

Ventura County Youth Track Conference

RULEBOOK

(January 6, 2026)



TABLE OF CONTENTS

HISTORY OF CHANGES TO RULEBOOK	9
TITLE 1: YOUTH TRACK PROGRAM.....	10
ARTICLE 1 - COMPETITIVE SEASON	10
SECTION 1.01 SEASON.....	10
SECTION 1.02 SCHEDULE.....	10
SECTION 1.03 SEASON FORMAT	10
SECTION 1.04 SCHEDULE REQUIREMENTS	10
SECTION 1.05 DATE OF FIRST PRACTICE	11
ARTICLE 2 - AGE DIVISIONS & GENDER IDENTITY	11
SECTION 2.01 AGE DIVISIONS.....	11
SECTION 2.02 GENDER IDENTITY.....	11
ARTICLE 3 - AAU/USATF PARTICIPATION	12
ARTICLE 4 - ATHLETE ELIGIBILITY	12
SECTION 4.01 AGE.....	12
SECTION 4.02 MEMBERSHIP	12
SECTION 4.03 ASSOCIATION REGISTRATION REPORTING REQUIREMENTS	13
SECTION 4.04 BIRTH CERTIFICATION	13
SECTION 4.05 HIGH SCHOOL ATHLETES.....	13
ARTICLE 5 - QUALIFYING FOR JUNIOR VARSITY / VARSITY MEETS.....	13
SECTION 5.01 JUNIOR VARSITY (CONFERENCE FINALS) - QUALIFICATIONS.....	13
SECTION 5.02 VARSITY MEET (CONFERENCE CHAMPIONSHIP) - QUALIFICATIONS	14
ARTICLE 6 - RULEBOOK AUTHORITY.....	15
ARTICLE 7 - RULE REVISIONS	15
SECTION 7.01 AUTHORITY	15
SECTION 7.02 ANNUAL REVIEW	15
TITLE 2: MEET PROCEDURES.....	16
ARTICLE 1 - HOST ASSOCIATION RESPONSIBILITIES	16
SECTION 1.01 PRIMARY RESPONSIBILITY.....	16
SECTION 1.02 EQUIPMENT AND SUPPLIES.....	16
SECTION 1.03 RESULTS	16
ARTICLE 2 - NOT USED	16
ARTICLE 4 - POSTPONEMENTS AND DELAYS.....	16
ARTICLE 5 - EVENT CALLS	17

SECTION 5.01 NUMBER/TYPE	17
SECTION 5.02 TIMING OF CALLS.....	17
SECTION 5.03 COMBINING CALLS.....	17
ARTICLE 6 - DISPUTES/APPEALS/PROTESTS.....	17
SECTION 6.01 PROCEDURES.....	17
SECTION 6.02 JURY OF APPEALS	17
SECTION 6.03 USE OF VIDEO, AUDIO OR PHOTOGRAPHIC DEVICES.....	18
SECTION 6.04 OTHER DISCIPLINARY ACTIONS.....	18
ARTICLE 7 - EVENT TAGS	18
SECTION 7.01 USE	18
SECTION 7.02 RELAY EVENTS	18
SECTION 7.03 TYPE.....	18
SECTION 7.04 PREPARATION	18
SECTION 7.05 RESPONSIBILITY.....	18
ARTICLE 8 - TEAM ENTRY LIMITATIONS	19
SECTION 8.01 TEAM ENTRIES	19
SECTION 8.02 SEASON MEET REGULATIONS:.....	19
SECTION 8.03 ENTRY LISTS:.....	20
SECTION 8.04 ORDER OF EVENTS AND SCHEDULE:.....	20
SECTION 8.05 NOT USED	25
SECTION 8.06 JUNIOR VARSITY MEET (JV, aka CONFERENCE FINALS):.....	25
SECTION 8.07 VARSITY MEET (CONFERENCE CHAMPIONSHIP):.....	26
SECTION 8.08 NOT USED	29
TITLE 3: MEET OFFICIALS.....	29
ARTICLE 1 - MEET DIRECTOR	29
ARTICLE 2 - JURY OF APPEALS.....	29
ARTICLE 3 - TIMER/SCORER.....	29
ARTICLE 4 - FINISH LINE JUDGE.....	30
ARTICLE 5 - HEAD OF AWARDS.....	30
ARTICLE 6 - CLERK OF THE COURSE (STAGER)	30
ARTICLE 7 - ANNOUNCER.....	30
ARTICLE 8 - STARTER	30
ARTICLE 9 - HEAD FIELD EVENT JUDGES	30
ARTICLE 10 - RELAY ZONE JUDGES	30
ARTICLE 11 - OTHER MEET OFFICIALS	31

ARTICLE 12 - COMBINING POSITIONS.....	31
TITLE 4: SCORING RESULTS, AWARDS, RECORDS.....	31
ARTICLE 1 - TEAM/ASSOCIATION SCORING.....	31
ARTICLE 2 - RESULTS.....	31
SECTION 2.01 RESPONSIBILITY	31
ARTICLE 3 - AWARDS.....	32
SECTION 3.01 REGULAR SEASON COMPETITION.....	32
SECTION 3.02 NOT USED	32
SECTION 3.03 JUNIOR VARSITY MEET	32
SECTION 3.04 VARSITY MEET	32
SECTION 3.05 NOT USED	32
ARTICLE 4 - RECORDS.....	32
TITLE 5: COMPETITORS AND COACHES.....	33
ARTICLE 1 - USE OF ELECTRONIC DEVICES.....	33
ARTICLE 2 - RESPONSIBILITY TO REPORT.....	33
SECTION 2.01 REPORTING	33
ARTICLE 3 - ATHLETE'S EQUIPMENT	33
SECTION 3.01 UNIFORM.....	33
SECTION 3.02 SHOES.....	34
ARTICLE 4 - ATHLETE'S CONDUCT	34
ARTICLE 5 - COACH'S CONDUCT	34
ARTICLE 6 - CONDUCT OF PARENTS AND OTHER ADULTS.....	35
ARTICLE 7 - STEPS OF DISCIPLINE	35
TITLE 6: RUNNING EVENTS.....	36
ARTICLE 1 - FACILITY DESCRIPTION.....	36
ARTICLE 2 - METHOD OF CONDUCTING EVENTS.....	36
ARTICLE 3 - FORMING RACES (STAGING)	37
SECTION 3.01 CLERK OF THE COURSE.....	37
SECTION 3.02 RACE MAXIMUMS.....	38
ARTICLE 4 - LANE ASSIGNMENTS.....	38
ARTICLE 5 - THE START AND STARTING.....	38
SECTION 5.01 CONTROL OF THE START	38
SECTION 5.02 PRACTICE STARTS.....	39
SECTION 5.03 PISTOL START	39
SECTION 5.04 STARTING COMMANDS.....	39

SECTION 5.05 RACE INSTRUCTIONS	40
SECTION 5.06 STARTING VIOLATIONS.....	40
SECTION 5.07 UNFAIR AND RECALLED STARTS.....	41
SECTION 5.08 STARTING POSITIONS.....	41
SECTION 5.09 STARTING BLOCKS	41
ARTICLE 6 - RUNNING INFRACTIONS ("FOULS").....	41
ARTICLE 7 - TIMING AND THE FINISH	42
SECTION 7.01 FINISH LINE.....	42
SECTION 7.02 FINISH LINE CONTROL.....	42
SECTION 7.03 METHOD OF TIMING.....	42
SECTION 7.04 FINISH PLACEMENT.....	43
SECTION 7.05 RECORDING TIMES.....	43
SECTION 7.06 HURDLE PLACEMENT/ORDER OF EVENTS	43
SECTION 7.07 HURDLE INFRACTIONS.....	44
ARTICLE 8 - RELAY RACES	44
SECTION 8.01 RELAY RACES DEFINED.....	44
SECTION 8.02 EXCHANGE ZONE DEFINED.....	44
SECTION 8.03 ACCELERATION ZONE DEFINED	45
SECTION 8.04 RELAY BATON SPECIFICATIONS.....	45
SECTION 8.05 POSITION OF RUNNERS.....	45
SECTION 8.06 LANE REQUIREMENT	45
SECTION 8.07 CARRYING THE BATON.....	46
SECTION 8.08 MARKERS	46
SECTION 8.09 LEGAL PASS.....	46
SECTION 8.10 DROPPED BATONS	46
SECTION 8.11 AFTER PASSING THE BATON.....	47
SECTION 8.12 RELAY INFRACTIONS ("FOULS")	47
TITLE 7: FIELD EVENTS.....	47
ARTICLE 1 - FIELD EVENTS - GENERAL	48
SECTION 1.01 WEIGHTS OR AIDS.....	48
SECTION 1.02 CHECK-IN, EVENT PRIORITY/"CHECKING OUT"	48
SECTION 1.03 WARM-UPS.....	48
SECTION 1.04 COACHES AND OTHERS IN THE COMPETITION AREA	48
SECTION 1.05 MEASURING TAPES AND DEVICES	49
SECTION 1.06 MEASURING	49

SECTION 1.07 RECORDING	49
SECTION 1.08 ORGANIZING COMPETITION.....	49
SECTION 1.09 NUMBER OF ATTEMPTS.....	49
SECTION 1.10 TIME LIMIT FOR ATTEMPTS.....	49
SECTION 1.11 TIME LIMIT FOR EVENT.....	50
SECTION 1.12 BEST EFFORT	50
SECTION 1.13 PASSING AN ATTEMPT.....	50
SECTION 1.14 ORDER OF COMPETITORS	50
ARTICLE 2 - HIGH JUMP	50
SECTION 2.01 FACILITY AND EQUIPMENT	50
SECTION 2.02 MEASURING.....	51
SECTION 2.03 RECORDING	51
SECTION 2.04 ORDER OF COMPETITION	52
SECTION 2.05 NUMBER OF ATTEMPTS	52
SECTION 2.06 TIME LIMIT FOR ATTEMPTS.....	52
SECTION 2.07 MARKERS.....	52
SECTION 2.08 RESOLVING TIES.....	52
SECTION 2.09 UNSUCCESSFUL ATTEMPTS (FOULS).....	54
SECTION 2.10 BAR PROGRESSION FOR REGULAR SEASON, JUNIOR VARSITY & VARSITY MEETS....	54
SECTION 2.11 VARSITY BAR HEIGHT STANDARDS.....	54
SECTION 2.12 PASSING AN ATTEMPT	55
SECTION 2.13 ELIMINATION FROM COMPETITION	55
SECTION 2.14 LOWERING THE BAR.....	55
ARTICLE 3 - LONG JUMP	56
SECTION 3.01 FACILITY AND EQUIPMENT	56
SECTION 3.02 MEASURING.....	56
SECTION 3.03 RECORDING	56
SECTION 3.04 ORDER OF COMPETITION:.....	56
SECTION 3.05 NUMBER OF ATTEMPTS.....	57
SECTION 3.06 MARKERS	57
SECTION 3.07 RESOLVING TIES.....	57
SECTION 3.08 UNSUCCESSFUL ATTEMPTS (FOULS).....	57
SECTION 3.09 MULTIPLE TAKE OFF BOARDS.....	58
SECTION 3.10 LEVEL SOFT SAND.....	58
ARTICLE 4 - SHOT PUT	58

