

2011 Rulebook



Southern California Youth Track and Field Conference

Revised November 12, 2011

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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 Co-Championship Meet, and/or post season. Each Association's 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 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 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. Varsity Championship Meet are for those who meet or exceed the qualifying standard, the Junior Varsity Championship Meet for those who do not meet or exceed the qualifying standard and a Co-Conference Championship meet between the seeded athletes of the SCYTFC and the VCYTC.

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, Open or Varsity Championship meet, etc.)
- b. The first meet of the season shall be scheduled not later than the first Saturday in April;
- c. The schedule shall be constructed in 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 Championship meet, and it shall be scheduled on a different day than the Junior Varsity Championship meet; and
- 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 SCYTFC Board of Directors.

ARTICLE 2 - AGE GROUPS AND DIVISIONS

Youth 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:

	2011	2012	2013	2014
Age Division				
Gremlin	2003- 2005	2004- 2006	2005- 2007	2006- 2008
Bantam	2001- 2002	2002- 2003	2003- 2004	2004- 2005
Midget	1999- 2000	2000- 2001	2001- 2002	2002- 2003
Youth	1997- 1998	1998- 1999	1999- 2000	2000- 2001
Intermediate	1995- 1996	1996- 1997	1997- 1998	1998- 1999
Young Men/Women	1993- 1994	1994- 1995	1995- 1996	1996- 1997

The age group placement of an athlete shall be determined by year of birth only; the day or month of birth is of no consequence. A boys' division and a girls' division shall be available for each age group. Competitors must compete in their own division with the following exceptions: Intermediate Girls/Intermediate Boys and Young Women/Young Men may combine events and Youth Girls/Boys may run on Intermediate Girls/Boys Relays.

ARTICLE 3 - AAU/USATF PARTICIPATION

None of the rules herein shall be interpreted to exclude any SCYTFC member Association athlete from entering competition in sanctioned AAU/USATF meets, either on an individual basis (unattached) or as a member representing a SCYTFC Association if it is a AAU/USATF affiliate, or as a member of the SCYTFC (Southern) California Comets (our SCYTFC 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 a USATF meet arises, the conference meet shall have priority. The USATF program shall be viewed as secondary to and an extension of the conference program. An athlete who attends USATF meets in conflict with scheduled conference meets (without the approval of their Association and Conference Board of Directors) will face a suspension or expulsion for the remainder of the conference season.

ARTICLE 4 - ATHLETE ELIGIBILITY

SECTION 4.01 AGE

All athletes must be youths within the age groups described herein.

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.

SECTION 4.03 ASSOCIATION REGISTRATION REPORTING REQUIREMENTS

Each Association will provide a roster of all properly enrolled athletes to the Conference Vice President 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 U.S. Mail, email, or in person.

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 ID's 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 SCYTFC Conference.

High school athletes may be invited to be members of the post-season Conference team/association.

ARTICLE 5 - VARSITY STANDARDS

SECTION 5.01 CONFERENCE-VARSITY STANDARDS

The Conference Board of Directors shall make and maintain qualification standards in each event (except relays) for all age groups and divisions.

SECTION 5.02 VARSITY QUALIFYING STANDARDS CHART

For Varsity Standards, please see Appendix

ARTICLE 6 - RULEBOOK AUTHORITY

By its acceptance by a majority of the Board of Directors of the SCYTFC, 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 SCYTFC 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 Co-Conference meet after posting of records.

ARTICLE 2 - VISITING ASSOCIATION(S) RESPONSIBILITIES

SECTION 2.01 ASSISTANCE

The visiting Association(s) shall assist the host Association, if requested, in supplying meet officials.

The visiting team/association will also assist the Meet Director by providing adults who will be available for use as timers, judges, and assistant field judges. Visitors will also be responsible for a long jump pit, another Field event, and Gremlin 100's on the alternative side of the track.

If a visiting Association is not able to fulfill any of these responsibilities it must notify the host Association by the Wednesday prior to the meet.

ARTICLE 3 - MEET STARTING TIME

The scheduled starting time for all meets is 8:30 AM except Varsity and Co-Conference Championships, which start at 9:00 AM.

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.

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 3000 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 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. Within 30 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.
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 printed through Meet Manager software or equivalent except for relay stickers.

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 group division, that may be made by an Association.

