition if they commit another. If the unfair/false start was not due to any **specific** competitor, no competitor shall be charged.

If the first leg of a relay team is disqualified at the start, the entire team is disqualified.

### **SECTION 7; UNFAIR AND RECALLED STARTS**

If the Starter has fired the gun and a starting violation has occurred, or, in the Starter's opinion an unfair start has occurred, he shall recall the race with a second firing of the gun.

If a runner falls or a running violation occurs in the first fifty(50) meters of a race which is 400 meters or less in distance, the Starter shall recall the race and restart it.

If a runner falls or a running violation occurs in the first one hundred (100) meters of the race which is 800 meters or longer, the Starter shall recall the race and restart it.

The Starter may stop the starting sequence at any time prior to firing the gun by ordering the competitors to "Stand up". After a brief period of adjustment, the Starter must again start the sequence as prescribed above.

### **SECTION 8; STARTING POSITIONS**

A competitor may use a standing start OR a crouch start with or without starting blocks (provided that starting blocks are allowed) - See ARTICLE 8.9 of this section.

When the competitor uses a crouch start, both hands must be in contact with the track surface in the "SET" position.

If starting blocks are used with a crouch start, both feet must be in contact with the starting blocks.

## **SECTION 9; STARTING BLOCKS**

Starting blocks may be used in any race up to and including the 400 meters dash or any relay leg where the first leg is 400 meters or less.

Starting Blocks shall not be used in races longer than 400 meters.

Use of Starting blocks is allowed for any competitor in the races noted provided the competitor possesses sufficient knowledge and ability to use them. The Starter shall have the authority to deny the use of blocks to any competitor who, in the Starters sole opinion, is unsafe in their use of the blocks or, unduly delays the progress of the start because of the use of blocks.

Starting blocks must be positioned entirely in the competitor's assigned lane.

No part of the blocks may touch or overlap the starting line.

No springs, hand grips or supports are allowed.

The host club shall have the right to approve starting blocks used on their track.

## **RUNNING INFRACTIONS ("FOULS")**

It shall be counted as an infraction (or "foul") if the competitor:

- (a) Jostles, cuts across, or obstructs another competitor so as to impede the other runner's progress. Actual contact is not necessary; any action which causes another runner to break stride or lose momentum is sufficient.
- (b) Veers to the right or left so as to impede a challenging runner and forces the challenging runner to run a greater distance.
- (c) Voluntarily leaves the track, and presumably the race, and later returns to continue the race.
- (d) Tries to force his/her way through two other competitors and makes direct contact so as to impede the progress of either.
- (e) Steps on the curb (or curb line if painted) purposely to shorten the course or gain an advantage.
- (f) Is assisted by a non-competing member, a coach, or another participating member by pacing, coaching, or other material means.
- (g) When the competitor is not materially assisted and the only offense is that a non-participant in the race is running alongside or coaching, the participating athlete shall not immediately be disqualified. The non-participant shall be first warned and, if he/she continues or is guilty of a second occurrence, then participating athlete shall then be disqualified.
- (h) Joins hands or clasps another runner at any time during the race.
- (i) In a laned race, runs in a lane other than the one assigned to him/her. Running in another lane for two(2) strides or less on the straight-away shall not constitute an infraction if no material advantage is gained.
- (j) In a laned race around a curve, runs on or to the left of the left lane line for three or more steps. This rule shall not apply if the competitor ran outside the lane because he/she was fouled by another competitor. It shall not be an infraction (foul) if the runner runs on or over the right lane line provided no other foul takes place and the runner in the other lane is unaffected.

- (k) In a race run partially in lanes, the competitor breaks from his/her lane prior to the break line.

Except as noted above, the penalty for any of the above infractions is disqualification from the event. No prior warnings shall be required.

Additional infractions which are specific to the hurdle and relay events are listed in this section ARTICLES 11 and 56 respectively.

## TIMING AND THE FINISH

### **SECTION 1; FINISH LINE**

The finish line shall be plainly and visibly marked on the track. It shall be marked so that it is a minimum of 5.08 centimeters (2") wide and extends unbroken across all lanes of the track.

The marked line shall be made such that it is outside the course of the race.

The actual finish shall be the edge of the finish line which is closer to the start.

### **SECTION 2; FINISH LINE CONTROL**

The Head Finish Coordinator shall have jurisdiction over the activities at the Finish Line.

The decisions of the timers and the Head Finish Coordinator shall be final and without appeal except for the actions of the Referee and Jury of Appeals (if used).

### **SECTION 3; METHOD OF TIMING**

The official time of a race starts with the flash/smoke of the Starter's pistol or device.

The time of a race stops when any part of the competitor who is being timed reaches the finish line with his/her torso (the part of the body between the shoulder line and the crotch that does not include the head, neck, arms, legs or feet).

The host club shall ensure that there is sufficient timing capability to time each competitor in the race. If sufficient timing capability is not available, the number of competitors in the race shall be reduced by forming additional races.

### **SECTION 4; FINISH TAPE**

If used, the finish tape shall be made of a visible, soft, breakable material which is 2.54 cm (1") to 5.08 cm (2") in width and long enough to reach across all lanes used and be held by persons or posts which are located outside the track.

The finish tape shall be held at right angles to the course of running and at chest height (considering the height of the competitors in the race) and directly over the actual finish line.

It is preferable that the tape be held by proper finish posts which will release the tape when "breasted" by the athlete. It shall not be held by competing athletes or club members of any team present. The tape shall be held by adults.

The finish tape is an aid to the finish judges and shall not constitute the actual finish line.

A runner may win a race without breaking the finish tape.

Use of the finish tape is optional to the host club finish officials.

## **SECTION 5; FINISH PLACEMENT**

The finishing order of the competitors shall be determined by the order in which any part of their bodies (i.e., torso as distinguished from the head, neck, arms, legs, feet or hands) reaches the finish line first.

## **SECTION 6; TIMING DISCREPANCIES**

- (a) If there is more than one watch on a finisher and the times do not agree, they shall be resolved as follows:
- (b) If there are two watches on the finisher, the slower time shall be used.
- (c) If there are three watches on the finisher, the middle time shall be used.

If watches which record to the 1/100th of a second are used, then the times shall be rounded as indicated in SECTION 7 BELOW of this Section, below, before they are compared.

## **SECTION 7; RECORDING TIMES**

Times shall be recorded for all runners entered in the race.

A time shall be defined as a "hand" time if the time is not started automatically by the Starter's gun. A system which stops a time automatically, but is not started automatically is a "hand" time.