SECTION 4.01 FACILITY	58
SECTION 4.02 MEASURING.....	59
SECTION 4.03 RECORDING.....	59
SECTION 4.04 ORDER OF COMPETITION.....	59
SECTION 4.05 NUMBER OF ATTEMPTS.....	59
SECTION 4.06 MARKERS	59
SECTION 4.07 RESOLVING TIES.....	60
SECTION 4.08 UNSUCCESSFUL ATTEMPTS (FOULS).....	60
SECTION 4.09 IMPLEMENT SPECIFICATIONS	60
SECTION 4.10 IMPLEMENT USE.....	61
SECTION 4.11 LEGAL PUT DEFINED	61
SECTION 4.12 SUBSTANCE ON SHOES	61
SECTION 4.13 SUBSTANCE ON HANDS	61
SECTION 4.14 TAPING.....	61
ARTICLE 5 - DISCUS.....	61
SECTION 5.01 FACILITY	61
SECTION 5.02 MEASURING.....	62
SECTION 5.03 RECORDING	62
SECTION 5.04 ORDER OF COMPETITION	62
SECTION 5.05 NUMBER OF ATTEMPTS.....	63
SECTION 5.06 MARKERS	63
SECTION 5.07 RESOLVING TIES.....	63
SECTION 5.08 UNSUCCESSFUL ATTEMPTS (FOULS).....	63
SECTION 5.09 IMPLEMENT SPECIFICATIONS	64
SECTION 5.10 IMPLEMENT USE	64
SECTION 5.11 LEGAL THROW DEFINED.....	65
SECTION 5.12 SUBSTANCE ON SHOES	65
SECTION 5.13 SUBSTANCE ON HANDS	65
TITLE 8: POST SEASON POLICIES	66
ARTICLE 1 - USATF/AAU PARTICIPATION.....	66
SECTION 1.01 USATF/AAU ELIGIBILITY	66
ARTICLE 2 - USATF/AAU POST SEASON.....	66
SECTION 2.01 CALIFORNIA CONDORS	66
SECTION 2.02 POST SEASON BOARD OF DIRECTORS	66
SECTION 2.03 RESPONSIBILITIES.....	63

SECTION 2.04 COACHES63

SECTION 2.05 PRACTICES63

SECTION 2.06 POST SEASON VENUE/FINANCIAL ASSISTANCE63

ARTICLE 3 - POST SEASON VENUE.....64

APPENDIX 1.....65

 JUNIOR VARSITY & VARSITY ORDER OF EVENTS:65

 VARSITY 3200 METER MINIMUM STANDARDS.....66

 LANE SEEDING ASSIGNMENTS - 8 Lane Track.....66

 LANE SEEDING ASSIGNMENTS - 9 Lane Track.....66

HISTORY OF CHANGES TO RULEBOOK

April 20, 2022, *Alex Papavasiliou*:

- a. Changed rule for event limits at JV meet such that events at the championship meet are included in the count for the event limit at the finals.

March 15, 2023, *Matt Pelascini*:

- a. Revised terminology of JV, Varsity, and Super Varsity meet names throughout rulebook.
- b. Rearranged layout of rulebook meet info, to follow chronological meet order.
- c. Harmonized race athlete maximums, to eliminate discrepancies (pgs. 20, 35, 37).
- d. Clarified number of warm-ups, and official attempts for field events (pgs. 50, 55, 58).
- e. Harmonized high jump equipment specifications with USATF guidelines (pg. 49).
- f. Added use of electronic devices information to athlete conduct section (pg. 32).
- g. Added term “no rabbits” to running infractions section pertaining to pacing (pg. 40).

November 4, 2025, *John Pertessis*:

- a. Removed Co-Conference Championship & Open Meet and SCYTC references throughout the rulebook
- b. Added a requirement for a draft meet schedule by November: Title 1, section 1.02 (pg 8)
- c. Updated ‘Age Division’ Table: Title 1, section 2.01 (pg 9)
- d. Updated JV & Varsity meet qualifications: Title 1, sections 5.01 & 5.02 (pg 11)
- e. Changed order of the 4x100m and 200m races to reflect Gremlin Girls & Boys competing last: Title 1 / Article 8 / Section 8.04 (pg 17) and in Appendix 1
- f. Updated the JV & Varsity meet host club table: Title 1 / Article 8 / Section 8.07 (pg 22)
- g. Updated Jury of Appeals to consist of three appointed judges: Title 3, Article 2 (pg 25)
- h. Updated the Hurdle Order of Events Table to reflect the order of events throughout the rulebook: Title 6 / Article 7 / Section 7.06 (pg 38) & Appendix 1
- i. Changed the high jump opening heights for the Varsity Meet: Title 7, Section 2.11 on (pg 48 – 49)
- j. Eliminated the Gremlin no-spike rule: Title 5, section 3.02 (pg 29)
- k. Changed the Varsity meet field event recorded attempts to match the regular season & JV meet recorded events to three (3): Title 7, section 1.09 (pg 44), long jump section 3.05 (pg 51) & shot put section 4.05 (pg 54)
- l. Added Discus

TITLE 1: YOUTH TRACK PROGRAM

ARTICLE 1 - COMPETITIVE SEASON

SECTION 1.01 SEASON

The conference competitive season shall be defined as starting with the first day of practice and shall conclude with the Varsity Meet and/or post season. Each Club (Association) team-organized and/or coach-supervised practice is limited to eight (8) hours per week, two of which will be meet time during the competition season. No Association's team-organized and/or coach-supervised practice session shall exceed two hours. No Association's team-organized and/or coach-supervised practice session shall last past 8:30PM. This shall not limit any athlete's workout on an individual basis, with or without a coach's written or verbal instructions. It does however limit all team-organized and/or coach-supervised practice sessions.

SECTION 1.02 SCHEDULE

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

SECTION 1.03 SEASON FORMAT

The competitive season shall consist of a series of dual or tri-meets among the member Associations. The Junior Varsity Meet is for those who do not qualify for any of the Varsity meet events. The Varsity Meet is for those who qualify for any of the Varsity meet events. (See Title 1 / Article 5 for information regarding qualifying for Junior Varsity and Varsity Meets)

SECTION 1.04 SCHEDULE REQUIREMENTS

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

- a. Meets shall be scheduled on Saturdays; however, under special circumstances, some may be held on Sundays (rain dates, Varsity Meet, etc.).
- b. The first meet of the season shall be scheduled no later than the first Saturday in April.
- c. The schedule shall be constructed such that each Association has the same total number of meets.
- d. The number of meets hosted by each Association shall be distributed as equitably as possible.
- e. There shall be only one Varsity meet, and it shall be scheduled on a different day than the Junior Varsity meet.
- f. 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 Association and to avoid "byes" or open Saturdays in the schedule.

SECTION 1.05 DATE OF FIRST PRACTICE

The date of the earliest practice will be set by the VCYTC Board of Directors.

ARTICLE 2 - AGE DIVISIONS & GENDER IDENTITY

SECTION 2.01 AGE DIVISIONS

Competitions typically take place in two-year age divisions. These age divisions provide young athletes the opportunity to compete with other athletes of similar ability. The age divisions and competition years are:

Age Division	Division Name	2026	2027	2028	2029	2030
8U	Gremlin	2018-2020	2019-2021	2020-2022	2021-2023	2022-2024
9 - 10	Bantam	2016-2017	2017-2018	2018-2019	2019-2020	2020-2021
11 - 12	Junior	2014-2015	2015-2016	2016-2017	2017-2018	2018-2019
13 - 14	Youth	2012-2013	2013-2004	2014-2015	2015-2016	2016-2017
15 - 16	Intermediate	2010-2011	2011-2012	2012-2013	2013-2014	2014-2015
17 - 18	Young	2008-2009	2009-2010	2010-2011	2011-2012	2012-2013

Throughout this rulebook, for the sake of brevity, Age Divisions are most often used without specifying the Division Name. During meets, calls should include both the Age Division and the Division Name (e.g., “First call 9-10 Bantam Boys 1600”).

The 8U/Gremlin Division includes athletes who turn 6, 7, or 8 during the competition year. This Division will compete as one Division in the regular season and JV/Varsity, despite it potentially consisting of a wider age range versus other Divisions. While 6 year olds are in some cases called “Sub-Gremlins,” the VCYTC includes these athletes in the 8U/Gremlin Division. Individual Associations are not obligated to include 6 year old athletes on their rosters.

The age division grouping 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 with the following exceptions:

- a. 13 - 14 Girls/Boys may run in 15 - 16 or 17 - 18 Women's/Men's Relays.
- b. 15 - 16 Girls/Boys may run in 17 - 18 Women's/Men's Relays.

SECTION 2.02 GENDER IDENTITY

Athletes in the VCYTC will participate in competitions consistent with their gender identity. The

athlete's identity is determined at the time team rosters are submitted to the VCYTC. All rules regarding competitions between genders will follow the current VCYTC rule book. If there are changes to an athlete's identified gender after the roster submission, a written notice to the VCYTC must be submitted to change the athlete's gender for the remainder of the season. The purpose of the proposal is not to allow athletes to choose the level of competition, but to allow the athletes to compete with athletes who are consistent with the athlete's gender identity.

ARTICLE 3 - AAU/USATF PARTICIPATION

None of the rules herein shall be interpreted to exclude any VCYTC member Association athlete from entering competition in sanctioned AAU/USATF meets, either on an individual basis (unattached) or as a member representing a VCYTC Association if it is an AAU/USATF affiliate, or as a member of the VCYTC California Condors (our VCYTC Association designation with AAU/USATF). Athletes should be aware of USATF restrictions regarding switching from one Association to another in making a decision to run in a status other than unattached. Section 8 of this rulebook provides further discussion of the Conference Post Season Policy.

If a conflict between a conference meet and an AAU/USATF meet arises, the conference meet shall have priority. The AAU/USATF program shall be viewed as secondary to and an extension of the conference program. Athletes may not compete in an AAU/USATF meet as a member of a non-VCYTC team during the VCYTC competition season (i.e., from the first meet through Varsity, inclusive). Athletes may compete in an AAU/USATF meet either:

- (a) Unattached; or
- (b) As a member of their VCYTC-member Association, but only with the prior written approval of their Association.

An athlete who competes in an AAU/USATF meet in violation of this Article will face a suspension for the remainder of the conference competition season.

Times/marks achieved at non-VCYTC meets (e.g., at USATF or AAU meets) cannot be used in Varsity qualification. Notwithstanding that such times/marks cannot be used for Varsity qualifications, nothing in this Article is intended to prevent an athlete from competing as a member of their school team.

ARTICLE 4 - ATHLETE ELIGIBILITY

SECTION 4.01 AGE

All athletes must be within the age divisions described in Title 1 / Article 2 / Section 2.01.

SECTION 4.02 MEMBERSHIP

All competitors shall be registered/certified members of a Conference Association prior to competing in any meet. A registered member is a member whose name appears on the official roster of the Association for which they wish to compete and for whom dues have been paid and all required documents are provided to the Conference. No athlete may compete unattached in a regular season meet or at the JV & Varsity meets.

SECTION 4.03 ASSOCIATION REGISTRATION REPORTING REQUIREMENTS

Each Association will provide a roster of all properly enrolled athletes to the Technology Lead no later than the first Saturday before the first meet, or set by the Board of Directors and pay all conference fees.

A "properly enrolled athlete" is defined as one whose legal guardian(s) have completed and signed the official conference registration forms and satisfied the registration fee requirements of his/her Association. The board will set the conference registration/certification date, and no athlete can be added after the Secretary has certified all athletes on this date. No Association shall enroll any athlete after certification without Conference Board approval by 2/3 vote.

Associations may submit their rosters via email.

SECTION 4.04 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 proof of age are: 1) certified birth certificate or photocopy of same; 2) foreign birth document; 3) military birth certificate; 4) valid California Identification Card; or 5) passport. No Hospital birth certificates, school IDs or home birth certificates are acceptable forms of birth certification.

SECTION 4.05 HIGH SCHOOL ATHLETES

Athletes who are members of a High School track & field team are ineligible for regular season Conference participation.

High school athletes who are not members of a high school track & field team may join an Association in the VCYTC Conference. High school athletes may be invited to be members of the post-season Conference team/association.

ARTICLE 5 – QUALIFYING FOR JUNIOR VARSITY / VARSITY MEETS

At the end of the regular season, there are two additional meets: The Junior Varsity Meet (aka Conference Finals), The Varsity Meet (aka Conference Championships). There are no limits to the number of competitors from a given Association (aka Club) that are allowed to compete in any event except for the relays as defined below. Heats will be seeded at the meet director's discretion.

SECTION 5.01 JUNIOR VARSITY (CONFERENCE FINALS) - QUALIFICATIONS

Qualification rules for the Junior Varsity Meet;

1. For individual events, an athlete needs to have competed in the event at least once at a regular season meet and not qualify in that event for the Varsity meet.
2. An athlete who has qualified for an individual event to compete at the Varsity meet cannot compete in the JV meet. Athletes that compete at the JV meet and have qualified in a Varsity event will be disqualified from all events that they compete in. The only exception to this rule is

if an athlete has qualified in only one Varsity event and declares to forgo competing at the Varsity meet within 48-hours when the top marks are posted.