SECTION 8.02 SEASON MEET REGULATIONS:

1. A competitor in the **Gremlin** age group may participate in a maximum of any three events; **Bantam through Youth** may participate in a maximum of four events with a maximum of three individual events. **Intermediate and Young Women and Young Men** athletes may participate in a maximum of any four events.
2. A non-certified athlete is not permitted in any SCYTFC function.
3. All heats will be seeded fastest to slowest. In the Open, Junior Varsity, Varsity and Co-Conference Championship meets, there are no limits to the number of competitors from a given team/association that are allowed to start in any event.
4. The following events shall constitute the Track and Field Program.

a. Gremlin Age Group Classification (5, 6 & 7)

Boys

100-meter dash
200 meter
400 meter
800 meter
1500 meter run

Girls

100-meter dash
200 meter
400 meter
800 meter
1500 meter run

400 meter relay (4 x 100)
Running Long Jump

400 meter relay (4 x 100)
Running Long Jump

b. Bantam Age Group Classification (8 & 9)

Boys

100-meter dash
200 meter
400 meter
800 meter
1500 meter run
400 meter relay (4 x 100)
1600 meter
Running High Jump
Running Long Jump
6-lb. Shot-put

Girls

100-meter dash
200 meter
400 meter
800 meter
1500 meter run
400 meter relay (4 x 100)
1600 meter
Running High Jump
Running Long Jump
6-lb. Shot-put

c. Midget Age Group Classification (10-11)

Boys

80 meter hurdles-30"
100-meter dash
200 meter
400 meter
800 meter
1500 meter run
3000 meter run
400 meter relay (4 x 100)
1600 meter relay (4 x 400)
Running High Jump
Running Long Jump
6-lb. Shot-put

Girls

80 meter hurdles-30"
100-meter dash
200 meter
400 meter
800 meter
1500 meter run
3000 meter run
400 meter relay (4 x 100)
1600 meter relay (4 x 400)
Running High Jump
Running Long Jump
6-lb. Shot-put

d. Youth Age Group Classification (12-13)

Boys

100-meter low hurdles-33"
100-meter dash
200 meter
400 meter
800 meter
1500 meter run
3000 meter run
400 meter relay (4 x 100)
1600 meter relay (4 x 400)
Running High Jump
Running Long Jump
4-kg. Shot-put

Girls

100-meter low hurdles-30"
100-meter dash
200 meter
400 meter
800 meter
1500 meter run
3000 meter run
400 meter relay (4 x 100)
1600 meter relay (4 x 400)
Running High Jump
Running Long Jump
6-lb. Shot-put

**e. Intermediate (14-15) and Young Women/Young Men
(16-17) Age Group Classification**

Boys	Girls
100-meter hurdles-33"	100-meter hurdles-33"
100-meter dash	100-meter dash
200 meter	200 meter
400 meter	400 meter
800 meter	800 meter
1500 meter run	1500 meter run
3000 meter run	3000 meter run
400 meter relay (4 x 100)	400 meter relay (4 x 100)
1600 relay (4 x 400)	1600 meter relay (4 x 400)
Running High Jump	Running High Jump
Running Long Jump	Running Long Jump
Int. 4-kg./YM-12 lbs. Shot-put	4-kg. Shot-put

SECTION 8.03 ENTRY LISTS:

1.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:

g. Field events will begin at 08:30 and run concurrently unless combined.

HIGH JUMP

Bantam Girls
Bantam Boys
Midget Girls
Midge Boys
Youth Girls
Youth Boys
Intermediate Girls & YW
Intermediate Boys & YM

LONG JUMP

Gremlin Girls
Gremlin Boys
Intermediate Boys & YM
Intermediate Girls & YM
Midget Girls
Midget Boys
Youth Girls
Youth Boys
Bantam Girls
Bantam Boys

SHOT-PUT

Youth Boys
Youth Girls
Intermediate Girls & YW
Intermediate Boys & YM
Bantam Girls
Bantam Boys
Midget Girls
Midget Boys

h. Running events will begin at 8:30am. The normal order of competition will be Gremlin Girls, Gremlin Boys, Bantam Girls, Bantam Boys, Midget Girls, etc., through to Intermediate Boys, Young Women and Young Men. Deviations to this order are shown in the order of the events which follows:

Hurdles (prelim [heats])
3000 meter
3000 meter
3000 meter
3000 meter
3000 meter
3000 meter
100-meter hurdles
100-meter hurdles
100-meter hurdles
100-meter hurdles
80-meter hurdles

Varsity and Co-Conference Championships only
Midget Girls
Midget Boys
Youth Girls
Youth Boys
Intermediate Girl & Young Women
Intermediate Boy & Young Men
Young Men and Intermediate Boys
Youth Boys
Young Woman and Intermediate Girls
Youth Girls
Midget Girls