A time that is started automatically and stops or records a finish time automatically is known as a "fat" time (fully automatic time).

Hand times shall be recorded to the tenth (1/10) of a second even if the watch displays the time to one-hundredths of a second.

Times which have been taken in hundredths shall be rounded to the next longer tenth. For example, 12.21 would be rounded to 12.3 seconds.)

# **HURDLE RACES**

## **SECTION 1; HURDLE SPECIFICATIONS**

The "L" type hurdle with the base entirely behind the hurdle gate shall be used.

The top bar of the hurdle shall have a length of not less than forty-one (41) inches and shall have a width of 2 3/4" (7 cm) and have rounded edges.

The hurdle shall be constructed of wood, metal, or other suitable rigid material.

The "Pull-over" force of the hurdle is the force which, when applied to the top of the hurdle, will cause it to overturn. The pull-over force shall not exceed 8 lb. (3.629 kg) at 30 inches and 7 lb. (3.175 kg) at 33 inches.

## **SECTION 2; HURDLE PLACEMENT**

The hurdles shall be placed so that the turn-over force (resistance) is less toward the finish line and such that the base of the hurdle is on the side of the approach of the runner.

The hurdles shall be located on the track as follows:



<b>DIST</b>	<b>DIVISION</b>	<b>FLTS</b>	<b>HURD HT.</b>	<b>TO FIRST</b>	<b>BETWEEN HURDS</b>	<b>LAST TO FINISH</b>
100 M	Youth & Intermediate Boys	10	33"	13 M	8.5 M	10.5 M
100 M	Youth & Intermediate Girls	10	30"	13 M	8.0 M	15 M
80 M	Midget Girls	8	30"	12 M	7.5 M	15.5 M
80 M	Midget Boys	8	30"	12 M	7.5 M	15.5 M

### **SECTION 3; HURDLE INFRACTIONS**

It shall be an infraction ("foul") and the competitor disqualified from the race if he/she:

- (a) Advances or trails a leg or foot below the top horizontal plane of the hurdle at the instant of clearance.
- (b) Runs around or under a hurdle.
- (c) Runs over a hurdle not in his/her lane.
- (d) Impedes another runner even if no lane violation is evident or takes place.
- (e) Deliberately knocks down any hurdle by hand or foot.
- (f) Does not attempt to clear each hurdle (just knocks them down).

Except as noted above, the knocking down of one or more hurdles does not disqualify the athlete.

In addition to the above infractions which are specific to the Hurdles, the General Running event infractions shall also apply (Ref. SECTION 7, ARTICLE 53).

## **RELAY RACES**

### **SECTION 1; RELAY RACES DEFINED**

Relay races are races between teams each of which consists of four(4) competitors, no one of which may run more than one distance (Leg). All legs of the relay must be the same distance.

Each Leg is run in succession by carrying a baton in the hand and passing it to the next leg. The final leg carries the baton across the finish line.

The Relay events are:

- (a) 4x100 meter Relay
- (b) 4x400 meter Relay

On tracks surveyed only in yards, the yard equivalent race may be run.

### **SECTION 2; EXCHANGE ZONE DEFINED**

The Exchange Zone shall be 20 meters (65'8") long and formed by lines drawn 10 meters (32'10") on either side of a center line.

In the 4x100 meter Relay the center lines of the zones are exactly 100 meters apart. The center line for the first zone is 100 meters (110 y) from the starting line for that lane. The center line for zone 2 is 200 meters from the starting line for that lane and is also the starting line for the 200 meter dash. The center line for zone 3 is 300 meters from the starting line for that lane and is also the starting line for the 100 meter races (if the 100 meter races are run from that location at the facility).

The center line for the 4x400 meter Relay is the finish line. There is only one zone for the 4x400 meter Relay.

### **SECTION 3; ACCELERATION ZONE DEFINED**

In the 4x100 meter Relay, there shall be a distinctive mark placed on the track in each lane in each zone which is 20 meters (65'8") prior to the zone center line. The distance between this mark and the first Exchange Zone line shall be called the "Acceleration" or "Fly" zone.

The purpose of this zone is to allow the outgoing runner to accelerate to sprinting speed for the baton exchange.

There shall not be an Acceleration Zone used in the 4x400 meter Relay.

### **SECTION 4; RELAY BATON SPECIFICATIONS**

The baton is the implement which is used in a relay race and is handed by each runner to a succeeding teammate.

The baton shall be a smooth, hollow tube, circular in section and made of wood, metal, or other rigid material which is made in one piece.

The baton shall be not less than 280 millimeters (11.02 inches) or more than 300 mm (11.81") in length. Its weight shall be not less than 50 grams (1.764 oz) and its circumference shall be from 11.43 cm to 12.7 cm (4.5" to 5").

The use of tape or any other material on the baton is prohibited.

### **SECTION 5; POSITION OF RUNNERS**

In the 4x100 meter Relay, the receiving runners may not be positioned outside of (prior to) the Acceleration Zone mark or on or over the Exchange Zone end line at any time during the race without legal possession of the baton.

In the 4x100 meter Relay, the outgoing runner may take his/her position on the track in his/her assigned lane and commence running at any point between the Acceleration Zone mark and the Exchange Zone end line.

In the 4x100 meter Relay, The runner who has completed his/her run and handed the baton to the outgoing runner must remain in his/her lane until the zone judge has raised a flag to indicate either valid or disqualified hand offs after all exchanges have occurred. Leaving the lane before the zone judge raises a flag will result in disqualification.

In the 4x400 meter Relay, the outgoing runner shall not position him/herself outside the Exchange zone until in legal possession of the baton.

In the 4x400 meter Relay, only two runners from the same team may be on the track at the same time; One of the two runners must be located in the Exchange zone.

### **SECTION 6; LANE REQUIREMENT**

In the 4x100 meter Relay the entire race must be run in lanes. All exchanges in the 4x100 meter Relay shall occur in lanes.

All members of the same team must occupy the same lane.

In the 4x400 meter Relay, the first leg shall be run in lanes and the first exchange shall be made in lanes. In the first exchange, teammates shall occupy the same lane as the starting runner for that team.

In the 4x400 meter Relay, the second and third exchanges shall be made in the same relative position as their incoming teammate; the leaders will pass in lane 1, the second place team in lane 2, etc. When no interference is possible, teams may move to the next available inside lane.

### **SECTION 7; CARRYING THE BATON**

The baton shall be carried in the hand of the runner.