3. It's not necessary for an athlete to have competed in a relay during the season to compete in a relay at the JV meet.
4. An athlete that has not qualified in any individual Varsity events and competes in them at the JV meet can compete in Varsity relays (as a runner or as an alternate) as long as the athlete doesn't run in that relay at the JV meet.
5. The number of events that an athlete can compete in at the JV meet shall be limited by the same event limits that apply at regular season meets. See Title 2 / Article 8 / Section 8.02 for event limits.
6. If a JV athlete intends to participate in the 4x100 relay at Varsity, said Varsity 4x100 relay participation will count towards his/her JV event limit.
7. Each Club may send up to three (3) 4x100 & 4x400 relay teams per Age Division for each gender.
8. The 4 x 400 relay is a free-event and does not count toward an athlete's total number of events.

SECTION 5.02 VARSITY MEET (CONFERENCE CHAMPIONSHIP) - QUALIFICATIONS

Qualification rules for the Varsity meet;

1. The Varsity Meet includes the following top individual performers. If a qualifying athlete "passes" on an event (i.e., declares to forego competing in that event at Varsity), that spot "rolls down" to the next athlete; multiple "passes" can occur such that a spot "rolls down" multiple times.
 - a. Top 9 individual performers for "laned" events (hurdles, 100, 200, 400)
 - b. Top 12 individual performers for field events
 - c. Top 16 performers in non-laned events (800, 1600, 3200), provided however athletes are no slower than a "minimum standard" in the 3200 (see Appendix 1).
2. The Varsity Meet includes the following top relay team performances with a maximum of one team per Age Division for each gender from a Club.
 - a. Top 9 team performances for 4 x 100 relay
 - b. Top 9 team performances for 4 x 400 relay
3. During the regular season, each relay team can field their best team by switching athletes as needed. Each team can have up to two (2) alternates take the place of the athletes so long as he or she has not competed in that relay at the JV meet.
4. The number of events that an athlete can compete in at the Varsity meet shall be limited by the same event limits that apply at regular season meets. See Title 2 / Article 8 / Section 8.02 for event limits.

5. Tie-Breaker Policies: If there is a tie for 9th place in a laned running event, the athlete with the next best time in that event will qualify over the other athlete. If there is not a next best time in that event for both athletes, then the athlete who has a next-best time will qualify. If neither tied athlete has a next-best time (i.e., both tied athletes have competed in the event only once during that season), the tie will be broken by a random draw. All 12th place ties in Field events and 16th place ties for non-laned running events will qualify for the Varsity meet.
6. Athletes that compete in a 4x100 relay at both the JV & Varsity meet will result in a team disqualification at the Varsity meet. Additionally, the team will be disqualified if athletes exceed the combined JV & Varsity meet event limit.
7. Athletes that compete in a 4x400 relay at both the JV & Varsity meet will result in a team disqualification at the Varsity meet.
8. Varsity qualification shall only be achieved in an approved Conference regular season meet.
9. Qualification for any events at the Varsity meet shall not be achieved at the JV meet.
10. The 4 x 400 relay is a free-event and does not count toward an athlete's total number of events.

ARTICLE 6 - RULEBOOK AUTHORITY

By its acceptance by a majority of the Board of Directors of the VCYTC, this Rulebook shall be the exclusive authority governing conference competition.

ARTICLE 7 - RULE REVISIONS

SECTION 7.01 AUTHORITY

All revisions to this Rulebook shall be by vote of the VCYTC Board of Directors.

SECTION 7.02 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.

TITLE 2: MEET PROCEDURES

ARTICLE 1 - HOST ASSOCIATION RESPONSIBILITIES

SECTION 1.01 PRIMARY RESPONSIBILITY

The host Association shall bear the primary responsibility for the proper preparation and conduct of the meet, any responsibility not specifically placed on the visiting Association(s) shall be the responsibility of the host Association.

SECTION 1.02 EQUIPMENT AND SUPPLIES

The host Association 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.

SECTION 1.03 RESULTS

All media (video tape, still images, computer files, finish sheets, field event sheets) used for recording results during all meets shall be archived by the hosting team/association and made readily available during seeding meetings for examination and review. This media can be erased or otherwise disposed of one year after the conclusion of the Varsity Meet after posting of records.

ARTICLE 2 – NOT USED

ARTICLE 3 - MEET STARTING TIME

The scheduled starting time for all meets is 8:30 a.m.

An alternate starting time can be used if agreed upon by all participating Associations.

The first running event and the first age group division at each field event site shall begin at the above times. If multiple sites are used for a field event, all sites shall start at the above times. 8U LJ warm-up jumps can begin at 8:00 a.m., provided competition jumps begin no sooner than 8:30 a.m. (or the alternate starting time, as described in this Article).

ARTICLE 4 - POSTPONEMENTS AND DELAYS

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

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

If the Associations 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.

ARTICLE 5 - EVENT CALLS

SECTION 5.01 NUMBER/TYPE

The host Association 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 and Final" call.

SECTION 5.02 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 and 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. All field event athletes must be released at the beginning of the Third and Final call to staging. The head timer will seed the athletes starting five (5) minutes after the Third and Final call is made. At the discretion of the head stager, failure of an athlete to arrive after the conclusion of the Third and Final call will not be seeded into that particular event.

SECTION 5.03 COMBINING CALLS

Calls for different age group divisions for the same event may be combined. Example: "First call for all 3200 meter 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 9-10 Bantam Girls long jump".

ARTICLE 6 - DISPUTES/APPEALS/PROTESTS

SECTION 6.01 PROCEDURES

Any disputes, appeals or protests regarding any aspect of a race, field event or relay shall be handled in the following manner:

1. As soon as possible, but within 20 minutes of the incident in question, the Complainant must contact the appropriate Age Group Coach of the affected athlete.
2. The Age Group Coach will then contact their Head Coach.
3. The Head Coach will then contact the Head Coach of the other involved team/association(s) and refer the parties to the Meet Director. If the Head Coaches agree and there is no dispute, no formal appeal is needed. If there is a lingering disagreement, the appealing Head Coach can choose to formally appeal to the Meet Director, provided the appeal (a) be submitted to the Meet Director within 30 minutes and (b) be accompanied by a \$150 cash deposit that is refundable only if the appeal is granted.
4. The Meet Director will refer the matter to the Jury of Appeals.

SECTION 6.02 JURY OF APPEALS

All decisions of the Jury of Appeals shall be final as to the outcome or scoring of the event in question.

SECTION 6.03 USE OF VIDEO, AUDIO OR PHOTOGRAPHIC DEVICES

Any and all video, audio or photographic recordings may be used to settle the dispute.

SECTION 6.04 OTHER DISCIPLINARY ACTIONS

Any actions involving discipline, suspension or removal of an offending party or athlete(s) shall be handled by the Conference Board of Directors and their decision shall be final.

ARTICLE 7 - EVENT TAGS

SECTION 7.01 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. No tags are required for a seeded meet.

SECTION 7.02 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 7.03 TYPE

The event tag, or sticker, shall be made of paper or fabric that 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 7.04 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: Blazers	Heritage Valley Blazers	Marks as of: 03-12-2016
7-8 Girls		
57004		
		
Jane, Blazers		
100m 0:0.00	200m 0:0.00	400m 0:0.00
800m 0:0.00	1600m 0:0.00	
3200m 0:0.00	Hurdles 0:0.00	Long Jp 0-0.25
	High Jp 0-0.25	Shot Put 0-0.25

SECTION 7.05 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.

ARTICLE 8 - TEAM ENTRY LIMITATIONS

SECTION 8.01 TEAM ENTRIES

There shall be no limitation on the number of entries, either in total or in any age division, that may be made by an Association at regular season meets.

SECTION 8.02 SEASON MEET REGULATIONS:

1. Individual Entry Limitations

A competitor in the 8U age group through 17-18 athletes may participate in a maximum of any four events. The 4x400 relay is a “free” running event and this event will not count against an athlete’s number of events.

Athletes must adhere to the event limits set for each meet. All marks obtained by an athlete in a meet where that athlete over-evented will be disqualified.

2. A non-registered athlete is not permitted in any VCYTC function.

3. Heats will be seeded at the meet director’s discretion.

4. The following events shall constitute the Track and Field Program.

- a. 8U Age Group (Ages 6--8): 100M, 200M, 400M, 800M, 1600M, 4x100 (400) Relay, Long Jump
- b. 9-10 Age Group (Ages 9-10): 100M, 200M, 400M, 800M, 1600M, 4x100 (400) Relay, 4x400 (1600M) Relay, High Jump, Long Jump, 6 lb. Shot Put
- c. 11-12 Age Group (Ages 11-12): 80M Hurdles-30”, 100M, 200M, 400M, 800M, 1600M, 3200M, 4x100 (400M) Relay, 4x400 (1600M) Relay, High Jump, Long Jump, 6 lb. Shot Put
- d. 13-14 Age Group (Ages 13-14): 100M Low Hurdles (Boys 33”, Girls 30”), 100M, 200M, 400M, 800M, 1600M, 3200M, 4x100 (400M) Relay, 4x400 (1600M) Relay, High Jump, Long Jump, Shot Put (Boys 4 kg., Girls 6 lb.)
- e. 15-16 Age Group (Ages 15-16): 100M Hurdles (Boys 33”, Girls 30”), 100M, 200M, 400M, 800M, 1600M, 3200M, 4x100 (400M) Relay, 4x400 (1600M) Relay, High Jump, Long Jump, Shot Put (Boys 10 lb., Girls 4 kg)
- f. 17-18 Age Group (Ages 17-18): Hurdles (Mens 110M 39”, Womens 100M 33”), 100M, 200M, 400M, 800M, 1600M, 3200M, 4x100 (400M) Relay, 4x400 (1600M) Relay, High Jump, Long Jump, Shot Put (Boys 12 lb., Girls 4 kg)
- g. Mixed gender 4x400 (1600m) Relay. All age groups from 9-10 up, are eligible to field mixed gender relay teams, consisting of 2 boys, and 2 girls. This event will be run at regular season meets only, and will be run along with the single gender relays. Mixed gender 4x400 relays will

not be run at the JV/Varsity meets and will not be eligible for establishing an Association's "team performance" for Varsity qualification [per Title 1, Article 5, Section 5.05 (2)(b)].

SECTION 8.03 ENTRY LISTS:

Coaches may prepare a list of entries prior to the start of the meet. The list shall contain the surname and first name of all competitors. Changes may be made at any time, provided regulations are not violated.

SECTION 8.04 ORDER OF EVENTS AND SCHEDULE:

- a. Field events will begin at the start of the meet and run concurrently unless combined.