200-meter	Gremlin Boys
200-meter	Bantam Girls
200-meter	Bantam Boys
200-meter	Midget Girls
200-meter	Midget Boys
200-meter	Youth Girls
200-meter	Youth Boys
200-meter	Intermediate Girl & Young Women
200-meter	Intermediate Boy & Young Men
(4x400) 1600-meter relay	Bantam Girls
(4x400) 1600-meter relay	Bantam Boys
(4x400) 1600-meter relay	Midget Girls
(4x400) 1600-meter relay	Midget Boys
(4x400) 1600-meter relay	Youth Girls
(4x400) 1600-meter relay	Youth Boys
(4x400) 1600-meter relay	Intermediate Girl & Young Women
(4x400) 1600-meter relay	Intermediate Boy & Young Men
200-meter Finals (for 200's w/prelims)	Varsity and Co-Conference Championships only

- i. 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 3000, 1500 and high jump). Midget through Young Men/Woman by gender can be combined in the 3000 meter run up to 30 athletes with either a waterfall start or using two alleys.

SECTION 8.05 OPEN (SCYTFC-VCYTC) MEET

- a. Each Association or club will be charged a fee of \$6 per athlete to compete in the meet. The fees along with Concessions and T-shirt Sales will pay for meet expenses and any net proceeds will be equally split between SCYTFC and VCYTC. Net Proceeds to be used at the discretion of each conference. SCYTFC split of net proceeds will go towards post season track and field funding.
- b. The conference will split the cost for timing with VCYTC for both days.
- c. All Associations must perform assigned jog and volunteer duties as well as set-up and breakdown at this meet or a \$250 fine will be imposed by the joint conference Presidents to the Association not volunteering.
- d. All rules will follow SCYTFC and VCYTC Rulebook for all events with the exception of Long Jump and High Jump. For these two events the number of attempts will be reduced from 4 to 3. The legal allowed number of attempts for this meet is 3. If in the event of a conflict between the two conferences rulebooks, the jury of appeals will discuss and resolve the matter. Their decision will be binding for this meet.
- e. For the long distance races, the 800, 1500 and 3000 meter runs will be contested. The start for the 800 and 3000 meter runs will be a two-alley waterfall.

SECTION 8.06 VARSITY CHAMPIONSHIPS:

- a. A Varsity Championship meet will be held on a Saturday and location to be determined by the Conference Board of Directors. All associations are expected to assist in the meet management as assigned prior to the meet by the Varsity Director. Failure to provide help or assistance will result in a \$250 fine for the meet.
- b. To qualify for entry into the Varsity Championship meet, an athlete must fulfill all of the following requirements:

- i) Have participated in at least half of the conference meets. If this is an odd number of meets, the requirement will be rounded downwards to the next lower whole number (example, in a 7-meet season, minimum number of meets is therefore 3). The President may revise this downward on a Conference-wide level in the event of extenuating circumstances (such as multiple rained-out meets).
- ii) Have a recorded mark in the entered event as good as or better than the qualification standard for the age/sex group. Standards may be relaxed during the seeding procedure to ensure full competition.

OR

Be a member of a relay team, in which case individual members need not have achieved a qualifying standard in an individual event.

All athletes who have "qualified" (ie., met or exceeded a varsity qualifying standard) in an event are invited to compete in the Varsity Championship Meet in that event, regardless of whether the number of qualified athletes exceeds "Full Competition" for that event (see "e." below). If an athlete qualifies for the Varsity Championships in any event, that athlete may not compete in the Junior Varsity Championships in any event.