### **SECTION 8; MARKERS**

Competitors shall be allowed to place check marks or markers in their lane only. Any markers used must be immediately removable (before the next race), and not damaging in any way to the track surface **and must not be able to interfere with other athletes (tennis balls)**. Athletic tape is recommended.

The host club shall have the right to specify the type of mark or markers used on the track.

### **SECTION 9; LEGAL PASS**

The passing of the baton must take place within the Exchange Zone in any relay.

The pass shall be judged by **the position of the baton** and not the hands, arms, legs, feet, or body of the competitors.

The pass shall be judged as starting when first touched by the outgoing runner. A pass shall not be legal if started before the baton is fully and completely over the first Exchange Zone line.

The pass shall be judged as complete when the baton is solely in the hand of the outgoing runner. A legal pass must be complete before any part of the baton is over the last Exchange Zone line.

The baton must be handed, not thrown, by each runner to the succeeding runner.

After passing the baton, the runner must remain in his/her lane until the zone judge raises a flag to indicate the validity of all passes and to indicate that all passes have been completed.

### **SECTION 10; DROPPED BATONS**

If the baton is dropped outside the Exchange zone, it must be retrieved by the runner who dropped it.

If the baton is dropped within the Exchange Zone, either runner may retrieve it provided it is retrieved within the limits of the Exchange Zone.

Runners may leave their lane without disqualification to retrieve a dropped baton provided no other runner or team is impeded or fouled.

A member of a relay team may not run outside the Exchange Zone for the purpose of taking the baton from a faltering or fallen teammate.

### **SECTION 11; AFTER PASSING THE BATON**

The incoming runner shall jog or stand still in his/her lane after passing the baton until all teams have exchanged batons, the competition has safely passed and the zone judge has raised his/her flag to indicate all runners are clear. Leaving the lane prior to the zone flag being raised will result in disqualification.

### **SECTION 12; RELAY INFRACTIONS ("FOULS")**

It shall be an infraction and the entire relay team disqualified if any member of the team:

- (a) Passes the baton outside the Exchange Zone.
- (b) Recovers a dropped baton illegally.
- (c) Carries the baton in any manner other than in the hand.
- (d) The last runner finishes without the baton.
- (e) After passing, leaves his/her lane before the zone judge raises a flag to indicate that all passes have occurred.
- (f) Assumes a position at any time during a relay race run in lanes which breaks the plane of the adjacent lane and interferes with an opponent.
- (g) In the 4x100 meter Relay, takes a position on or before the Acceleration Zone mark or past the last Exchange Zone line during the race without the baton.
- (h) In the 4x400 meter Relay, takes a position on the track outside the Exchange Zone without the baton.
- (i) In the 4x400 relay, the second runner (leg) moves to lane one before the baton is over the finish line.
- (j) Does not pass the baton by handing it to a teammate.
- (k) Throws the baton following the finish of the race.
- (l) A member runs more than one leg.

In addition to the above infractions which are specific to the Relays, the General Running event infractions shall also apply (Ref. SECTION 7, ARTICLE 53 ,).

### **SECTION 13; GREMLIN RELAYS**

In the Gremlin League Finals relays only, coaches shall be permitted to enter one team which is composed of both boys and girls where they are needed to complete a relay.

Mixing of boys and girls will not be allowed at Varsity finals.

The intent of the above rule is to allow participation by a maximum number of Gremlin athletes. Coaches shall not be allowed to enter more than one mixed team and are strongly encouraged to enter only single sex teams.

If the team is composed of three (3) members of one sex, it shall compete with the un-mixed teams of that sex. If the team is composed of two (2) boys and two (2) girls, the stager shall place the team with the sex group most conducive to the speedy conduct of the meet.

Earned place awards shall be awarded to mixed relay teams.

**SECTION 14; YOUTH ON INTERMEDIATE RELAYS**

At all meets and finals Youth are allowed to run on Intermediate relays where they are needed to complete a relay team.

The intention is to allow participation by the maximum number of Intermediate athletes.

**SECTION 8. Field Events**

**FIELD EVENTS - GENERAL**

**SECTION 1; SCHEDULE**

The first age group division at each field event shall start at 8:30 am. If an event is held at multiple sites/pits, the competition shall begin at 8:30 am for all sites.

The competition for each division at the event site shall proceed sequentially from one to the next in the order specified such that the next division starts as soon as the prior one is completed. The events shall not be conducted on a pre-established time schedule

The order of field events at regular season meets and League Finals meets shall be:

High Jump	BG, BB, MG, MB, YG, YB, IG, IB
Long Jump	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
Shot Put	IB,YB, IG, YG, MB, MG, BB, BG

The order of field events at the County Championship Finals meet shall be:

High Jump	BG, BB, MG, MB, YG, IG, YB IB
Long Jump	MG, MB, GG, GB, BG, BB, YG, YB, <b>IG</b> , IB
Shot Put	IB,YB, IG, YG, MB, MG, BB, BG

**SECTION 2; FINALS ONLY**

The field events shall be conducted in finals only. No preliminaries or qualifying rounds shall be used.

Separate flights may be formed for the Junior Varsity class competition if the number entered is greater than ten(10) for any age group. If separate flights are formed, they shall be awarded places by flight and not combined to determine overall finish places.

### **SECTION 3; WEIGHTS OR AIDS**

No artificial weights or aids shall be used by the competitors.

### **SECTION 4; EVENT PRIORITY/"CHECKING OUT"**

Competitors shall be allowed to temporarily leave the competition ("Check out") for the purpose of competing in another event. See SECTION 3 ARTICLE 21 SECTION 23 for a discussion of the use of surrogates to report to running events for field event athletes so as to allow them to remain at the field event as long as possible before leaving to run.

Competitors shall not check out for another event until the third call for the other event.

Competitors shall have five(5) minutes to return to the event after competing in the other event.

In the case of conflicting event schedules, the following priorities apply:

- (k) Third call on any running event.
- (l) High Jump attempts
- (m) Other field events

If the competitor does not notify the event judge he/she is "checking out", the competitor shall forfeit all attempts for which he/she has been called and was not present. Credit will be given for all completed attempts and remaining attempts will be allowed if the competitor returns before competition has ended.

Event officials shall not be required to hold open an event past the time limit for closing the event to accommodate "checked-out" athletes for any reason.

### **SECTION 5; WARM UP TRIALS**

The competitors shall be allowed a minimum of two(2) warm up trials prior to competing in the event.