HIGH JUMP	LONG JUMP	SHOT PUT
9-10 Girls	8U Girls	17-18 Women
9-10 Boys	8U Boys	17-18 Men
11-12 Girls	9-10 Girls	15-16 Girls
11-12 Boys	9-10 Boys	15-16 Boys
13-14 Girls	11-12 Girls	13-14 Girls
13-14 Boys	11-12 Boys	13-14 Boys
15-16 Girls	13-14 Girls	11-12 Girls
15-16 Boys	13-14 Boys	11-12 Boys
17-18 Women	15-16 Girls	9-10 Girls
17-18 Men	15-16 Boys	9-10 Boys
	17-18 Women	
	17-18 Men	

- b. Running events will begin at 8:30am. The normal order of competition will be 8U Girls, 8U Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls, etc., through to 17-18 Men. Deviations to this order are shown in the order of the events which follows:

Event	Age Group
3200 Meters	11-12 Girls
3200 Meters	11-12 Boys

3200 Meters	13-14 Girls
3200 Meters	13-14 Boys
3200 Meters	15-16 Girls
3200 Meters	15-16 Boys
3200 Meters	17-18 Women
3200 Meters	17-18 Men
110 meter hurdles – 39”	17-18 Men
100 meter hurdles – 33”	17-18 Women
100 meter hurdles – 33”	15-16 Boys
100 meter hurdles – 33”	13-14 Boys
100 meter hurdles – 30”	15-16 Girls
100 meter hurdles – 30”	13-14 Girls
80 meter hurdles – 30”	11-12 Girls
80 meter hurdles – 30”	11-12 Boys
(4x100) 400-meter relay	9-10 Girls
(4x100) 400-meter relay	9-10 Boys
(4x100) 400-meter relay	11-12 Girls
(4x100) 400-meter relay	11-12 Boys
(4x100) 400-meter relay	13-14 Girls
(4x100) 400-meter relay	13-14 Boys
(4x100) 400-meter relay	15-16 Girls
(4x100) 400-meter relay	15-16 Boys
(4x100) 400-meter relay	17-18 Women
(4x100) 400-meter relay	17-18 Men
(4x100) 400-meter relay	8U Girls
(4x100) 400-meter relay	8U Boys
1600-meter	8U Girls

1600-meter	8U Boys
1600-meter	9-10 Girls
1600-meter	9-10 Boys
1600-meter	11-12 Girls
1600-meter	11-12 Boys
1600-meter	13-14 Girls
1600-meter	13-14 Boys
1600-meter	15-16 Girls
1600-meter	15-16 Boys
1600-meter	17-18 Women
1600-meter	17-18 Men
400-meter	8U Girls
400-meter	8U Boys
400-meter	9-10 Girls
400-meter	9-10 Boys
400-meter	11-12 Girls
400-meter	11-12 Boys
400-meter	13-14 Girls
400-meter	13-14 Boys
400-meter	15-16 Girls
400-meter	15-16 Boys
400-meter	17-18 Women
400-meter	17-18 Men
100-meter	8U Girls
100-meter	8U Boys

100-meter	9-10 Girls
100-meter	9-10 Boys
100-meter	11-12 Girls
100-meter	11-12 Boys
100-meter	13-14 Girls
100-meter	13-14 Boys
100-meter	15-16 Girls
100-meter	15-16 Boys
100-meter	17-18 Women
100-meter	17-18 Men
800-meter	8U Girls
800-meter	8U Boys
800-meter	9-10 Girls
800-meter	9-10 Boys
800-meter	11-12 Girls
800-meter	11-12 Boys
800-meter	13-14 Girls
800-meter	13-14 Boys
800-meter	15-16 Girls
800-meter	15-16 Boys
800-meter	17-18 Women
800-meter	17-18 Men
200-meter	9-10 Girls

200-meter	9-10 Boys
200-meter	11-12 Girls
200-meter	11-12 Boys
200-meter	13-14 Girls
200-meter	13-14 Boys
200-meter	15-16 Girls
200-meter	15-16 Boys
200-meter	17-18 Women
200-meter	17-18 Men
200-meter	8U Girls
200-meter	8U Boys
(4x400) 1600-meter relay	9-10 Girls
(4x400) 1600-meter relay	9-10 Boys
(4x400) 1600-meter relay	11-12 Girls
(4x400) 1600-meter relay	11-12 Boys
(4x400) 1600-meter relay	13-14 Girls
(4x400) 1600-meter relay	13-14 Boys
(4x400) 1600-meter relay	15-16 Girls
(4x400) 1600-meter relay	15-16 Boys
(4x400) 1600-meter relay	17-18 Women
(4x400) 1600-meter relay	17-18 Men

In all meets, the Meet Director shall permit the combining of age groups where it will enhance the administration of the meet. (This rule will generally only be utilized in events such as the 3200, 1600, 800, and high jump). Athletes aged 11-12 through 17-18 Boys/Girls by gender can be combined in the 3200 up to 28 athletes with either a waterfall start or using a two alley start.

SECTION 8.05 NOT USED

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SECTION 8.06 JUNIOR VARSITY MEET (JV, aka CONFERENCE FINALS):

- a. Two JV meets (“East” and “West”) will be held on a Saturday and location to be determined by the Conference Board of Directors. All clubs are expected to assist in the meet management as assigned prior to the meet by the Conference Finals Director. Failure to provide help or assistance will result in a \$500 fine for the meet.
- b. To qualify for entry into the JV meets, an athlete must fulfill the requirements listed in Title 1 / Article 5 / Section 5.01.
- c. Each Association will be allowed to have two (2) 8U coaches with the athletes on the infield. No coaching is allowed; but the coach is to provide assistance to the athletes to get into staging and the start line or event on time. For the JV meets, a host team may allow Associations to have coaches in addition to the two 8U coaches if they so desire, if each Association is allowed roughly the same number of coaches on the infield, and if those coaches conform to the previous sentence that no coaching is allowed.
- d. Running events will be conducted as final flights as shown in Appendix 1.
- e. Field events will begin at 8:30 and run concurrently unless combined. Gremlin LJ may begin at 8:00 AM if meet Associations agree at least 1-day before the meet.

HIGH JUMP	LONG JUMP	SHOT PUT
9-10 Girls	8U Girls	17-18 Womens
9-10 Boys	8U Boys	17-18 Mens
11-12 Girls	9-10 Girls	15-16 Girls
11-12 Boys	9-10 Boys	15-16 Boys
13-14 Girls	11-12 Girls	13-14 Girls
13-14 Boys	11-12 Boys	13-14 Boys
15-16 Girls	13-14 Girls	11-12 Girls
15-16 Boys	13-14 Boys	11-12 Boys
17-18 Womens	15-16 Girls	9-10 Girls
17-18 Mens	15-16 Boys	9-10 Boys
	17-18 Womens	
	17-18 Mens	

- f. Conduct of the meet is the responsibility of the President who may name a committee to provide assistance. All competing Associations are to supply adults for meet official duties. A host Association may be designated if the conference members deem this appropriate.
- g. Relay Rule - Every club must submit 3 "club certified" zone judges, plus 1 alternate or a total of 4 judge names prior to the Meet to the Meet Director. The Meet Director will select 3 from each Association. Only the Head Zone Judge may speak to the athletes. The Head Zone Judge (flag holder) can only state to the athletes, "where the exchange zone starts and ends or from little triangle or big triangle to big triangle", and, if asked any questions by the relay athletes, the Head Zone Judge may only respond by saying, "do what your coach has taught you to do." No zone judge may judge their own team in a lane assigned; if necessary the zone judge must switch lanes with another zone judge in order to comply with the rule. If a club or coach does not agree with a judgment or a disqualification rendered during the event, the club has 30 minutes to file a protest pursuant Article 6 with the Meet Director.
- h. Coaching is allowed outside of track fence and/or barriers at venue as long as that coaching does not interfere with any meet officials or other athletes. Coaches/parents will get one warning regarding event or meet interference or conduct. At the second offense they will be removed from the area for the remainder of the meet.
- i. No coaches or parent volunteers are allowed on the infield of the track/field fence and/or barriers at venue, unless they are volunteering for a specifically assigned responsibility and/or event. Further, while volunteering no coaching is allowed. If a meet official discovers any coaching within the track/field fence and/or barriers at venue the following will occur:

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

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

3rd Offense - The coach or parent volunteer is requested to leave the stadium immediately until the meet is finished; if the coach or parent volunteer does not comply the club will be fined \$500 and the offending coach and / or parent volunteer must be suspended for 4 weeks / 4 meets served in that season and / or the following season.

SECTION 8.07 VARSITY MEET (CONFERENCE CHAMPIONSHIP):

a. Administration/Host Clubs

The Board shall administer the Varsity meet. The host clubs of the prior year's JV meets in each division shall co-host the current year's Varsity 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 clubs 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 clubs, with league approval, obtain 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.

Year	JV (West)	JV (East)	Varsity
2026	TO	NP	VTA / CAM
2027	HV	CAM	MP / OXN
2028	GC / Ojai	NP	HV / TO
2029	VTA	TO	GC / Ojai / NP
2030	OXN	MP	VTA / CAM
2031	SIMI	UTC	MP / OXN
2032	HV	CAM	SIMI / UTC
2033	GC / Ojai	NP	HV / TO
2034	VTA	TO	GC / Ojai / NP
2035	OXN	MP	VTA / CAM
2036	SIMI	UTC	MP / OXN
2037	HV	CAM	SIMI / UTC

b. Site Determination

The Conference Board shall first make the choice of the location of the Varsity meet. An all-weather track and nine lanes are required. The conference will pay the cost for the facility. The host clubs will keep the snack bar proceeds unless an alternative arrangement is made.

c. Meet Officials

The host clubs shall ensure that the key officials listed in Title 3 of this rulebook are available for the meet. Key official positions shall not be combined at the Varsity meet. There is also a special requirement for at least 12 relay zone judges at this meet. 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.

d. Awards

The Conference Board of shall have the authority to approve of and acquire distinctive awards for the Varsity meet. Unless otherwise changed by the Board, 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 Varsity meet.

e. Qualification for Individual Events (refer to Title 1 / Article 5 / Section 5.02 for more details)

f. Qualification for Relay Events (refer to Title 1 / Article 5 / Section 5.02 for more details)

- g. Relay Teams will be seeded as specified in Appendix 1.
- h. Each Association will be allowed to have the Club President, Head Coach, and two (2) 8U Coaches with the Athletes on the infield. No coaching is allowed; but the coach is to provide assistance to the athletes to get into staging and the start line or event on time. (Though not required, identification badges for permitted Presidents/Coaches provided by the conference would be helpful.)
- i. Order of Varsity meet Running/Events - See Appendix 1.
- j. Every club must submit 3 “club certified” zone judges, plus 1 alternate or a total of 4 judge names prior to the Meet to the Conference Meet Director. The Meet Director will select 3 from each Association. Only the Head Zone Judge may speak to the athletes. The Head Zone Judge (flag holder) can only state to the athletes, “where the exchange zone starts and ends or from little triangle or big triangle to big triangle”, And, if asked any questions by the relay athletes, the Head Zone Judge may only respond by saying, “do what your coach has taught you to do.” No zone judge may judge their own team in a lane assigned; if necessary the zone judge must switch lanes with another zone judge in order to comply with the rule. If a club or coach does not agree with a judgment or a disqualification rendered during the event, the club has 30 minutes to file a protest pursuant Article 6 with the Meet Director.
- k. Coaching is allowed outside of track fence and/or barriers at venue as long as that coaching does not interfere with any meet officials or other athletes. Coaches/parents will get one warning regarding event or meet interference or conduct. At the second offense they will be removed from the area for the remainder of the meet.
- l. No coaches or parent volunteers are allowed on the infield of the track/field fence and/or barriers at the venue, unless they are volunteering for a specifically assigned responsibility and/or event. Further, while volunteering no coaching is allowed. If a meet official discovers any coaching within the track/field fence and/or barriers at venue the following will occur:

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

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

3rd Offense - The coach or parent volunteer is requested to leave the stadium immediately until the meet is finished; if the coach or parent volunteer does not comply the club will be fined \$500 and the offending coach and / or parent volunteer must be suspended for 4 weeks / 4 meets served in that season and / or the following season.

Field events will be conducted in the same order as the Junior Varsity meet. All field events will begin at the start of the meet and run concurrently.

HIGH JUMP	LONG JUMP	SHOT PUT
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9-10 Girls	8U Girls	17-18 Womens
9-10 Boys	8U Boys	17-18 Mens
11-12 Girls	9-10 Girls	15-16 Girls
11-12 Boys	9-10 Boys	15-16 Boys
13-14 Girls	11-12 Girls	13-14 Girls
13-14 Boys	11-12 Boys	13-14 Boys
15-16 Girls	13-14 Girls	11-12 Girls
15-16 Boys	13-14 Boys	11-12 Boys
17-18 Womens	15-16 Girls	9-10 Girls
17-18 Mens	15-16 Boys	9-10 Boys
	17-18 Womens	
	17-18 Mens	

Conduct of the meet is the responsibility of the President who may name a committee to provide assistance. All competing Associations are to supply adults for meet official duties. A host Association may be designated if the league members deem this appropriate.

SECTION 8.08 NOT USED

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TITLE 3: MEET OFFICIALS

ARTICLE 1 - MEET DIRECTOR

The Meet Director is in charge of all phases of meet operations. The Director shall ensure 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. In addition, the Director shall be responsible to see that the meet, as a whole, is conducted in an efficient and timely manner. Furthermore, the Director shall be required to establish a jury of appeals before the start of each meet.

