



# **CATALYST**

**C A T H O L I C**

**3-8 TRACK**  
**Rules and Regulations**  
**Updated**  
**3/26/2024**

# Table of Contents

1. Purpose
2. Eligibility of Participants
  - a. Affiliation Restriction
  - b. Grade Restriction
  - c. Minimum Participation Rule and “Playing Up”
  - d. Dual Play
3. Coaches
  - a. Age Restriction
  - b. Gender Restriction
  - c. Compensation
  - d. Gifts and Awards
  - e. Training Requirements
  - f. Policy Violations
4. Practices and Contest Guidelines
  - a. Liturgical Exclusions
  - b. Touch Guidelines
  - c. Meet Guidelines
5. Team Structure
  - a. Team Size
  - b. Cuts
  - c. Rosters
  - d. Substitutions and Alternates
  - e. Organizational Issues
  - f. League Assignments
6. Meet Specifics
  - a. Scheduling Conflict
  - b. Field Events by Division
  - c. Track Events by Division
  - d. Equipment
  - e. Uniforms
7. Meet Protocol
  - a. Prayer
  - b. Meet Time and Procedure
    - i. Field Events Schedule
    - ii. Track Events Schedule
    - iii. Rolling Clock
    - iv. Call Times
    - v. Event Duration
    - vi. Results
  - c. Fair Play Rule
  - d. Scoring
  - e. Check Ins and Scratches
  - f. Meet Results
8. Championship Meet
  - a. Participation Restriction
  - b. Fair Play Rule Modification
  - c. Seeding and Heat Determination
  - d. Awards and Historical Records
9. Event Officials and Volunteers
10. Catalyst Catholic Policies
  - a. Weather Policy
  - b. Cancellation Policy
  - c. Reschedule Policy
11. Rules and Regulations
12. Event Rules
  - a. Javelin Throw
    - i. General
    - ii. Implement Size
    - iii. Practice Throws
    - iv. Official Attempts

- v. Fouls
  - vi. Measurements
  - vii. Scoring
- b. Discus
  - i. General
  - ii. Implement Size
  - iii. Practice Throws
  - iv. Official Attempts
  - v. Fouls
  - vi. Measurements
  - vii. Scoring
- c. Long Jump
  - i. General
  - ii. Implement Size
  - iii. Practice Throws
  - iv. Official Attempts
  - v. Fouls
  - vi. Measurements
  - vii. Scoring
- d. High Jump
  - i. General
  - ii. Implement Size
  - iii. Practice Throws
  - iv. Official Attempts
  - v. Fouls
  - vi. Measurements
  - vii. Scoring
- e. Shot Put
  - i. General
  - ii. Implement Size
  - iii. Practice Throws
  - iv. Official Attempts
  - v. Fouls
  - vi. Measurements
  - vii. Scoring
- f. Running Events
  - i. Warm Ups
  - ii. Starting Violation and Disqualification
  - iii. Scoring
  - iv. Relays
  - v. Hurdles