No practice or warm up shall be allowed during the competition regardless of reason including late arrival of the athlete, time away while competing in another event, or the number of entries in the competition.

### **SECTION 6; LATE REPORTING**

In field events other than the High Jump, late entries shall not be allowed to enter the competition after all competitors who reported on time have taken their first competitive attempt.

In the High Jump, no competitor shall be allowed to enter the competition who first reports after the bar has been raised above the starting height.

Late entries shall be accepted by the event judge if the first competitive jumps have not been completed by those present at the event start. The late reporting athletes shall be placed at the end of the order of competition.

### **SECTION 7; COACHES AND OTHERS IN THE COMPETITION AREA**

Coaches shall be allowed in the competition area on a non-interference basis. At the event official's request, the Coach shall remove him/herself from the area. At the Varsity Finals meet, **Gremlin coaches** will be the only coaches allowed in the competition areas.

Non-coaching adults, non-participating athletes, and spectators shall not be in the immediate area of competition. Spectators may position themselves to observe the competition in any way the facility allows that does not interfere with the competition.

### **SECTION 8; MEASURING TAPES AND DEVICES**

Commercially made measuring tapes of either steel or fiberglass shall be used to measure in the field events. All field events shall be conducted, measured, and recorded in the metric system.

Measuring devices other than measuring tapes, such as the Datum Line recorder, shall not be used.

### **SECTION 9; MEASURING**

All field events shall be conducted, measured, and recorded in the **English system**. All attempts which are not failed attempts shall be measured.

Failed attempts ("Fouls") shall not be measured.

Event Officials shall not be required to provide conversions of metric measurements to English measurements during the competition.

### **SECTION 10; LEAGUE FINALS**

For additional and modified rules which affect the League Finals competition, see Section 3.

### **SECTION 11; RECORDING**

The result of all attempts shall be recorded by the Event Officials. All field events shall be conducted, measured, and recorded in the **English system**

Event Officials shall use the Events Results sheet shown in Appendix H of this rule book to record competition results.

**The distance or height recorded shall be recorded in feet and inches down to ¼" increments ( example 15'-3 ½" not 183 ½" ).**

Only one age group division and flight shall be recorded on one results sheet. For example, Bantam Girls Varsity is recorded on one sheet and each flight of Bantam Girls Junior Varsity is recorded on a separate sheet or sheets.

### **SECTION 12; ORGANIZING COMPETITION**

Competitors in the same age group division shall compete at the same time.

Competition in an age group division may be organized using several methods. The following are suggestions: For high jump, it is desirable that all of the athletes in an age group jump together as the bar is raised. Jumping several heats would require more time because of the need to carefully measure the bar each time it is raised. Separate varsity and JV flights are permissible. For long jump and shot put it is desirable that the athletes be divided into groups of eight and grouped by ability. In these events, there must be a separate varsity flight.

Varsity competitors must always compete in the same flight except where there are too many entries. See SECTION 2 ARTICLE 19 SECTION 2.

### **SECTION 13; FORMING LEAGUE FINALS FLIGHTS**

Where the number of League Finals competitors exceeds ten (10), flights shall be formed. The formation of flights is specifically intended to affect only the recording of results and not the manner of conducting the competition.

The League Finals flights shall be formed as follows:

- (n) The competitors shall be divided into flights of equal numbers so far as the number of entries will permit.

The flights shall be constructed of members from all of the entered clubs so that members of each club are placed as evenly as possible into the flights.

### **SECTION 14; NUMBER OF TRIALS**

Except as modified for the High Jump competition (See ARTICLE 58 SECTION 6), each competitor shall be given three (3) trials. At Varsity Finals only, the competitors in Long Jump and Shot Put shall be given four (4) trials.

If, in the sole opinion of the Head Event Official, a competitor was interfered with during his/her trial, the Head Event Official may grant a re-trial.

### **SECTION 15; TIME LIMIT FOR TRIALS**

Except as modified in the High Jump Competition, a competitor shall have ninety (90) seconds from the time his/her name is called to initiate an attempt which is carried through to completion. If the competitor does not initiate his/her trial within ninety (90) seconds, it shall count as a failed attempt.

### **SECTION 16; TIME LIMIT FOR EVENT**

The Event Officials shall not be required to "hold open" an age group division competition longer than ten(10) minutes after the last competitive trial of the athletes present has been taken, or 10 minutes after the completion of a different event for which the athlete was excused (checked out). Any competitor who has not resumed his/her trials by that time shall forfeit any remaining trials whether checked out to another event or not. In the high jump event at Varsity Finals, athletes may complete their jumps at the current height, and if the excused athlete has cleared the height, the bar may be raised and the athletes present may attempt that height. Then the bar must be held until the excused athlete returns. At all other meets, the bar may continue to be raised, and it can be lowered to accommodate returning athletes after the main group has completed their jumps.

### **SECTION 17; BEST EFFORT**

A competitor shall be credited with his/her best effort on any fair trial for finish placement.

### **SECTION 18; PASSING AN ATTEMPT**

A competitor may request to "Pass" a trial. A "Pass" is defined as not desiring to take that trial. In Long Jump and Shop Put a pass acts as a jump or put of 0'-0"

Passing is treated differently in High Jump, and can result in an advantage to the competitor. Please refer to ARTICLE 58 SECTION 13



Each Passed attempt shall count as a trial and shall be recorded on the Event Results Sheet as a "P".

### **SECTION 19; ORDER OF COMPETITORS**

The order in which the competitors take their trials shall be determined by the Head Event Judge at that event site.

The Head Event Judge may alter the order of competition in order to accommodate athletes who compete in other events.

Any reasonable request from a coach or athlete to alter the order of competition shall be honored by the Head Event Judge if it does not otherwise violate these rules.

In order to accommodate athletes returning from other events, the Head Event Judge may permit an athlete to take his/her trials in succession.

## **HIGH JUMP**

### **SECTION 1; FACILITY AND EQUIPMENT**

The High Jump facility consists of a run-up area and the landing pit. Equipment used includes the landing mats, standards to hold the cross bar, and the cross bar.

The landing pit shall be not less than sixteen(16) feet wide by twelve (12) feet deep. It is preferable that the pit be constructed of twenty-four (24) inch foam rubber mats covered by a single piece "top" or cover designed for that purpose and secured to the foam mats.

The cross bar shall be not less than 13' 1" (3.98 m) nor more than 13' 2 1/2" (4.02 m) in length. It shall be at least .984 inches (25 mm) but not more than 1.181" (30 mm) in diameter.