ARTICLE 2 - JURY OF APPEALS

For the Varsity Meet, the Jury of Appeals shall consist of three judges appointed by the President. For JV meets and dual/tri meets, the Jury of Appeals shall consist of three judges appointed by the Meet Director.

ARTICLE 3 - TIMER/SCORER

The Timer/Scorer shall use Finish Links & Meet Manager or equivalent and shall direct the Finish Line Judge.

ARTICLE 4 - FINISH LINE JUDGE

The Finish Line Judge is in charge of the finish line and shall be responsible to record on conference-approved forms the finish places. The Finish Line Judge works at the direction of the Timer/Scorer.

ARTICLE 5 - HEAD OF AWARDS

The Timer/Scorer is responsible for recording the results of the JV & Varsity Meets heats on conference approved forms and for preparing and distributing the awards.

ARTICLE 6 - 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

ARTICLE 7 - ANNOUNCER

The Announcer is responsible for giving the proper announcements to aid the competitors in reporting to their events.

ARTICLE 8 - STARTER

The Starter has sole jurisdiction over the activities at the starting line. The Starter 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. The Assistant Starter may also assist the Starter in final lane assignments or reassignments, starting block placement, and in generally ensuring against unnecessary delays at the starting line.

ARTICLE 9 - 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 ensure 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.

ARTICLE 10 - 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 or White) 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; and 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 there will be four officials at each zone, two at the beginning of the zone, and two at the end of the zone. There shall be a relay zone judge at the center of the field signaling the timing tent when all of the zones are ready and to relay any DQs to the timing tent.

ARTICLE 11 - OTHER MEET OFFICIALS

The Meet Director shall ensure 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.

ARTICLE 12 - COMBINING POSITIONS

The host Association 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 Association, 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: (a) Meet Director and Referee; (b) Announcer and Clerk of the Course; and (c) Finish Coordinator and Recorder.

TITLE 4: SCORING RESULTS, AWARDS, RECORDS

ARTICLE 1 - TEAM/ASSOCIATION SCORING

There will be no team/association scoring.

ARTICLE 2 - RESULTS

SECTION 2.01 RESPONSIBILITY

The host Association shall keep a record of the results in all events in all divisions.

ARTICLE 3 - AWARDS

SECTION 3.01 REGULAR SEASON COMPETITION

Place ribbons will be awarded to the first through eighth positions in each heat or field event. Participation ribbons shall be awarded to all other finishers.

SECTION 3.02 NOT USED

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SECTION 3.03 JUNIOR VARSITY MEET

All finishers in the JV meet shall receive an award.

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

Unless otherwise voted by the Conference Board of Directors, the JV 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 JV event, either running or field, each flight shall be awarded separately.

SECTION 3.04 VARSITY MEET

The Conference Board of Directors shall have the authority to approve of and acquire distinctive awards for the Varsity 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 Varsity Meet.

SECTION 3.05 NOT USED

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ARTICLE 4 - RECORDS

Meet records will be maintained for the Varsity meet and can only be set at that meet.

For running events, a record is valid even when it is made in a preliminary heat. RECORD-BREAKING PERFORMANCES will recognize the winner in the running events, and other place finishers who are recorded with identical times. The record is valid even if it is made during a preliminary heat and regardless of the athlete's performance in the final event.

In the Field Events, a record will be recognized for each contestant when two or more tie at the record

height or distance even though the points and places in the event are determined by the Olympic method for breaking ties. A record in the field events is valid even when it is made in a preliminary trial and regardless of whether the competitor places in the final standings.

All VCYTC records must be recorded in VCYTC Meets that are defined as "Varsity" meets.

TITLE 5: COMPETITORS AND COACHES

ARTICLE 1 – USE OF ELECTRONIC DEVICES

The use of electronic devices by athletes on the infield of the track and in competition areas such as the shot put, long jump, and high jump areas is prohibited. This includes devices such as cell phones, tablets, laptops, and game pads.

Smart watches may be worn for racing purposes only, and their use for other purposes such as messaging, or viewing video if applicable, is prohibited.

Coaches and adult volunteers may use electronic devices on the infield of the track, and in competition areas.

Athletes may use their electronic devices outside of the track and competition areas, at team tents, or in the spectator areas only.

ARTICLE 2 - RESPONSIBILITY TO REPORT

SECTION 2.01 REPORTING

The competitor is solely responsible to report promptly at the third call for any event he/she is entered. 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.

ARTICLE 3 - ATHLETE'S EQUIPMENT

SECTION 3.01 UNIFORM

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

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 that may occur in Association supplied uniforms.

SECTION 3.02 SHOES

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

Spiked shoes are defined as shoes capable of holding spikes whether or not the spikes are used. Spiked shoes shall be optional in all age group divisions. 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.

Shoes appropriate for and generally available for running must be worn, and the Meet Director shall have discretion to limit footwear choices in cases where an athlete wishes to use unusual equipment not contemplated here.

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 shoe; all of which must be located in the fore foot. The maximum spike length will be 3/16" Pyramid style. The exception to this rule is for high jump shoes, which may contain more than 7 spikes per shoe, and may only be worn in the high jump event.

Host Associations shall have the authority to determine the type and length of spike allowed on their home facility.

ARTICLE 4 - ATHLETE'S CONDUCT

Unsportsmanlike conduct is conduct that is offensive, unethical, or dishonorable in nature. It includes action and/or language that will bring discredit to the individual or his/her Association. 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.

ARTICLE 5 - COACH'S CONDUCT

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

All coaches will be required to complete a mandatory background check prior to coaching and complete every 5 years if they are continuously volunteering or as requested by the conference. Any break in

those 5 years, then another required background check must be performed immediately.

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 and alcohol is not allowed at the meet site.

Coaches shall avoid agitated confrontations with meet officials and other adults at the meet. Proper appeals process shall be used for protests and disputes. Coaches shall be allowed in the immediate area of competition unless requested by the Meet Director 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 Meet Director may request that the offending adult be removed from the meet site. In extreme cases, the meet can be stopped, and the police called.

ARTICLE 6 - CONDUCT OF PARENTS AND OTHER ADULTS

Unsportsmanlike conduct is conduct that is offensive, unethical, or dishonorable in nature. It includes action and/or language that will bring discredit to the individual or to the individual's Association. 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 the 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.

ARTICLE 7 - STEPS OF DISCIPLINE

- (a) 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 Association 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 Association sponsored activity whatsoever in any capacity (even as a spectator), including team/association practices, any and all meets, and participating as or with the Association. 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 Association activities) for the balance of the calendar year.
- (b) In the event a parent or legal guardian who has been banned refuses to abide by the terms of banishment, his/her registered child will be banned from all Conference activities for the balance of the calendar year.
- (c) The Conference Board shall meet as soon as possible following an incident as described in 7.01(a), but no later than ten days after the incident.

- (d) Should an individual commit a second infraction he/she shall be permanently banned from the Conference with no method of reinstatement.

TITLE 6: RUNNING EVENTS

ARTICLE 1 - FACILITY DESCRIPTION

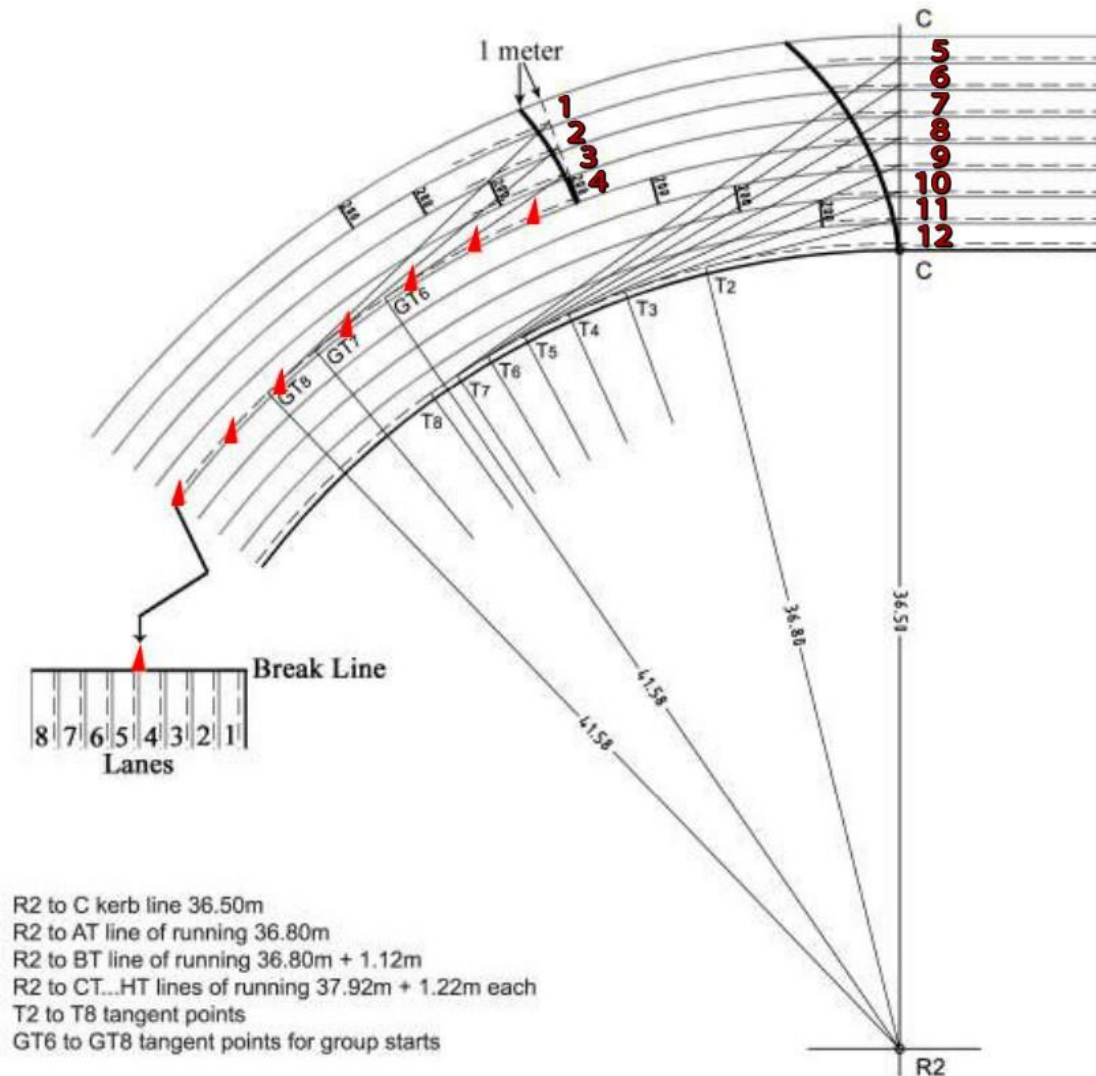
Please refer to Appendix I of this Rulebook for a description of the track facility and markings.

ARTICLE 2 - METHOD OF CONDUCTING EVENTS

The following events shall be conducted entirely in lanes:

- a. 100 Meter Dash / 100 Meter Hurdles / 110 Meter Hurdles
- b. 200 Meter Dash / 4x100 Meter (400 Meter) Relay
- c. 400 Meter Dash
- d. The 200 Meter Dash shall be run around one curve.
- e. The 800 Meter Run shall preferably be run in lanes around one (1) curve and the competitors allowed to "break" for lane one at the start of the back straight-away. If the track is not surveyed for a one turn stagger or a field is larger than 9 competitors, a curved or "waterfall" start may be used. With a curved starting line, competitors shall not be assigned lanes and shall be allowed to "break" for lane one as soon as it can be done safely. When the race contains more than 12 athletes in a race, they may be divided into two groups. See below for details on a two-alley waterfall start.
- f. The 1600 and 3200 Meter Runs shall not be run in lanes. A curve 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. For only the 800, 1600, and 3200 meter runs, when there are more than 12 athletes in a race they may be divided into two groups: with one group of approximately 65 percent of the athletes on the regular (inside) arced start line slowest to fastest 12-5; and the other (outside) group on a separate arced start line marked across the outer half of the track with the slowest athletes inside to outside 4-1, etc. The other group shall run as far as the end of the first bend on the outer half of the track. If there are more than 12 athletes in the race, a balance of 65 percent and 35 percent should be used up to the maximum limit allowed in these events. [Example: 800 Meter Run (18 maximum athletes); thus, 12 on the inside alley and 6 in the outside alley].
- g. The separate arced start line shall be marked in such a way that all the athletes shall run the same distance. A cone or other distinctive mark shall be placed on the inner line of the outer half of the track at the beginning of the following straight to indicate to the athletes of the outer group where they are permitted to join the athletes using the regular start line. At this point the intersection of the break lines and the inner line come together, and all athletes can safely break down the straight away. (Source: IAAF and See Diagram on following page).