1. **Purpose** – Catalyst Catholic 3-8 Grade Track is a competitive league and is intended to teach the fundamentals of the sport while promoting shared Catholic values.
2. **Eligibility of Participants**
  - a. **Affiliation Restriction** - All participants will be either or both: A registered member of the parish in which they are participating or an attendee of a parish school.
    - i. Participants may play for a different parish in the event that their home parish is not fielding a team.
  - b. **Grade Restriction**
    - i. Youth in (2) grade and under are not eligible to participate in this track and field.
  - c. **Minimum Participation Rule and “Playing Up”**
    - i. (5) graders will NOT be permitted to participate in (6/7/8) grade events.
    - ii. A co-ed relay team may be formed during all meets and will run with the boys division.
  - d. **Dual play** - Participants may NOT compete for a public school team and a parish team at the same time.
    - i. If a participant is cut from his public school team before Deanery meets begin the Director of Athletics may reclassify that participant’s eligibility.
    - ii. Participants may play for a club team and their parish team at the same time with the understanding that their Deanery team is first priority.
    - iii. Participants may play for only (1) parish team during the season.
3. **Coaches** - All parish coaches will be appointed at the sole discretion of their respective parish.
  - a. **Age Restriction**
    - i. Head coaches must be (21) years or older.
    - ii. Assistant coaches must be (17) years or older.
  - b. **Gender Restriction** – Coaches of teams with participants of the opposite gender will be allowed to coach only if an additional adult of the same gender as participants will be present at all practices and contests and in the locker room before and after.
  - c. **Compensation** - Coaches will receive NO compensation.
  - d. **Gifts and Awards** - Coaches may not exceed a spending limit of \$10 per participant for coach sponsored awards and recognition.
  - e. **Training Requirements**
    - Background Check
    - Safe and Sacred online training
    - Coaches Orientation
    - Concussion Awareness online training
  - f. **Policy Violations** - Violations of Deanery Policy and of the “Catalyst Catholic Coach’s Code of Conduct” can result in penalty, suspension, or expulsion from league play by the Director of Athletics.
4. **Practice and Contest Guidelines**
  - a. **Liturgical Exclusions**
    - i. Practices and contests may NOT be scheduled that conflict with Sunday Mass times for a parish team on their parish campus.
    - ii. Practices and contests may NOT be scheduled during the Easter Triduum: *Holy Thursday, Good Friday, Holy Saturday and Easter Sunday*
    - iii. Practices and contests should be limited for observation of the following Holy Days: *The Feast of Mary, Ash Wednesday, Ascension Thursday, The Assumption of Mary, All Saint’s Day, The Feast of the Immaculate Conception, and Christmas.*
  - b. **Touch Guidelines** -

- i. Touches are defined as chalk talks, film viewings, inter-parish/public school meets, or regularly scheduled practice time.
  - ii. Touches will NOT exceed (3) per week.
  - iii. NO touch may exceed (2) hours.
  - iv. Touches for a single week MAY NOT exceed (6) hours.
  - v. Touches will conclude NO later than 8:30 pm.
  - vi. Providence High School track usage - Requests for practice times at Providence must be made to the Director of Athletics prior to the beginning of the season.
    - 1. Practices may be scheduled:
      - Sundays 1:30 pm – 8:30 pm
      - Weekdays 5:30 pm - 8:30 pm
    - 2. No Saturday practice times may be scheduled.
- c. **Meet Guidelines** - The season will consist of (3) regular season meets and (1) championship meet.
- i. Meet start/end times will be scheduled as follows:
    - Sundays 12:30 pm – 5:30 pm
  - ii. All Catalyst Catholic meets will be held at Providence High School or other approved facility.
    - 1. Gates will open at 11:30.
    - 2. Due to Holy week, scheduling of meets may conflict with Derby weekend or Mother's Day.

## 5. Team Structure

- a. **Team Size** - Parishes may submit a team of any size in an offered division.
- b. **Cuts** – NO cuts may be made.
- c. **Rosters** –
  - i. Team Rosters - (complete with participant's first and last name and event) - need to be submitted on MileSplit the Thursday before meets begin or participants will NOT be allowed to participate in meets.
    - 1. No participants may be added to a roster after meets begin without approval of the Director of Athletics.
    - 2. NO additional participants can be registered for an event after this deadline.
- d. **Substitutions and Alternates** – In the event that a registered participant for an event cannot compete or is scratched during the meet, a parish may use a substitute participant in their place.
  - i. Notification of substitutions must be reported to the timing table for running events or to the event official for field events **before the event begins** or the new participant will be disqualified.
  - ii. A coach MAY officially register (1) alternate per event in the case that the intended participant scratches.
    - 1. Alternates will not be allowed to compete if the intended participant competes
- e. **Organizational Issues** – Organizational issues must be brought to the Director of Athletics prior to the start of the season for approval.
- f. **League Assignment**
  - i. Teams will compete in the following divisions:
    - 6/7/8 grade Boys
    - 6/7/8 grade Girls
    - 3/4/5 grade Boys
    - 3/4/5 grade Girls

## 6. Meet Specifics

- a. **Scheduling Conflicts** - In the event of a scheduling conflict during a meet, track events take priority over field events.