The cross bar may be constructed of only fiberglass or composite solid material and must be circular in cross section. Triangular or square cross bars shall not be used. Metal and wooden cross bars shall not be used.

The cross bar shall not weigh more than 4.4 pounds (2 kg).

The ends of the cross bar shall be constructed such that a flat surface exists for the purpose of placing the bar on the supports on the uprights. The use of Noftziger rings to provide the flat surface is permitted. The flat surface which rests on the supports must be smooth and not covered with tape, or any other material which has the effect of increasing the amount of friction required to move the bar.

Any style of uprights or posts may be used provided they are rigid and capable of being adjusted to the starting heights and increments used in the youth program. They must also have a flat surface to support the cross bar, which should be rectangular planes approximately 1 1/2 inches by 2 3/8 inches. The surface upon which the bar rests must not be covered with tape, rubber or any other material which has the effect of increasing the amount of friction required to move the bar.

A level take off area which is solid must be provided. The entire run-up area should be level and without hazards (long grass, pot holes, etc.). A solid surface (such as "all-weather" rubberized material) which does not cause slippage when spiked shoes are used is preferred.

The Meet Director shall ensure sufficient area exists for the run-up area for both left and right hand approaches to the bar.

The uprights must be placed with the rectangular surfaces such that the longer dimension shall point toward the opposite upright. The uprights shall be a minimum of twelve(12) feet apart. The cross bar shall not touch any part of the uprights except the rectangular surfaces.

## **SECTION 2; MEASURING**

The height of the cross bar shall be measured prior to any attempts by the competitors and at each successive change in the height of the bar.

The height of the bar shall be measured at the lowest point (the center) of the bar when it is placed on the standards. The measurement shall be taken on a line which is vertical (perpendicular to the bar and ground). **All measurements are to be made in feet and inches and 1/2" not tenths**

## **SECTION 3; RECORDING**

The result of each trial at each height shall be recorded as follows:

- (o) Successful attempts shall be recorded as an "0".
- (p) Failed attempts, or "misses", shall be recorded as "X".
- (q) Passed attempts shall be recorded as a "P".

## **SECTION 4; ELIGIBILITY**

**Athletes are eligible to compete in the High Jump if and only if the athlete has cleared the opening height in a prior practice or meet. The athletes coach is responsible to have confirmed the eligibility of the athlete.**

## **SECTION 5; ORDER OF COMPETITION**

The order of Age Group Competition shall be as follows:

For One Pit:	BG, BB, MG, MB, YG, YB, IG IB
For Two Pits:	Pit #1 - BG, MG, YG, IG Pit #2 - BB, MB, YB, IB

## **SECTION 6; NUMBER OF ATTEMPTS**

Each competitor shall be given a total of THREE (3) attempts at each height. A competitor may pass at any time to a greater height, but will be out of the competition after three successive misses regardless of the heights attempted.

## **SECTION 7; TIME LIMIT FOR ATTEMPTS**

A competitor shall have a total of ninety (90) seconds from the time his/her name is called to initiate an attempt. If an attempt which is carried through to completion is not begun within the ninety (90) seconds, it shall be counted as a failed attempt ("miss").

When there are three (3) or fewer competitors remaining in the competition, the time limit shall be extended to two (2) minutes to initiate an attempt.

### SECTION 8; MARKERS

Each competitor shall be allowed to place one marker only in the run-up area. All markers must be removable immediately after competition, and must not damage the apron surface **and may not interfere with other athletes**. Athletic tape is recommended.

### SECTION 9; RESOLVING TIES

If a tie exists for any finish place, it shall be resolved as follows:

- (r) The competitor with the fewest attempts at the tied height shall win the place. If both have the same number of attempts at that height, then,
- (s) The competitor with the fewest number of misses (failures) up to and including the last three misses in the competition shall get the tied place (passes do not count as misses). If both competitors have the same number of misses in the competition and are still tied, then,
- (t) The competitor with the lowest number of total trials (successful or not) in all of the competition shall win the place (passes do not count as trials). If both competitors are still tied, then,
- (u) A tie for the place shall exist at all regular season meets and JV finals.
- (v) To break First Place Ties only at Varsity finals only, there shall be a "sudden death" jump-off to be conducted as follows: The tied competitors shall be given an attempt at the lowest height attempted above the tying height. The bar will then be lowered in one (1") inch increments with the competitors allowed one (1) jump at each height until one competitor clears a height that the other does not clear. If both clear a height after the bar is lowered, the bar is raised by one (1") inch increments. The bar will continually be raised and lowered until the tie is broken.

There is one possible exception to this process: If one or more of the competitors must leave the jump-off due to third call in a running event, the high jump official may declare a tie.

#### Example # 1 (at any meet):

**X=Failure 0=Cleared P=Pass**

Name ↓	Height and Performance						Total Failures	Total Attempts	Jump off			Final Place
Height→	3'-2"	3'-4"	3'-6"	3'-8"	3'-10"	4'-0"						
Bill	0	X 0	0	X 0	X X X		5	9				<b>2</b>
Sam	X 0	0	P	X 0	P	X X X	5	8				<b>1</b>
Ed	P	X 0	X 0	X 0	X X X		6					<b>3</b>

#### Example # 2 (at JV Finals or a dual meet)!:

**X=Failure 0=Cleared P=Pass**

Name ↓	Height and Performance						Total Failures	Total Attempts	Jump off			Final Place
	Height→	3'-2"	3'-4"	3'-6"	3'-8"	3'-10"			4'-0"			
Bill	0	X	0	X 0	X X X		5	8				<b>1</b>
Sam	X 0	0	P	X 0	P	X X X	5	8				<b>1</b>
Ed	P	X 0	X 0	X 0	X X X		6	--				<b>3</b>

**Example # 3 (at Varsity Final Meet):**

**X=Failure 0=Cleared P=Pass**

Name ↓	Height and Performance						Total Failures	Total Attempts	Jump off			Final Place
	Height→	3'-2"	3'-4"	3'-6"	3'-8"	3'-10"			4'-0"	3'-10"	3'-9"	
Bill	0	X	0	X 0	XXX		5	8	X	0	0	<b>1</b>
Sam	X 0	0	P	X 0	P	XXX	5	8	X	0	X	<b>2</b>
Ed	P	X 0	X 0	X 0	XXX		6	--				<b>3</b>

**SECTION 10; UNSUCCESSFUL ATTEMPTS (FOULS)**

It shall count as a failed attempt (or "miss") if the competitor:

- (w) Fails to initiate a completed attempt within 90 seconds of being called. (Two minutes with three or fewer left in the competition.)
- (x) In an attempt, breaks the plane of the cross bar with any part of his/her body including hands, arms, feet, head or uniform.
- (y) Dislodges the bar. It is still counted as a miss if the bar is dislodged even after the competitor has left the pit or if the attempt was aborted.
- (z) Does not take off on one foot.
- (aa) "Somersaults" over the bar.