Two Alley Waterfall Start Diagram:



- h. The 4x400 Meter/Relay shall be run with a three (3) 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 clean-up runner may then cut in to lane one after crossing the 3rd turn 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. If a track is measured in yards, then a two-turn stagger is permissible.

ARTICLE 3 - FORMING RACES (STAGING)

SECTION 3.01 CLERK OF THE COURSE

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

The Clerk of the Course will attempt to organize the athletes in order by best times.

SECTION 3.02 RACE MAXIMUMS

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

Laned races:

One competitor per lane except for laned 800. Laned 800, maximum of 12 competitors, with one in each lane except for lanes 4,6,8 which may have 2 competitors.

Non-laned races:

800 - 18 competitors.

1600 - 18 competitors with a single waterfall, or 28 competitors with a double waterfall.

3200 - 18 competitors with a single waterfall, or 28 competitors with a double waterfall.

Each Association is responsible for providing accurate times based on mock meet or time trials for their athletes prior to the start of the regular season and use these times along with best times and marks from previous meets during the regular season. All athletes must come to staging with a competitor event label, with an established time or mark for their event. Any athletes with no time or mark (NT), will be seeded after the athletes with times and marks, and at the discretion of the head stager. It is recommended that the coaches bring the event athletes in time or place order to the head stager to help expedite the timing of the meet. No coach or association representative can add a (hip) number or enter an athlete into staging or the meet. Once athletes have been sent to staging, no coach or association representatives are allowed in the staging area or can they change the order of seeding on the benches. No athlete can be added to the event once the head stager has numbered the athletes and/or entered the athletes into the timing system.

ARTICLE 4 - LANE ASSIGNMENTS

Lane assignments for laned races and starting positions for non laned races shall be by best times of the current season. If an athlete (s) has no best time, they will be assigned starting lanes after those athletes with best times at random by the Clerk of the Course (Stager).

ARTICLE 5 - THE START AND STARTING

SECTION 5.01 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 Starter. The Assistant Starter shall have the same authority

to recall races as the Starter. In all cases, the Assistant Starter shall work at the direction of the Starter.

SECTION 5.02 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 5.03 PISTOL START

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

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 5.04 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 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:
 - 1) "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.
 - 2) "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 pistol. The interval between the "SET" command and the firing of the gun shall be approximately one (1) to two (2) seconds. If any competitor is in motion after the "SET" command the Starter shall not fire the gun.
- (b) For races of 800 meters or longer, one command shall be used prior to firing the gun:
- (c)
 - (1) "RUNNERS SET"

It is suggested for races of 800 meters and longer and not run in lanes that the competitors are 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 5.05 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 4 x 400M 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 5.06 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) Intentionally distracts 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/her 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 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 5.07 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.

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 5.08 STARTING POSITIONS

A competitor may use a standing start OR a crouch start with or without starting blocks (provided that starting blocks are allowed).

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 5.09 STARTING BLOCKS

Starting blocks may only be used in any race up to and including the 400 meter dash or any relay 1st leg where the first leg is 400 meters or less.

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 Starter's 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 Association shall have the right to approve starting blocks used on their track.

ARTICLE 6 - 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 that 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 (no rabbits), 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.

ARTICLE 7 - TIMING AND THE FINISH

SECTION 7.01 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 that is closer to the start.

SECTION 7.02 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 7.03 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 Association 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 7.04 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 7.05 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 that stops a time automatically, but is not started automatically is a "hand" 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 that have been taken in hundredths shall be rounded to the next longer tenth. For example, 12.21 would be rounded to 12.3 seconds.

SECTION 7.06 HURDLE PLACEMENT/ORDER OF EVENTS

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 in the following order of events:

DIVISION	DISTANCE	FLIGHTS	HURDLE HEIGHT	DISTANCE: START TO FIRST HURDLE	DISTANCE: BETWEEN HURDLES	DISTANCE: LAST HURDLE TO FINISH
17-18 Men	110M	10	39"	13.72 M	9.14 M	14.02 M
17-18 Womens	100M	10	33"	13 M	8.5 M	10.5 M
15-16 Boys	100M	10	33"	13 M	8.5 M	10.5 M
13-14 Boys	100M	10	33"	13 M	8.5 M	10.5 M
15-16 Girls	100M	10	30"	13 M	8.5 M	10.5 M
13-14 Girls	100M	10	30"	13 M	8.5 M	10.5 M

11-12 Girls	80M	8	30"	12 M	7.5 M	15.5 M
11-12 Boys	80M	8	30"	12 M	7.5 M	15.5 M

SECTION 7.07 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 alongside or 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).
- (g) Except as noted above, the knocking down of one or more hurdles does not disqualify the athlete.

In addition to the above infractions that are specific to the Hurdles, the General Running event infractions shall also apply.

ARTICLE 8 - RELAY RACES

SECTION 8.01 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.

Competitors must compete in their own division with the following exceptions: 13-14 Girls/Boys may run on 15-16 or 17-18 Girls/Boys Relays. The results of a combined age group relay team will be entered under the oldest age group member of the team.

The Relay events are:

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

SECTION 8.02 EXCHANGE ZONE DEFINED

The 4x100 Meter Relay Exchange Zone shall be 30 meters (98'5") long. Newer tracks may be painted with a 30 meter zone, which is typically painted a different color than the rest of the track, and is marked with a large triangle at the beginning of the zone, and another large triangle at the end of the zone. On

tracks marked with older style 20 meter zones, and acceleration zones, the 30 meter zone shall be defined as starting at the smaller acceleration zone triangle, and ending at the last big triangle.

The exchange zone for the 4x400 meter relay is 20 meters (65'8") long. The center line for the 4x400 meter Relay is the finish line. There is only one zone for the 4x400 meter Relay.

SECTION 8.03 ACCELERATION ZONE DEFINED

In the 4x100 meter Relay, the "Acceleration Zone" is no longer used as an acceleration zone, as it is now a part of the exchange zone. For tracks that are still marked with an acceleration zone, this area is now a part of the newer 30 meter exchange zone defined above.

There shall not be an Acceleration Zone used in the 4x400 meter (4x440 yard) Relay.

SECTION 8.04 RELAY BATON SPECIFICATIONS

The baton is the implement that 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 that 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 8.05 POSITION OF RUNNERS

In the 4x100 meter Relay, the receiving runners may not be positioned outside of (prior to) the Exchange Zone starting mark 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 Exchange Zone starting mark and the Exchange Zone end mark.

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 400 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 8.06 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 8.07 CARRYING THE BATON

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

SECTION 8.08 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. Athletic tape is recommended.

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

SECTION 8.09 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 mark.

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 8.10 DROPPED BATONS

If the baton is dropped outside the Exchange zone, the runner who dropped it must retrieve 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 8.11 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 8.12 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 that 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 Exchange Zone starting mark or past the last Exchange Zone end 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 meter 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 that are specific to the Relays, the General Running event infractions shall also apply.

TITLE 7: FIELD EVENTS

ARTICLE 1 - FIELD EVENTS - GENERAL

SECTION 1.01 WEIGHTS OR AIDS

The competitors shall use no artificial weights or aids.

SECTION 1.02 CHECK-IN, EVENT PRIORITY/"CHECKING OUT"

Athletes will report promptly to the Field Event Judge at the location of the field event when the event is called.

Competitors shall be allowed to temporarily leave the competition ("Check out") by requesting from the Field Event Judge that he/she be excused for the purpose of competing in another event. An athlete may send a surrogate 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:

- (a) Third call on any running event.
- (b) High Jump attempts
- (c) 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 1.03 WARM-UPS

The competitors shall be allowed three warm-ups prior to competing in the event, except that 8U are allowed two warm-ups (8U do not participate in the High-Jump nor the Shot-Put)

In the High-Jump and the Shot-Put, if an athlete "Checks out" prior to completing all of his warm-ups, he is permitted, at the discretion of the field event Head Judge, to finish his warm-ups when he returns to the event.

SECTION 1.04 COACHES AND OTHERS IN THE COMPETITION AREA

8U Coaches only 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.

9-10, 11-12, 13-14, 15-16 and 17-18 coaches shall only be allowed in the competition area before the

event starts only.

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 1.05 MEASURING TAPES AND DEVICES

Commercially made measuring tapes of either steel or fiberglass shall be used to measure in the field events. Measuring devices other than measuring tapes, such as the Datum Line recorder, shall not be used.

SECTION 1.06 MEASURING

All field events shall be conducted, measured, and recorded in Imperial Units (feet and inches). For the Long Jump and Shot Put, the assistant judges shall hold the tape in such a way that the reading will be at the takeoff board or circle so that the contestant will immediately know the result of his effort to the nearest 1/4 inch.

All attempts that are not failed attempts shall be measured.

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

SECTION 1.07 RECORDING

The Event Officials shall record the result of all attempts.

SECTION 1.08 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.

SECTION 1.09 NUMBER OF ATTEMPTS

HIGH-JUMP: A maximum of three attempts at each height.

LONG-JUMP: A maximum of three (3) attempts.

SHOT-PUT: A maximum of three (3) attempts.

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

SECTION 1.10 TIME LIMIT FOR ATTEMPTS

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 that is carried through to completion. If the competitor does not initiate his/her attempt within ninety (90) seconds, it shall count as a failed attempt.

SECTION 1.11 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 attempts by that time shall forfeit any remaining attempts whether checked out to another event or not. In the high jump event at the JV or Varsity Meets, 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 1.12 BEST EFFORT

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

SECTION 1.13 PASSING AN ATTEMPT

A competitor may request to "Pass" an attempt. A "Pass" is defined as not desiring to take that attempt. In Long Jump and Shot Put a pass acts as a jump or put of 0.00 inches.

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

SECTION 1.14 ORDER OF COMPETITORS

The order in which the competitors take their attempts 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 attempts in succession.

ARTICLE 2 - HIGH JUMP

SECTION 2.01 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.

Where it is feasible, the landing area for the high jump should measure 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 uprights shall be 4.00 – 4.04 m (13' 1.5" – 13' 3") apart. There shall be an end space of at least 1 cm between the ends of the crossbar and the uprights for the high jump. The cross bar shall not touch any part of the uprights except the rectangular surfaces.

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 that rests on the supports must be smooth and not covered with tape, or any other material that 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 that has the effect of increasing the amount of friction required to move the bar.

A level take off area that 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.

SECTION 2.02 MEASURING

The height of the cross bar shall be measured prior to the first attempt of each age group competition and at each successive change in the height of the bar.

The height of the bar shall be measured from the top edge of the bar, at the lowest point (the center) of the bar when it is placed on the standards. The measurement shall be taken on a line that is vertical (perpendicular) to the bar and ground. All measurements are to be made in the Imperial system using feet and inches, rounded down to the nearest 1/4 inch.

Example: A measurement that is easily more than 5' 6" shall not be rounded up to 5' 6.25" unless the measurement shows that it has met or exceeded 5' 6.25".

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 2.03 RECORDING

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

- (a) Successful attempts shall be recorded as a "O".
- (b) Failed attempts, or "misses", shall be recorded as "X".
- (c) Passed attempts shall be recorded as a "P".

SECTION 2.04 ORDER OF COMPETITION

The order of Age Group Competition shall be as follows:

For One Pit:	9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 G, 17-18 B
For Two Pits:	Pit #1 – 9-10 G, 11-12 G, 13-14 G, 15-16 G, 17-18 G Pit #2 – 9-10 B, 11-12 B, 13-14 B, 15-16 B, 17-18 B

SECTION 2.05 NUMBER OF ATTEMPTS

Each competitor shall be given a total of THREE (3) warm-ups, and THREE (3) official 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 height attempted.