b. Field Events by Division

Field Events by Division				
Events	3-4-5 Boys	3-4-5 Girls	6-7-8 Boys	6-7-8 Girls
Javelin Throw	X	X	X	X
Discus			X	X
High Jump	X	X	X	X
Long Jump	X	X	X	X
Shot Put			X	X

c. Track Events by Division

Track Events by Division				
Event	3-4-5 Boys	3-4-5 Girls	6-7-8 Boys	6-7-8 Girls
100 M Dash	X	X	X	X
75 M Hurdles				X
55 M Hurdles			X	
200 M Dash	X	X	X	X
400 M Dash	X	X	X	X
400 M (4 X 100 M) Relay	X	X	X	X
800 M Run	X	X	X	X
800 M (4 X 200 M) Relay	X	X	X	X
1600 M Run	X	X	X	X

d. **Equipment** –

- i. Shoes – all participants are required to wear running shoes or track shoes.
  1. Track shoes with spikes are limited to 1/4 inch.
  2. Runners wearing track shoes will NOT be permitted in the bleacher area.
- ii. Starting Blocks – Starting blocks MAY be used in all regular season and championship meets.
  1. Starting blocks are limited to 1/4 inch spikes.

e. **Uniforms** - Uniforms with parish logo are required for all participants.

7. **Meet Protocol**

- a. **Prayer** – All meets will begin with prayer by the announcer or assigned volunteers.
- b. **Meet Time and Procedure** – Meets will be allotted (5) hours to complete.

i. Field Events Schedule

Field Events Schedule					
Time	Javelin Throw	Discus	Long Jump	High Jump	Shot Put
12:30 PM			All Ages		
1 PM	3-4-5 Boys	6-7-8 Boys	6-7-8 Boys	6-7-8 Girls	6-7-8 Girls
1:20 PM	3-4-5 Girls	6-7-8 Girls	6-7-8 Girls	6-7-8 Boys	6-7-8 Boys
1:40 PM	6-7-8 Boys		3-4-5 Boys	3-4-5 Girls	
2 PM	6-7-8 Girls		3-4-5 Girls	3-4-5 Boys	

ii. Track Events Schedule

Track Events Schedule					
Time	Event	Division			
1 PM	1600 M Run <i>(combined)</i>	3-4-5 Boys	3-4-5 Girls	6-7-8 Boys	6-7-8 Girls
1:40 PM	100 M Hurdles				6-7-8 Girls
1:50 PM	110 M Hurdles			6-7-8 Boys	
2 PM	400 M <i>(4 X 100 M) Relay</i>	3-4-5 Boys	3-4-5 Girls	6-7-8 Boys	6-7-8 Girls
2:15 PM	400 M Dash	3-4-5 Boys	3-4-5 Girls	6-7-8 Boys	6-7-8 Girls
2:35 PM	200 M Dash	6-7-8 Boys	6-7-8 Girls	6-7-8 Boys	6-7-8 Girls
2:55 PM	800 M Run <i>(combined)</i>	6-7-8 Boys	6-7-8 Girls	6-7-8 Boys	6-7-8 Girls
3:25 PM	100 M Dash	3-4-5 Boys	3-4-5 Girls	6-7-8 Boys	6-7-8 Girls
3:45 PM	100 M <i>(4 X25 M Relay)</i>	3-4-5 Boys	3-4-5 Girls		
3:55 PM	800 M <i>(4 X 200 M) Relay</i>	3-4-5 Boys	3-4-5 Girls	6-7-8 Boys	6-7-8 Girls

- iii. Rolling Clock - A rolling clock will be used during meets.
  - 1. Events may begin before or after their published start time.
- iv. Call Times – Events will be announced opened and available for warm ups (15) minutes before start time. A final call for participant check in will be announced (5) minutes before the event will begin.
- v. Event Duration - Events will remain open until all participants have competed or when (2) hour has elapsed.
  - 1. A participant of any division may compete at any time for an event.
- vi. Results – Results need to be submitted to the times table when an event is completed.
- c. **Fair Play Rule** – Participants are limited to no more than (4) events per regular season or championship meet, including track and field events in any combination. Parishes have no limit on relay teams per regular season meet and only (2) for championship meet.
  - 1. The fair play rule could be affected by participant injury or disqualification of participants by officials.
  - 2. Parishes reserve the right to not play a participant that is at risk of injury, due to behavioral or academic issues, or due to lack of attendance at school/practice.
  - 3. Participation should be equally distributed among participants.
- d. **Scoring** – Team scoring, for the championship only, will be kept and transmitted to the Director of Athletics for ribbon and medal distribution the following Monday. Points will be awarded as follows:

EVENT SCORING	
PLACE FINISHED	POINTS AWARDED
First	10 points
Second	8 points
Third	6 points
Fourth	4 points
Fifth	2 points
Sixth	1 point

- i. Only (1) relay team per parish will be scored for points.