Failed attempts shall be recorded and count as an attempt.

**SECTION 11; BAR PROGRESSION FOR LEAGUE MEETS AND LEAGUE FINALS**

The High Jump event shall be conducted English measurements with an opening height 10 inches (10") The first height is the opening height. **These heights are adjusted from time to time.**

Bantam Girls	Bantam Boys	Midget Girls	Midget Boys	Youth & Intermediate Girls	Youth & Intermediate Boys
2'-9"	2'-11"	3'-0"	3'-6"	3'-8"	4'-0"
2'-11"	3'-1"	3'-2"	3'-8"	3'-10"	4'-2"
3'-1"	3'-3"	3'-4"	4'-0"	4'-0"	4'-4"
3'-3"	3'-5"	3'-6"	4'-2"	4'-2"	4'-6"
3'-5"	3'-7"	3'-8"	4'-4"	4'-4"	4'-8"
3'-7"	3'-9"	4'-10"	4'-6"	4'-6"	4'-10"
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The bar shall be raised in **2 inch (2")** increments until the bar is at Varsity height. After that level, it shall continue to be raised in **2 inch (2")** increments until four (4) or fewer competitors remain. Then the bar shall be raised in **one inch (1")** increments.

When one (1) competitor remains in competition, the bar shall be raised by any increment that the competitor requests, but not less than **½ inch (1/2")**.

The bar shall be replaced each time it is dislodged in exactly the same position. It is recommended that the officials mark the bar as to which side is front and/or "up" to aid in replacing the bar.

**SECTION 12; BAR PROGRESSION FOR COUNTY CHAMPIONSHIP**

The starting height for the bar shall be four inches (4") below the varsity height. This is regardless of the mark of the lowest seeded competitor. The starting heights are shown in the following table **for the 2010 season and will be adjusted from time to time.**

COUNTY CHAMPIONSHIP STARTING HIGH JUMP HEIGHTS						
BANTAM GIRLS	MIDGET GIRLS	Youth & Intermediate GIRLS		BANTAM BOYS	MIDGET BOYS	Youth & Intermediate BOYS
3'-3"	3'-8"	4'-2"		3'-5"	4'-0"	4'-4"

The bar shall be raised in **two inch (2")** increments until four (4) or fewer competitors remain in the competition. Then the bar shall be raised in **one inch (1")** increments. When one competitor remains, the bar may be raised in any increment the athlete may specify, but no less than **one half inch (½")**. **Hint:** upon being the only athlete left in the competition, the winner should consider placing the bar **½"** over the record height and attempt to set a new record.

The bar shall be replaced each time it is dislodged in exactly the same position. It is recommended that the officials mark the bar as to which side is front and/or "up" to aid in replacing the bar.

### **SECTION 13; PASSING AN ATTEMPT**

The competitor may request to "pass" a certain height. A "Pass" is defined as not desiring to jump.

The competitor may indicate to the Official that no attempt is desired at the current height. If this indication is not made specifically by the competitor, then it shall be assumed that the "pass" indication is for this attempt only and that the competitor shall be called in his/her proper turn before the bar is raised to the next height.

Each passed attempt shall be recorded. In the case that the competitor has indicated passing to the next height, all three attempts at the current height shall be recorded as "P"s .

A "Passed" attempt shall not be charged as a miss or as a trial for purposes of breaking any ties which may result.

### **SECTION 14; ELIMINATION FROM COMPETITION**

A competitor is eliminated from further competition when he/she has failed on three successive attempts. These successive failures are usually at the same height, but if a competitor misses at one attempt and then passes to the next height, two successive misses at that height combined with the previous miss will eliminate the athlete from competition. Each cleared attempt entitles the competitor to three more attempts at higher heights.

### **SECTION 15; LOWERING THE BAR**

During dual meets, and JV finals, the officials may lower the bar to accommodate athletes returning after being "checked out" to another event. First place ties will not be broken for dual and JV final meets.

At the Varsity final meet, the bar may not be lowered with the exception of the procedure for breaking a first place tie.

Athletes may leave the high jump at third call for a running event, but must return within 5 minutes after conclusion of the event to continue the competition. **Note:** SECTION 3 ARTICLE 21 SECTION 23 discusses the use of surrogates to allow field event athletes remain at their event as long as possible before leaving for a running event.

The competitors must have properly checked out with the High Jump Officials. At dual and JV final meets the bar shall not be lowered for any one not properly checked out. If not properly checked-out, on their return they may rejoin the competition at the current height as if they had "passed" all attempts for which he/she was called and was not present.

At Dual and JV final meets, the officials have the discretion not to lower the bar while the current competition is underway. After the competition of competition for the affected age group the bar may be lowered to the lowest height necessary to resume competition for the returning jumpers. The bar shall be raised by the standard increment, with other returning jumpers joining the competition at their proper height.

Athletes who have "checked out" must return by the required interval after their event completion. The officials shall adhere to the time limit for the event (Ref. ARTICLE 57 SECTION 16 of this SECTION).

## **LONG JUMP**

### **SECTION 1; FACILITY AND EQUIPMENT**

The long jump facility consists of a runway upon which there is a "take-off" board, and a landing pit.

The runway may be of indefinite length with the minimum length from the take-off board suggested at one-hundred twenty (120) feet. The minimum width suggested is forty-two(42) inches. The surface should be firm and be capable of withstanding the use of spiked shoes without damage.

The take-off board should be a wooden board the full width of the runway and from eight(8) to twenty-four(24) inches in width. It should be painted white and have its top surface level with the runway surface. It should be anchored securely and not move during competition. On all weather surfaces, a painted line may suffice for the wooden board.

The High School board is located so that the "scratch" line is approximately seven(7) feet from the landing pit. This distance is excessive for the skill level of most of our athletes, temporary boards should be used (see SECTION 8 of this section).

The edge of the board which is closer to the landing pit shall be known as the "scratch" or "foul" line. For definition and judging purposes, it shall be defined as having no width and extending infinitely in either direction from the runway.