SECTION 2.06 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 that 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 2.07 MARKERS

Each competitor shall be allowed to place up to three (3) markers (3" in length) in the run up area. All markers must be removed immediately after competition, and must not damage the apron surface. Athletic tape is recommended.

SECTION 2.08 RESOLVING TIES

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

- (a) 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,
- (b) 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,

- (c) A tie for the place shall exist at all regular season meets and the JV meet.
- (d) To break First Place Ties at the Varsity meet only, there shall be a jump-off to be conducted as follows: The tied competitors shall be given an attempt at the next height attempted above the tying height. If no decision is reached, the bar shall be lowered (if all have failed) or raised by one (1) inch (if two (2) or more have cleared). Each competitor will be allowed one (1) jump at each height until the tie is decided. No passing is allowed during a jump off.

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 the JV, dual or tri meet):

X=Failure O=Cleared P=Pass

Name ↓	Height and Performance						Total Failures	Total Attempts	Jump Off			Final Place
Height→	3' 6"	3' 8"	3' 10"	4'	4' 2"	4' 4"						
Bill	O	X	O	X O	X X X		5	8				1
Sam	X O	O	P	X O	P	X X X	5	8				1
Ed	P	X O	X O	X O	X X X		6	--				3

Example # 2 (at the Varsity meet):

X=Failure O=Cleared P=Pass

Name ↓	Height and Performance						Total Failures	Total Attempts	Jump Off			Final Place
Height→	3' 6"	3' 8"	3' 10"	4'	4' 2"	4' 4"			4' 4"	4' 3"	4' 4"	

Bill	0	X	0	X 0	XXX		5	8	X	0	0	1
Sam	X 0	0	P	X 0	P	XXX	5	8	X	0	X	2
Ed	P	X 0	X 0	X 0	XXX		6	--				3

SECTION 2.09 UNSUCCESSFUL ATTEMPTS (FOULS)

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

- Fails to initiate a completed attempt within 90 seconds of being called. (Two minutes with three or fewer left in the competition.)
- In an attempt, breaks the plane of the cross bar with any part of his/her body including hands, arms, feet, head or uniform.
- 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.
- Does not take off on one foot.
- "Somersaults" over the bar.

SECTION 2.10 BAR PROGRESSION FOR REGULAR SEASON, JUNIOR VARSITY & VARSITY MEETS

The following table lists the opening heights for each age group:

9-10 G	9-10 B	11-12 G	11-12 B	13-14/15-16/17-18 G	13-14/15-16/17-18 B
3' 0"	3' 0"	3' 0"	3' 3"	3' 5"	3' 6"

The bar shall be raised in two (2) inch increments until the bar is at Varsity height as shown below in section 2.11. Then it shall be raised in one (1) inch increments until one (1) competitor remains. When one (1) competitor remains in competition, the bar shall be raised by any increment that the competitor requests, but not less than 1/4 inch.

SECTION 2.11 VARSITY BAR HEIGHT STANDARDS

The following table lists the Varsity height standards for each age group:

9-10 G	11-12 G	13-14 G	15-16 G	9-10 B	11-12 B	13-14/15-16/17-18 B	17-18 G
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3' 3"	3' 9"	4' 0"	3' 9"	3' 5"	4' 1"	4' 8"	4' 0"
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SECTION 2.12 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 an attempt for purposes of breaking any ties that may result.

SECTION 2.13 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 2.14 LOWERING THE BAR

During dual/tri meets, and the JV meets, the officials may lower the bar to accommodate athletes returning after being "checked out" to another event.

At the Varsity 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.

The competitors must have properly checked out with the High Jump Officials. At dual and the JV 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/Tri meets and the JV meet, 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.

ARTICLE 3 - LONG JUMP

SECTION 3.01 FACILITY AND EQUIPMENT

- (a) The long jump facility consists of a runway where there is a "take off" board, and a landing pit.
- (b) 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.
- (c) 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.
- (d) 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.
- (e) The edge of the board that 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.
- (f) 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 that 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 3.02 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 inch. Example: A measurement that is easily more than 10' 6" shall not be rounded up to 10' 6.25" unless the measurement shows that it has met or exceeded 10' 6.25".

SECTION 3.03 RECORDING

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

SECTION 3.04 ORDER OF COMPETITION:

The order of age group competition for regular season and JV meets shall be as follows:

For One Pit	Starting with 8U G, alternate girls then boys, increasing in age through 17-18 B
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If the track and field stadium should have only one pit, each division shall have an open pit for 75 minutes or 1 hour and 15 minutes (8U, 9-10, 13-14/15-16, etc.) per division.

Starting open pit for 8U would be 8:30 to 9:45; 15-16 Boys & Girls 9:45 to 11:00; 11-12 11:00 to 12:15; 13-14 Girls & Boys 12:15 to 1:30; and 9-10 1:30 to 2:45.

For Two Pits	8U (B&G), 9-10 (B&G), 11-12 (B&G), 13-14 (B&G), 15=16 (B&G), 17-19 (B&G)
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If a track and field stadium should have two pits, then the time of competition will be called in order by the long jump judges running each pit based upon the above chart in order.

SECTION 3.05 NUMBER OF ATTEMPTS

Each competitor shall be given a total of THREE warm-up attempts, except that 8U boys and girls will be given TWO (2) warm-ups. All competitors will be given THREE (3) recorded attempts in our regular season meets, Junior Varsity & Varsity meets.

SECTION 3.06 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

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

SECTION 3.07 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. If all jumps of the tied competitors are equal, a tie shall exist. All passes and fouls shall be considered to be jumps of 0.00M for the purpose of resolving any ties.

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

SECTION 3.08 UNSUCCESSFUL ATTEMPTS (FOULS)

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

- (a) Fails to initiate a completed attempt within 90 seconds of being called for 3 athletes or less and 2 minutes for a group.
- (b) Runs past the "scratch" line or "scratch" line extended without initiating a jump.
- (c) His/her foot (shoe) is over the "scratch" line.
- (d) Takes off outside the take off board (to the left or right). This is not to be construed as prior to the board.

- (e) Lands with any part of his/her body outside the pit.
- (f) Touches the ground outside the landing pit nearer to the take off board than the nearest mark made in the pit.
- (g) After landing, walks back through the pit and makes a mark closer to the take off board than the one made when landing.
- (h) "Somersaults" or fails to keep his/her head in the superior (up) position.
- (i) Failed attempts shall not be measured but shall be recorded and shall count as an attempt, with a distance of 0.00 Meters.
- (j) During competition the line judge (or their appointee) will notify the athlete of their foot take off point on the runway, either by placing a foot at the spot or by placing a cut out on the point of take off. It is the athletes' responsibility to look at the indicated spot for their knowledge.

SECTION 3.09 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 3.10 LEVEL SOFT 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. The sand should be soft to a depth of at least 6 inches (of turned sand).

ARTICLE 4 - SHOT PUT

SECTION 4.01 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 that 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 that 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 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 sectors 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 4.02 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 4.03 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 Imperial system and rounded down to the nearest 1/4 inch.

Example: A measurement that is easily more than 20' 6" shall not be rounded up to 20' 6.25" unless the measurement shows that it has met or exceeded 20' 6.25".

SECTION 4.04 ORDER OF COMPETITION

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

For One Pit:	17-18 G, 17-18 B, 15-16 G, 15-16 B, 13-14 G, 13-14 B, 11-12 G, 11-12 B, 9-10 G, 9-10 B
For Two Pits	Pit #1 – 17-18 G, 15-16 G, 13-14 G, 11-12 G, 9-10 G Pit #2 – 17-18 B, 15-16 B, 13-14 B, 11-12 B, 9-10 B

SECTION 4.05 NUMBER OF ATTEMPTS

Each athlete will be given THREE (3) warm-ups, and THREE (3) recorded attempts in our regular season, Junior Varsity & Varsity meets.

SECTION 4.06 MARKERS

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

SECTION 4.07 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. 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 0.00 Feet.

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

SECTION 4.08 UNSUCCESSFUL ATTEMPTS (FOULS)

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

- (a) Fails to initiate a completed attempt within 90 seconds of being called.
- (b) Fails to put the shot legally (reference ARTICLE 4.11 of this section)
- (c) During the act of putting the shot, steps on or over the ring or stop board.
- (d) 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.
- (e) 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.
- (f) Puts the shot so that it fails to land within the throwing sector. The sector lines are defined as outside the legal throwing sector.
- (g) During the act of putting, touches the ground outside the ring.
- (h) Fails to start the act of putting from a stationary position.
- (i) Leaves the circle before the put has landed.

Failed attempts shall be recorded and counted as an attempt.

SECTION 4.09 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 leather, or other soft material, container filled with lead shot.

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

9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G	6 pounds
13-14 B, 15-16 G, 17-18 G	4 kilograms
15-16 B	10 pounds
17-18 B	12 pounds

SECTION 4.10 IMPLEMENT USE

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

Competitors may bring and use their own implements. However, 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 4.11 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 4.12 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 4.13 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 4.14 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 finger.

ARTICLE 5 - DISCUS

SECTION 5.01 FACILITY

The Discus facility consists of a throwing circle, a protective cage, and a landing area (throwing sector).

The circle shall be constructed of metal, wood, or plastic that is painted or otherwise clearly marked, and shall have an inside diameter of eight feet, two and one-half inches (8' 2½") or 2.50 meters.

The throwing surface of the circle shall be made of a hard-packed, firm material (such as concrete or asphalt) that provides reasonable footing for competitors using spiked shoes.

The rim of the circle shall be flush with the surrounding surface or shall not rise more than three-quarters ($\frac{3}{4}$) of an inch above the level of the circle.

A protective discus cage shall be used at all meets where the discus is contested. The cage shall be of sufficient height and design to reasonably protect athletes, officials, and spectators from errant throws in accordance with current USATF and/or NFHS safety guidelines. The cage opening shall be oriented toward the center of the legal sector.

Sector lines shall be laid out from the center of the circle to define the legal landing area for all throws. The sector shall conform to current USATF/NFHS specifications for the discus event. The sector lines shall be clearly marked with lines approximately two (2) inches wide extending outward for a minimum distance appropriate to the venue. The sector lines form the boundaries of the legal throwing sector; the lines themselves shall be considered outside the legal area.

Discus is a provisional event within the VCYTC. It may be contested at dual/tri meets only when the host club has a safe, regulation discus facility (including cage and landing sector) available and chooses to include the event. Discus shall not be contested at JV Finals or Varsity Finals meets and shall not be contested at any meet where the host club is unable to safely conduct the event.

Discus shall not be contested in the 7–8 (Gremlin) or 9–10 (Bantam) age divisions.

SECTION 5.02 MEASURING

The distance of each valid throw shall be measured from the nearest mark made by the discus in the landing sector to the inside edge of the throwing circle, along a straight line passing through the center of the circle.

All measurements shall be made using commercially manufactured steel or fiberglass measuring tapes or other approved measuring devices, and shall be recorded in the Imperial system, rounded down to the nearest one-quarter ($\frac{1}{4}$) inch, consistent with general field-event measuring procedures in this Rulebook.

SECTION 5.03 RECORDING

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

All valid attempts shall be recorded to the nearest one-quarter ($\frac{1}{4}$) inch after being properly converted from the measured distance.

The Field Event Recorder shall notify the competitor and/or the event coach of each measured performance upon request, consistent with general field-event procedures.

SECTION 5.04 ORDER OF COMPETITION

The order of age-group competition for the discus, when contested at a dual/tri meet, shall be determined by the Meet Director in consultation with the host club in a manner that promotes athlete safety and efficient meet management.

Within each age division and gender, the throwing order shall be determined by the Head Event Judge at the discus venue. The Head Event Judge may alter the order of competition as necessary to accommodate athletes who are competing in other events, consistent with ARTICLE 1 – FIELD EVENTS – GENERAL.

SECTION 5.05 NUMBER OF ATTEMPTS

At dual/tri meets where the discus is contested, each competitor shall be allowed:

1. Up to three (3) supervised warm-up throws in the competition circle prior to the start of recorded attempts, time and safety permitting.
2. Three (3) recorded attempts in the competition.