- ii. The following events will NOT be scored for points:
  - 3 grade 100 M Dash
  - Juniors Boy 100 M Relay
  - Juniors Girls 100 M Relay
- iii. A participant competing in a non-scored event may NOT compete in the scored race of that event.
- e. **Check Ins and Scratches** – Registered participants MUST check in with the event official before the event starts or they will be scratched.
  - i. When leaving the event to participate in a conflicting event, participants MUST notify the event official which event they are leaving to participate in.
    - 1. Coaches MAY check in, scratch, or provide notification for a participant at a registered event.
  - ii. Event officials need to take note of all participants that leave the event to participate with a conflicting event.
    - 1. If a registered participant has NOT returned before the event's conclusion, the event official needs to refer to the participant's notification and determine if the conflicting event has completed.
      - a. If more than (5) minutes has lapsed from the time of the conflicting events conclusion, the participant will be scratched.
- f. **Meet Results** – Individual results will be distributed to coaches after all regular season and championship meets

**8. Championship Meet –**

- a. **Participation Restriction** – A participant MUST have competed in a regular season meet to be eligible to compete in the championship meet.
  - i. A participant MAY choose any event to compete in regardless if they have competed in the event before or not.
  - ii. If a participant has NOT competed in their chosen event during a regular season meet, that participant will be seeded last.
- b. **Fair Play Rule Modification** – Only (3) participants per parish MAY compete in a single event.
- c. **Seeding and Heat Determination** (*Track Events Only*) – Seeding will be completed on the Wednesday before the championship meet.
  - i. Individual results from regular season meets will be used to determine seeding and heat.
    - 1. In the event of a tie, the next best individual result will be used to determine seeding and heat.
    - 2. If a participant does not have an individual result from a regular season meet, they will be seeded last in.
    - 3. If multiple participants do not have individual results from a practice meet a coin toss will be used to determine seeding.
  - ii. Lane assignment will be determined as follows:

Seeding and Lane Assignment	
INDIVIDUAL RESULT	LANE ASSIGNMENT
First best result	Lane 3
Second best result	Lane 4
Third best result	Lane 2
Fourth best result	Lane 5
Fifth best result	Lane 1
Sixth best result	Lane 6



- iii. Heat assignment will group similar individual results together.
  - a. The fastest heat will be run last in the schedule of events
  - b. Heat assignment for those without individual results will be by consensus of the seeding committee.

**d. Awards, Recognition, and Historical Records**

- i. Awards will be distributed as follows:
  - 1. Team Trophy** (*day of championship meet*):
    - Championship Trophy – Cadet Boys
    - Championship Trophy – Cadet Girls
    - Championship Trophy – Junior Boys
    - Championship Trophy – Junior Girls
  - 2. Individual Medals** (*the Monday following championship meet*):
    - First Place
    - Second Place
    - Third Place
  - 3. Individual Ribbons** (*the Monday following championship meet*):
    - Fourth Place
    - Fifth Place
    - Sixth Place
- ii. Historical records will be kept in all events and are available by contacting the offices of Catalyst Catholic.
  - 1. A historical record can be broken during a regular season or championship meet.

**9. Event Official and Volunteers**

- a. The event official will be responsible for check ins, notifications, scoring, results reporting, historical record tracking, disputes, and will be the final authority in declaring a disqualification or scratch from an event.
- b. Parishes will provide an event official and volunteers to man all events in the following manner:

Event Officials and Volunteers	
Parish	Event
JPII	Hurdles
SMK	Javelin
Sacred Heart	Long Jump
Holy Family	High Jump
St. Anthony	Discus
OLPH	Shot Put

*\*Each parish will assign one person to help with the timing booth*

**10. Catalyst Catholic Policies**

**a. Weather Policy**

- i. Indoor/outdoor practices MAY be conducted at a hosting parish/school during adverse weather conditions.
- ii. Inquiries about adverse conditions and possible cancellation should be directed to the Catalyst Catholic athletics website at [catalystcatholic.org](http://catalystcatholic.org), or by contacting Raymond Zoeller at 502 649 2906 or by contacting your Parish Athletic Director.
- iii. Meets will proceed regardless of weather conditions except in cases of severe rain and/or lighting strikes.