The suggested dimensions of the landing pit are nine(9) feet wide and fifteen(15) feet long. It shall be filled with sand or other material which will cushion the landing of the athletes and retain definitive marks of their landing. It shall be as free of foreign objects as possible.

### **SECTION 2; MEASURING**

Each competitor shall be credited with (on fair jumps) the distance measured on a straight line which is perpendicular to the "scratch" line and between the mark in the landing pit which is closest to the "scratch" line and the "scratch" line itself.

The mark in the landing pit may be made by any part of the body, the hands, arms, or clothing of the competitor.

The officials shall hold the tape so that the distance is read at the "scratch" line.

All measurements are to be made in the **English system** and rounded down to the nearest **1/4"**. Example: A measurement that is easily more than **12'-3 3/4"**, shall not be rounded up to **12'-4"** unless the measurement shows that it has met or exceeded **12'-4"**.

### **SECTION 3; RECORDING**

Failed attempts or "fouls" shall be recorded as an "F" or "FOUL" on the Field Events Sheet.

**SECTION 4; ORDER OF COMPETITION:**

The order of Age Group Competition for regular season and JV Final meets shall be as follows:

For One Pit	GG, GB, BG, BB, MG, MB, YG, IG, YB, IB
For Two Pits	Pit #1 - GG, BG, MG, YG, IG Pit #2 - GB, BB, MB, YB, IB

The order of Competition for Varsity Finals shall be as follows:

For One Pit	MG, MB, GG, GB, BG, BB, YG, IG, YB, IB
For Two Pits	Pit #1 - MG, GG, BG, YG, IG Pit #2 - MB, GB, BB, YB, IB

**SECTION 5; MARKERS**

No markers of any kind shall be placed on the runway or in the landing pit.

Markers may be placed alongside the runway, but not on the runway. These markers must not damage the track or field alongside the runway, and must be removed immediately following the competition. A screw driver with a flag on it, or a tennis ball with a spike through it are good markers.

It shall be permissible to have one measuring tape stretched alongside the runway during the competition.

**SECTION 6; RESOLVING TIES**

If a tie exists for any finish place, the second best jump of the tied competitors shall be used to "break" the tie. If a tie remains after comparing the second best jumps, the third jumps of the tied competitors shall be compared. At Varsity finals, the fourth jumps may be used to break a tie too. If all jumps of the tied competitors are equal, a tie shall exist. All passes and fouls shall be considered to be jumps of 0'-0" for the purpose of resolving any ties.

Ties shall not be resolved by "jump-offs" or any type of further competition.

**SECTION 7; UNSUCCESSFUL ATTEMPTS (FOULS)**

It shall count as a failed attempt (or "foul") if the competitor:

- (bb)Fails to initiate a completed attempt within 90 seconds of being called.
- (cc) Runs past the "scratch" line or "scratch" line extended without initiating a jump.
- (dd)His/her foot (shoe) is over the "scratch" line.
- (ee)Takes off outside the take-off board (to the left or right). This is not to be construed as prior to the board.
- (ff) Lands with any part of his/her body outside the pit.



- (gg) Touches the ground outside the landing pit nearer to the take-off board than the nearest mark made in the pit.
- (hh) After landing, walks back through the pit and makes a mark closer to the take-off board than the one made when landing.
- (ii) "Somersaults" or fails to keep his/her head in the superior (up) position.
- (jj) Failed attempts shall not be measured but shall be recorded and shall count as an attempt, with a distance of 0'-0".

### **SECTION 8; TEMPORARY TAKE-OFF BOARDS**

A temporary take-off board may be constructed if requested by the athlete or a coach. The board should be made of adhesive or other tape which is a contrasting color to the runway and will not slip or move if stepped on.

A temporary board should be placed not more than 1 foot from the edge of the pit to accommodate Gremlins. An additional temporary board should be placed approximately 3 feet from the pit to accommodate Bantams and Midgets.

The temporary board shall have a minimum width of eight (8) inches.

The temporary board must have a clear and distinct edge toward the pit for use as the foul (or "scratch") line.

### **SECTION 9; MULTIPLE TAKE OFF BOARDS**

More than one take off board may be used if necessary to accommodate the varied skill levels of the athletes.

If more than one take-off board is used, the athlete must specify which board he/she is using to the official judging at the board BEFORE any attempt is made. This indication need only be made once to the official who then is responsible for judging at the proper board on successive attempts.

If the athlete decides to change his/her board during the competition, it may be done providing the official at the board is notified BEFORE the next attempt is made.

The event Officials shall be required to put down only one temporary board at a time. After polling the competitors, the board shall be placed at the minimum distance from the pit that was requested. If the competitors are indecisive or any confusion exists as to placing the board, the temporary board shall be placed one foot (12 inches) from the edge of the sand in the landing pit.

### **SECTION 10; LEVEL SAND**

The sand in the landing pit shall be leveled after each attempt and shall be kept as free of foreign objects as possible.

The level of the sand in the landing pit shall be as near to the level of the take-off board as possible.

## SHOT PUT

### **SECTION 1; FACILITY**

The Shot Put facility consists of a throwing ring, including the "Stop Board", and the landing area (or throwing sector).

The ring shall be made of metal, wood, or plastic which is painted white and sunk flush with the ground outside the ring. The width of the ring should be at least one (1) inch. The ring shall have an inside diameter of seven (7) feet measured from the inside edge to the opposite inside edge of the ring.

The throwing surface of the circle shall be made of a hard packed material which is firm and level inside the ring. The throwing surface should not be more than 3/4" below the top of the ring. The surface of the throwing area may be constructed of cement, asphalt, or similar material.

A line with a width of two (2) inches (50 cm) shall be drawn theoretically through the center of the circle and extended a minimum of six (6) inches on each side to designate the front and rear half of the circle. Although the line is laid out through the circle, only the extensions outside the circle shall be marked.

A white stop board made of wood or metal and shaped in an arc shall be placed so that the inner edge of the arc coincides with the inner edge of the circle in the throwing direction. The stop board shall be firmly fixed in this position.

The dimensions of the stop board shall be four(4) feet in length along the inner surface, four(4) inches in height, and four and one-half (4 1/2) inches in width.

Sector lines shall be marked in a sixty (60) degree angle from the center of the throwing circle. The sector lines shall be two (2) inches in width and extend in straight lines from the edges of the stop board (if the correct length board is used) outward for a minimum of sixty (60) feet.

The sector lines form the legal area for puts to be made such that the inner edge (toward the opposite line) actually bounds the legal sector, i.e., the lines are outside the legal area.