There shall be no additional attempts in the discus for JV Finals or Varsity Finals meets, as the discus is not contested at those meets.

SECTION 5.06 MARKERS

No personal markers shall be used by athletes in the discus event, either on the circle, on the rim, or in the landing sector.

Meet management may place standard distance markers (e.g., painted lines or range flags) within or adjacent to the sector for reference. Such markers shall not be altered, moved, or added to by competitors or coaches.

SECTION 5.07 RESOLVING TIES

Ties in the discus shall be resolved in accordance with the General Field Event rules in ARTICLE 1 – FIELD EVENTS – GENERAL.

When two (2) or more competitors have the same best performance, the tie shall be broken in favor of the competitor whose second-best performance is better. If the second-best performances are also equal, the third-best performance shall be compared, and so on until the tie is resolved.

If all measured attempts are identical and no additional attempts remain to be compared, the competitors shall remain tied.

SECTION 5.08 UNSUCCESSFUL ATTEMPTS (FOULS)

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

1. Fails to initiate and complete a throw within ninety (90) seconds of being called (or within the time specified in ARTICLE 1 – FIELD EVENTS – GENERAL when three or fewer competitors remain).
2. After having taken a stance in the circle to begin the throw, touches the top of the circle rim, or the ground outside the circle, with any part of the body before releasing the discus. The competitor may touch the inside surface of the rim, but not the top or outside.
3. Allows the discus to land outside the legal sector. A throw in which any part of the discus first contacts the ground on or outside the sector lines shall be a foul.
4. Leaves the circle before the discus has landed.
5. Fails to leave the circle under control and from the rear half of the circle. The first step taken outside the circle after the discus has landed must clearly be from the rear half of the circle.
6. Deliberately throws the discus in any direction other than generally toward the landing sector.

7. Fails to start the throwing motion from a stationary position after stepping into the circle.

Failed attempts shall be recorded as “F” and shall count as attempts. Failed attempts shall not be measured.

SECTION 5.09 IMPLEMENT SPECIFICATIONS

The discus shall be of a design and construction suitable for youth competition and shall conform to current USATF implement specifications for youth athletes.

The discus shall be circular in shape with a metal rim and two plates (wood, plastic, or other suitable material) forming the sides. The rim shall be the heaviest part of the implement, and the sides shall be smooth with no rough or sharp edges.

The following implement weights shall be used for the discus when contested in the VCYTC:

- 11–12 Girls – 1.0 kg
- 11–12 Boys – 1.0 kg
- 13–14 Girls – 1.0 kg
- 13–14 Boys – 1.6 kg
- 15–16 Girls and 17–18 Women – 1.0 kg
- 15–16 Boys and 17–18 Men – 1.6 kg

Discus shall not be contested in the 7–8 or 9–10 Age Divisions.

Only implements that have been inspected and approved by meet officials shall be used in competition.

SECTION 5.10 IMPLEMENT USE

The host Association or host club shall be responsible for providing competition discuses that conform to these specifications.

Competitors may bring and use their own implements. However, any such implement must:

1. Be presented for inspection and approval at the time and place designated by meet management;
2. Be of legal design and weight for the competitor’s age division and gender; and
3. Once accepted, be available for use by any competitor in that division upon request of the Head Event Judge.

Implements may not be altered in any way after inspection.

Competitors shall never throw the discus back toward the circle or across the sector to return it; the discus shall be carried or rolled back to the circle under the direction of the event officials.

SECTION 5.11 LEGAL THROW DEFINED

The throw must be made from within the circle, with the competitor starting from a stationary position prior to initiating the throwing motion.

No part of the competitor's body may touch the top of the rim or the ground outside the circle at any time during the throwing motion prior to the release of the discus.

A throw shall be considered legal when:

1. The competitor begins the throw from a stationary position within the circle;
2. The discus is released so that it first lands within the legal sector; and
3. The competitor exits the circle from the rear half of the circle only after the discus has landed.

Any throw not meeting all of the above conditions shall be ruled a foul and recorded as such.

SECTION 5.12 SUBSTANCE ON SHOES

The competitor shall not apply any substance of any kind to the surface of the throwing circle or to his/her shoes for the purpose of enhancing traction beyond what is reasonably required for safety.

SECTION 5.13 SUBSTANCE ON HANDS

The competitor may place dirt, rosin, chalk, or other drying substances on his/her hands only for the purpose of improving grip on the discus, provided no other material advantage is gained and the implement is not damaged or altered.

Gloves shall not be used.

No sticky substances (such as glue or sprays intended to cause the discus to adhere to the hand) shall be used.

TITLE 8: POST SEASON POLICIES

ARTICLE 1 - USATF/AAU PARTICIPATION

SECTION 1.01 USATF/AAU ELIGIBILITY

USATF/AAU are nationally sanctioned organizations for youth track & field competition. USATF/AAU sanctioned meets occur before, during and after the VCYTC regular meet season. All athletes who are members of the VCYTC are eligible to compete in USATF/AAU sanctioned meets provided they meet the eligibility requirements of the USATF/AAU. Those athletes choosing to compete, not as a Condor can do so through any USATF/AAU club that they choose to affiliate.

No athlete from a youth conference outside of the VCYTC can compete as a post season Condor team member in Track and Field. Any former VCYTC athlete that previously competed in high school track and field, at the conclusion of their high school season, can compete as a Condor, but cannot displace a current VCYTC athlete from any relay teams in accordance with USATF/AAU rules of qualifying standards.

ARTICLE 2 - USATF/AAU POST SEASON

The VCYTC may host a post season team which traditionally has been named the California Condors (Condors).

SECTION 2.01 CALIFORNIA CONDORS

The purpose of the Condors post season team is:

- a) To make advanced (National & International) level competition available to all athletes in the VCYTC.
- b) To encourage cohesiveness and camaraderie amongst the athletes of the two conferences.
- c) To promote and advance awareness of the VCYTC as a provider of excellent track & field training and competition within Los Angeles & Ventura counties, the region and nation.

SECTION 2.02 POST SEASON BOARD OF DIRECTORS

A Post Season Board of Directors (PSBD) will manage the affairs of the Post Season team.

- a) The PSBD will consist of five (5) members made up of VCYTC members.
- b) The PSBD will be made up of the Conference President, Post Season Coordinators and a Member At Large who will be appointed by the Conference President.

SECTION 2.03 RESPONSIBILITIES

It will be the responsibility of the PSBD to:

- a) Obtain and provide meet information to the parents and athletes.
- b) Submit meet entry documents for all Condor athletes.
- c) Collect money for USATF/AAU meet entry fees from all Condor athletes.
- d) Set and collect application/meet/uniform fee for Condor athletes.
- e) Designate a meet coordinator to pick-up and distribute all meet materials at the USATF/AAU Meets.
- f) Provide oversight and approve post season fundraisers
- g) Resolve any and all conflicts and disputes that may arise between parents of athletes and coaches of the Condors during the post season.

SECTION 2.04 COACHES

Coaches for the Condors will be drawn from the teams of the VCYTC in a quantity sufficient to ensure adequate supervision for all age groups involved.

- a) Any VCYTC coach wishing to be considered for a post season coaching position will be reviewed by the Post Season Coordinators for consideration and approved by the PSBD. The coaches shall oversee practices, meets, and form relay teams consisting of the fastest and best suited “available” athletes in the conference. An available athlete is one whose parents have committed the athlete to participate in all relay practices and races and attend or qualify for up to and including Nationals, Junior Olympics Competitions
- b) The coaches shall decide the make-up and alternates for relays, subject to review by the PSBD.

SECTION 2.05 PRACTICES

- a) Practices shall be scheduled in a manner that accommodates the geographic breakdown of the combined conferences as determined by the PSBD.
- b) Relay teams must practice at least once per week as a unit in order to practice baton exchanges at rotating practice venues.

SECTION 2.06 POST SEASON VENUE/FINANCIAL ASSISTANCE

- a) Competition by athletes in VCYTC Track & Field in the post season is purely optional. The Board by simple majority vote in March will determine the post season USATF or AAU National Championship Meet Venue.
- b) The Conference and Associations will fund only one VCYTC (Condor) National Team at the National Meet (venue) selected by the Board. Financial assistance and the amount, if funds are available, will be \$100 per athlete or to be approved by the VCYTC Board of Directors annually. Financial assistance will only be provided to VCYTC certified athletes that participated in the regular season in accordance with the VCYTC Track & Field Rules, meet the USATF T&F Qualifying Standards and compete on the California Condors Team. Financial assistance will be distributed equally to the VCYTC Track & Field Athletes that qualify and compete for the

National/Junior Olympics each season.

- c) Operation of the post season is at NO COST to VCYTC. Post season operating expenses or costs shall be paid by the athletes' or athletes' parents. For any post season expense to be considered reimbursable/payable by VCYTC, it must first be reviewed and approved by the VCYTC Board of Directors by 2/3 vote prior to any post season operating expense being incurred.
- d) Any post season athlete who is not in good financial standing with the Joint Conferences Post Season (California Condors) Team, will not be allowed to be entered/registered or move onto the USATF (National) Junior Olympic Meet, until (all agreed on fees, etc.) debts are paid in full to VCYTC prior to the USATF registration date for the USATF (National) Junior Olympic Meet.

ARTICLE 3 - POST SEASON VENUE

Competition by athletes in VCYTC Track & Field meets and for the Condors National Team in USATF or AAU National/Junior Olympics meets is purely optional, and participation outside of VCYTC shall not be restricted by parents/athletes.

The board by simple majority vote at the BOD meeting in March or April will determine the post season USATF or AAU National Championship Meet. The Conference and Associations will support one VCYTC (Condors) National Team at the National Meet selected by the BOD's vote. Funding will only be provided to the T&F Athletes that qualify in accordance with the USATF T&F Qualify Standards for the National/Junior Olympics each season.

The board by simple majority vote at the BOD meeting in April or May will determine the post season USATF or AAU National Championship Meet.

APPENDIX 1

JUNIOR VARSITY & VARSITY ORDER OF EVENTS:

3200 meter	(11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
110 meter 39" hurdles	(17-18 Men)
100 meter 33" hurdles	(17-18 Women, 15-16 B, 13-14 B)
100 meter 30" hurdles	(15-16 G, 13-14 G)
80 meter 30" hurdles	(11-12 G, 11-12 B)
4x100 meter relays	(9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men, 8U G, 8U B)*
1600 meter	(8U G, 8U B, 9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
400 meter	(8U G, 8U B, 9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
100 meter	(8U G, 8U B, 9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
800 meter	(8U G, 8U B, 9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
200 meter	(9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men, 8U G, 8U B)*
4x400 meter relays	(9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
Long Jump:	(8U G, 8U B, 9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
High Jump:	(9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
Shot Put:	(17-18 Women, 17-18 Men, 15-16 G, 15-16 B, 13-14 G, 13-14 B, 11-12 G, 11-12 B, 9-10 G, 9-10 B)

*Note: The Gremlin 4x100 relays & 200 meter dashes have been moved to last for the order of those events

Varsity 3200 Meter Minimum Standards

Age Division	3200 Meter Minimum Standard to Qualify for Varsity, Including as a Roll-Down
11-12 Girls	16:15
11-12 Boys	14:30
13+ Girls/Women	15:20
13+ Boys/Men	13:30

Lane Seeding Assignments - 8 Lane Track

100 M & 80, 100 + 110 M Hurdles		200 + 400 Meters & Relays		800, 1600 & 3200 M	
Seed	Lane	Seed	Lane	Seed	Lane
1	4	1	3	1	1
2	5	2	4	2	2
3	3	3	5	3	3
4	6	4	2	4	4
5	2	5	6	5	5
6	7	6	1	6	6
7	1	7	7	7	7
8	8	8	8	8	8

Lane Seeding Assignments - 9 Lane Track

100 M & 80, 100 + 110 M Hurdles		200 + 400 Meters & Relays		800, 1600 & 3200 M	
Seed	Lane	Seed	Lane	Seed	Lane
1	5	1	4	1	1
2	6	2	5	2	2

3	4	3	6	3	3
4	7	4	3	4	4
5	3	5	7	5	5
6	8	6	2	6	6
7	2	7	8	7	7
8	9	8	1	8	8
9	1	9	9	9	9