1. Lighting strikes will delay meets by (30) minutes after the last lightning strike is seen.
  2. Players, coaches, and spectators should take appropriate shelter during a delay.
- b. **Cancellation Policy**
- i. Meet cancellations, **prior to the beginning of the meet**, will be at the sole discretion of the Director of Athletics.
    1. Cancellations will be announced (2.0) hours prior to meet start time and publicized to Parish Athletic Directors.
  - ii. Meet cancellations, **after the meet is in progress**, will be determined by the Director of Athletics, Officials, and Timing Table.
  - iii. **Rescheduling Policy** –
    1. Regular season meets will be rescheduled if possible.
    2. A rain date will be published for the championship meet.
      - a. In the event that the rain date is canceled, the track season will conclude without a championship.
    3. If a championship is ended before it's completion and less than (5) events remain uncompleted, the remaining events will NOT be rescheduled.

## 11. Rules and Regulations

- a. All meets will be played according to IHSAA/NFHS Rules unless noted in item (12) Exemption and Modifications.
- b. Copies of IHSAA/Rules and the Catalyst Catholic Policy Manual may be obtained by contacting the Catalyst Catholic at 812-923-8355.
- c. Raymond Zoeller, the Catalyst Catholic Director of Athletics, can determine additional procedural questions or rules interpretation and can be contacted at 502 649 2906.

## 12. Event Rules

- a. Javelin Throw
  - i. General - Only (1) competitor may be in the throwing lane.
    1. A competitor must enter and exit the throwing lane from the back half.
  - ii. Javelin Weights
    - 300 grams – 3-4-5 Boys & Girls
    - 600 grams- 6-7-8 Boys & Girls
  - iii. Practice Throws – (2) Practice throws may be attempted.
  - iv. Official Attempts - (3) official attempts will be allowed to each competitor.
  - v. Fouls – A foul will be called under the following circumstances:
    1. A competitor makes a 360-degree turn before releasing the javelin.
    2. Uses a delivery other than an over-arm, above the shoulder motion of the throwing arm.
    3. Throws the javelin so it does not fall within the sector lines.
    4. Touches on or over either the throwing lane lines or on or over the foul-line before the throw is marked.
    5. Fails to hold the javelin by the whipcord grip.
    6. Leaves the throwing lane before the javelin has landed.
    7. Does not exit the back half of the throwing lane.
  - vi. Measurements - The measurement shall be recorded to the nearest lesser (1) inch.
    1. NO measurement should be rounded up.
    2. Measuring tapes should be pulled tightly and be free of twists.
    3. No throw deemed a foul will have a measurement taken.
    4. Measuring tapes should be held in such a way as the reading (zero) will be at the pitch point.