### **SECTION 2; MEASURING**

The distance in the Shot Put shall be measured from the closest mark made in the landing sector by the Put to the inner edge of the ring, or stop board, along a line from the mark to the center of the ring.

### **SECTION 3; RECORDING**

A failed attempt, or "foul" shall be recorded as an "F" on the Field Events Results Sheet.

All measurements are to be made in the English system and rounded down to the nearest 1/4". Example: A measurement that is easily more than 20'-6 3/4", shall not be rounded up to 20'-7" unless the measurement shows that it has met or exceeded 20'-7".

**SECTION 4; ORDER OF COMPETITION**

The order of Age Group Competition for all meets shall be as follows:

For One Pit	IB, YB, IG, YG, MB, MG, BB, BG
For Two Pits	Pit #1 – IG, YG, MG, BG Pit #2 – IB, YB, MB, BB

**SECTION 5; MARKERS**

No markers shall be used by athletes in the shot put event.

**SECTION 6; RESOLVING TIES**

If a tie exists for any finish place, it shall be resolved by comparing the second best puts of the competitors. If a tie remains after comparing the second best puts, the third best puts of tied competitors shall be compared. At the Varsity final meet, fourth puts can also be used to break the tie. If all puts of the tied competitors are equal, a tie shall exist. For purposes of breaking a tie, a foul shall be considered to have a distance of 0'-0".

Ties shall not be resolved by any type of further competition.

**SECTION 7; UNSUCCESSFUL ATTEMPTS (FOULS)**

It shall count as a failed attempt (or "foul") if the competitor:

- (kk) Fails to initiate a completed attempt within 90 seconds of being called.
- (ll) Fails to put the shot legally (reference ARTICLE 4.10 of this section)
- (mm) During the act of putting the shot, steps on or over the ring or stop board. He/she may touch the inside edge of the ring or stop board. Arms and legs may penetrate the "plane of the circle", but may not touch the top of the ring, or the ground outside of the ring.
- (nn) Fails to exit from the rear half of the ring. His/her first step outside the ring must clearly be behind the lines drawn halfway through the ring.
- (oo) Puts the shot so that it fails to land within the throwing sector. The sector lines are defined as outside the legal throwing sector.
- (pp) During the act of putting, touches the ground outside the ring.
- (qq) Fails to start the act of putting from a stationary position.
- (rr) Leaves the circle before the put has landed.

Failed attempts shall be recorded and count as an attempt.

**SECTION 8; IMPLEMENT SPECIFICATIONS**

The shot put must be constructed to be a solid sphere of any metal which is not softer than brass or, may be constructed of a shell of such material and filled with lead or other material.

It must be spherical in shape with a completely smooth surface.

Shot puts designed for indoor use shall not be allowed. Indoor shot puts are defined as those constructed with a leather, or other soft material, container filled with lead shot.

The age group divisions shall use the following weight Shot Puts:

Bantam Girls	6 pounds
Bantam Boys	6 pounds
Midget Girls	6 pounds
Midget Boys	6 pounds
Youth Girls	6 pounds
Intermediate Girls	4 kilograms
Youth Boys	4 kilograms
Intermediate Boys	10 pounds

**SECTION 9; IMPLEMENT USE**

The host club shall be responsible for providing puts of the correct specifications.

Competitors may bring and use their own implements. However, the official must be able to certify legality if he cannot, than the implement cannot be used. Any implement used in the competition shall lose its ownership identity for the duration of that age group competition and be available for use by any competitor upon request.

**SECTION 10; LEGAL PUT DEFINED**

The put must be made from the shoulder with one hand only.

At the time the competitor takes a stance in the ring to commence a put, the shot shall touch or be in close proximity to the chin. The hand shall not drop below this position during the action of putting.

The shot must not at any time pass behind or below the line of the shoulders.

The put must commence from a stationary position.

**SECTION 11; SUBSTANCE ON SHOES**

The competitor shall not put any substance of any kind on his/her shoes or on the ring for any reason.

**SECTION 12; SUBSTANCE ON HANDS**

The competitor may place dirt or any other substance on his/her hands for the purpose of improving grip providing no other material advantage is gained.

**SECTION 13; TAPING**

Tape may be applied to the competitor's wrist but may not be applied to the hand or fingers except to cover an open wound. The competitor must first show the open wound to the event judge before the tape is allowed on the hand or fingers.

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## **SECTION 9. USA TRACK & FIELD POLICY STATEMENT**

## **ARTICLE 61. USA TRACK AND FIELD PARTICIPATION.**

USA Track and Field is the nationally sanctioned organization for Youth Track and Field competition. USA T&F meets are conducted during and after the VCYTC regular season. At the end of the season the conference forms a USA T&F member club called the Condors. All athletes who are members of a conference member club are eligible to compete for the Condors. Athletes who are not conference competitors may compete for the Condors provided they agree to comply with the requirements of the VCYTC program.

### **The Purpose of the Condors is:**

- (a) To make advanced (International and National) level competition available to all athletes in the conference.
- (b) To form relays from among the fastest athletes available in the conference.
- (c) To encourage cohesiveness and camaraderie among conference members across member club divisional lines.
- (d) To advance awareness of VCYTC as a provider of excellent Track and Field training and competition within the Ventura County area.

### **The condors shall:**

- (a) Obtain and provide meet information to the parents and athletes.
- (b) Submit meet entry document for all Condors entries.
- (c) Pay the entry fees to the USA T&F meets (subjects to fund availability).
- (d) Organize the most competitive relays possible from among all interested athletes.
- (e) Designate a meet coordinator to attend each USA T&F meet and dispense meet packet materials to the athletes.
- (f) Set an application fee for Condors participation.
- (g) Conduct fund raising efforts to subsidize the Condors program.

### **Condor age group coordinators (coaches) shall:**

- (a) Serve as a focal point through which athletes can enter and run in USA T&F meets.
- (b) Organize relays for meets from among the best available Condor athletes.\*
- (c) Arrange for coaching for the athletes and schedule centrally located relay hand-off practice for relay teams.
- (d) Attend, or designate a parent as surrogate coordinator to attend all USA T&F meets.

\* An available athlete is defined as one whose parents have committed him/her to run on the relay in all meets that the group chooses to attend up to and including National and international meets.

None of the rules herein shall be interpreted to exclude any conference member club competitors from entering competition in sanctioned USA T&F meets on an individual unattached basis or representing another USA T&F affiliate club.

As of these rule book changes a joint post season team is being considered with the SCYTFC

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## **SECTION 10. APPENDIX**