5. The measurement shall be from the nearest edge of the point of contact made by the javelin to the point on the inside edge of the point of release.
- vii. Scoring - The competitor achieving the greatest distance will be scored highest.
    1. Ties- the higher points are awarded to competitor that has better performance in the 2nd attempt.
      - In the event of a tie, the higher points are awarded to competitor that has better performance in the 3rd attempt.
      - In the event of a tie, the points will be combined and divided amongst the competitors involved in the tie.
- b. Discus
- i. General - Only (1) competitor may be in the circle during a throw.
    1. A throw must be made from inside the circle
    2. The competitor's foot may make contact with the inside edge of the toe board.
    3. A competitor must enter and exit the circle from the back half.
  - ii. Discus Weight
    - 1K – 6-7-8 Boys
    - 1K – 6-7-8 Girls
  - iii. Practice Throws – (2) Practice throws may be attempted.
  - iv. Official Attempts - (3) official attempts will be allowed to each competitor.
  - v. Fouls – A foul will be called under the following circumstances:
    1. After stepping into the circle, a competitor fails to pause before starting a throw.
    2. After starting an attempt, touches any surface outside the circle during a throw.
    3. Throws the discus so it does not fall within the sector lines.
    4. Throws a discus that hits the cage and/or an object outside the sector.
    5. Leaves the circle before the discus has landed.
    6. Does not exit the back half of the circle.
  - vi. Measurements - The measurement shall be recorded to the nearest lesser (1) inch.
    1. NO measurement should be rounded up.
    2. Measuring tapes should be pulled tightly and be free of twisting.
    3. No throw deemed a foul will have a measurement taken.
    4. Measuring tapes should be held in such a way as the reading (zero) will be at the circle.
    5. The measurement shall be from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle nearest the discus mark.
  - vii. Scoring - The competitor achieving the greatest distance will be scored highest.
    1. Ties- the higher points are awarded to competitor that has better performance in the 2nd attempt.
      - In the event of a tie, the higher points are awarded to competitor that has better performance in the 3rd attempt.
      - In the event of a tie, the points will be combined and divided amongst the competitors involved in the tie.
- c. High Jump
- i. General - Only (1) competitor may be in the pad during a jump.
    1. The jump MUST be made off (1) foot.
    2. After competition has started the bar may NOT be lowered, except to determine a winner in result of a tie.
  - ii. Minimum Jump Heights
    - 4 feet 0 inches – 6-7-8 Boys
    - 3 feet 6 inches – 6-7-8 Girls
    - 3 feet 2 inches – 3-4-5 Boys

- 3 feet 2 inches – 3-4-5 Girls
- iii. Practice Jumps – (1) Practice jump (without bar) may be attempted.
  - iv. Official Attempts - (3) official attempts will be allowed to each competitor at each height.
    1. Misses – (3) consecutive misses MAY be accumulated at (1) height.
  - v. Fouls – A foul will be called under the following circumstances:
    1. Displaces the bar in an attempt to clear it.
    2. Touches the ground or landing area beyond the plane of the bar without clearing it.
    3. After clearing the bar, contacts the uprights and displaces the crossbar or steadies the bar
    4. Fails to clear the bar with their total body.
  - vi. Measurements - The measurement shall be recorded to the nearest lesser (1/4) inch.
    1. NO measurement should be rounded up.
    2. Measuring tapes should be pulled tightly and be free of twisting.
    3. No jump deemed a foul will have a measurement taken.
    4. Measuring tapes should be held in such a way as the reading (zero) will be at the ground.
    5. The measurement shall be moved in (2) inch increments until only (3) competitors remain.
      - a. When (3) competitors remain, the bar will be moved in (1) inch increments.
      - b. When the event has a clear winner, the competitor may move the bar to any height until they have exceeded their (3) attempts to clear the height.
  - vii. Scoring - The competitor achieving the greatest height with the least unsuccessful attempts will be scored highest.
    1. The event official will score jumps as follows:
      - P - Pass
      - O - Made Height
      - X - Did Not Make Height
    2. Ties – the competitor with the fewest number of trials where the tie occurs for the height shall be awarded the higher place.
      - In the event of a tie, the competitor with the overall least number of unsuccessful attempts will be awarded the higher place.
- d. Long Jump
- i. General - Only (1) competitor may be on the board during a jump.
    1. 6-7-8 Boys and Girls MUST jump from the edge of the board.
    2. 3-4-5 Boys and Girls MAY jump from the end of the board or the edge of the pit.
  - ii. Practice Jumps – (1) Practice jump may be attempted.
  - iii. Official Attempts - (3) official attempts will be allowed to each competitor.
  - iv. Fouls – A foul will be called under the following circumstances:
    1. The competitor’s shoe extends over the foul line.
    2. The competitor makes a mark in front of the foul line on takeoff.
    3. The competitor run across or extends the foul line.
    4. The competitor does not keep their head in the superior position while in the air.
  - v. Measurements - The measurement shall be recorded to the nearest lesser (1/4) inch.
    1. NO measurement should be rounded up.
    2. Measuring tapes should be pulled tightly and be free of twisting.
    3. No jump deemed a foul will have a measurement taken.
    4. No jump that does not meet the minimum will be taken -
      - 9 feet 0 inches – 6-7-8 Boys
      - 9 feet 0 inches – 6-7-8 Girls

6 feet 0 inches – 3-4-5 Boys

6 feet 0 inches – 3-4-5 Girls

5. Measuring tapes should be held in such a way as the reading (zero) will be at the takeoff board.
  6. Measurements shall be taken perpendicular to the foul line and the point in the pit touched by the competitor or their apparel that is closest the foul line.
- vi. Scoring - The competitor achieving the greatest distance will be scored highest.
1. Ties- the higher points are awarded to the competitor that has better performance in the 2nd attempt.
    - In the event of a tie, the higher points are awarded to the competitor that has better performance in the 3rd attempt.
    - In the event of a tie, the points will be combined and divided amongst the competitors involved in the tie.

e. Shot Put

- i. General - Only (1) competitor may be on the pad during a throw.
  1. NO more than a (2) step approach will be permitted.
  2. A throw must be made from inside the circle.
  3. A legal shot shall be made from the shoulder with only one hand, so that during the attempt, the shot does not drop behind or below the shoulder.
  4. A competitor must enter and exit the circle from the back half.
- ii. Weights and Minimum Distances
  1. Shot Put Weight
    - 8 lbs – 6-7-8 Boys
    - 6 lbs – 6-7-8 Girls
- iii. Practice Throws – (2) Practice throws may be attempted.
- iv. Official Attempts - (3) official attempts will be allowed to each competitor.
- v. Fouls – A foul will be called under the following circumstances:
  1. After stepping into the circle, a competitor fails to pause before starting a put.
  2. After starting an attempt, touches any surface outside the circle during a put.
  3. Allows the shot to drop behind or below the shoulder during the put attempt.
  4. Touches the top end of the stop board before the put is marked.
  5. Puts the shot so it does not fall within the sector lines.
  6. Leaves the circle before the put has landed.
  7. Does not exit the back half of the circle.
  8. Uses the “cartwheel” technique of shot putting.
- vi. Measurements - The measurement shall be recorded to the nearest lesser (1/4) inch.
  1. NO measurement should be rounded up.
  2. Measuring tapes should be pulled tightly and be free of twisting.
  3. No throw deemed a foul will have a measurement taken.
  4. Measuring tapes should be held in such a way as the reading (zero) will be at the circle.
  5. The measurement shall be from the nearest edge of the first mark made by the shot to the inside edge of the stop board nearest the put mark.
- vii. Scoring - The competitor achieving the greatest distance will be scored highest.
  1. Ties - the higher points are awarded to competitor that has better performance in the 2nd attempt.
    - In the event of a tie, the higher points are awarded to competitor that has better performance in the 3rd attempt.
    - In the event of a tie, the points will be combined and divided amongst the competitors involved in the tie.

f. Track Events

- i. Warm Ups - Warm-ups - Participants will have the opportunity to warm up from 11:30 am – 12:15 pm on the track before events begin.
- ii. Starting Violation and Disqualification –
  1. A starting or running violation will be called and the race restarted under the following circumstances:
    - a. Failure to comply with starter’s commands.
    - b. Having any part of the body touching or extended passed the starting line when the starting pistol fires.
- iii. Scoring - The team achieving the fastest time will be scored highest.
  1. Ties - Points will be split between the competitors in the event of a tie.
  2. Competitors will be timed using a FAT (Fully Automatic Timer) camera system.
  3. No bibs are used using the current system..
- iv. Relays - Event officials should refrain from placing relay runners in position.
  1. Batons MUST be handed off between the two big triangles.
    - a. 400 X 1 – *Yellow triangle*
    - b. 400 X 2 – *Anchor at yellow triangle, all others at red triangles*
  2. If a baton is dropped, but remains in the lane, it may be picked back up and the runner may continue the race.
  3. If a baton is dropped and exits the lane, the runner is disqualified.
- v. Hurdles - Runners will be assigned to lanes 1, 3, and 5.
  1. A 30 inch hurdle will be used in all races.
  2. Hurdles will be placed across all lanes of the track to discourage hooking the hurdle.
  3. Hurdles should be placed with the feet pointed towards the runners.
  4. Hurdle Spacing

Hurdle Spacing						
Race Meters	Division	# of Hurdles	Hurdle Height	Distance to first hurdle	Distance between hurdles	Distance to finish
110 M	6-7-8 Boys	10	30 inches	13.72 M	9.14 M	14.02 M
100 M	6-7-8 Girls	10	30 inches	13.00 M	8.00 M	15.00 M