- c. A Varsity Championships seeding meeting will be scheduled by the Conference President and will be held prior to the meet in order to determine which athletes shall compete. Varsity qualifiers must declare their intent at this seeding meeting.
- d. "Full Competition" in the Varsity Championships Meet is defined as one athlete per lane of the track used for that meet (ie, if a 9 lane track, 9 athletes in each event may compete) except that in the 800, 1500 and 3000, Full Competition is defined as 12 athletes regardless of number of lanes on the track.
- e. If and when it becomes clear that there will not be Full Competition in a Varsity Championship event the Conference may invite additional athletes in that event who did not qualify in order to ensure Full Competition. The invited athletes will have the next fastest times, higher heights or furthest distances in the Conference. If such an athlete accepts the invitation to compete in the Varsity Championships, that athlete cannot compete in the Junior Varsity Championships.
- f. A competitor in the **Gremlin** age group may participate in a maximum of any three events; **Bantam through Youth** can run in 3 individual events plus 1 relay, or 2 individual events plus 2 relay events. **Intermediate, Youth Women and Youth Men** may participate in a maximum of any four events.
- g. Order of Varsity Championship Running/Events - See Appendix. In the Hurdles and 100 Meter events, if more athletes qualify in the meet than provided lanes at the meet venue then if necessary, there will be preliminary heats (Heats will be serpentine.) with a final race as provided in the Appendix. All other events will be contested only as final race(s) or flight(s). So, if more athletes have qualified for the final race; all timed final races or flights will be equally distributed in heats from the fastest athletes seeded in Heat 1, and so on.... (Heats will not be serpentine.) If there are an odd number of athletes, then Heat 1 will have the larger number of fastest athletes in that timed flight.
- h. Relays – each association (club) in the Conference will receive one (1) lane for their Relay A Team, and will be seeded by their best recorded mark of the season. If an association does not fill their lane or there are additional lanes available, then the next fastest B and C Teams will fill lanes until full competition.

For only the Varsity and Co-Conference Championship Relays, a JV athlete can fully participate in the JV Championship Meet and can also participate in only the Varsity and Co-Conference Championship Meet Relays, but no individual events. This will ensure full participation of SCYTFC Relay teams in the Varsity and Co-Conference Championship Meets.

At Varsity Championships, if a relay team should not qualify and there are less teams than 4 advancing to the Co-Conference Championship Meet, then that relay team can be added to the last seeded SCYTFC team to advance.

- i. Field events will be conducted in the same order as the Co-Conference Championship. All field events will begin at 9:00 am and run concurrently.

HIGH JUMP	LONG JUMP	SHOT-PUT
	Gremlin Girls	
	Gremlin Boys	
Bantam Girls	Intermediate Boys & YW	Youth Boys
Bantam Boys	Intermediate Girls & YM	Youth Girls
Midget Girls	Midget Girls	Intermediate Girls & YW
Midge Boys	Midget Boys	Intermediate Boys & YM
Youth Girls	Youth Girls	Bantam Girls
Youth Boys	Youth Boys	Bantam Boys
Intermediate Girls & YW	Bantam Girls	Midget Girls
Intermediate Boys & YM	Bantam Boys	Midget Boys

- j. 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 8.07 JUNIOR VARSITY CHAMPIONSHIP:

- a. A Junior Varsity Championship meet will be held on a Saturday and location to be determined by the Conference Board of Directors. All associations are expected to assist in the meet management as assigned prior to the meet by the Junior Varsity Director. Failure to provide help or assistance will result in a \$250 fine for the meet.
- b. To qualify for entry into the Junior Varsity Championship meet, an athlete must fulfill both of the following requirements:
 - i) Have participated in at least half of the team/association’s conference meets. If this is an odd number of meets, the requirement will be rounded downwards to the next lower whole number (example, in a 7-meet season, minimum number of meets is therefore 3). The President may revise this downward on a Conference-wide level in the event of extenuating circumstances (such as multiple rained-out meets).
 - ii) Have not achieved an event-qualifying standard
- c. A competitor in the **Gremlin** age group may participate in a maximum of any three events; **Bantam through Youth** can run in 3 individual events plus 1 relay, or 2 individual events plus 2 relay events. **Intermediate, Youth Women and Youth Men** may participate in a maximum of any four events.
- d. Running events will be conducted as final flights as shown in the Appendix:
- e. Field events will begin at 8:30 (except for high jump with will start at 8:15) and run concurrently unless combined.

HIGH JUMP	LONG JUMP	SHOT PUT
	Gremlin Girls	
	Gremlin Boys	
Bantam Girls	Intermediate Boys & YM	Youth Boys
Bantam Boys	Intermediate Girls & YW	Youth Girls
Midget Girls	Midget Girls	Intermediate Girls & YW
Midget Boys	Midget Boys	Intermediate Boys & YM
Youth Girls	Youth Girls	Bantam Girls

Youth Boys
Intermediate Girls & YW
Intermediate Boys & YM

Youth Boys
Bantam Girls
Bantam Boys

Bantam Boys
Midget Girls
Midget Boys

- 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.

SECTION 8.08 CO-CONFERENCE CHAMPIONS

- a. A Co-Conference Championship meet will be held on a Saturday and location to be determined by the Joint Conference Board of Directors. All associations are expected to assist in the meet management as assigned prior to the meet by the Co-Conference Director. Failure to provide help or assistance will result in a \$250 fine for the meet.
- b. The top four finishers from each conference's Varsity Championship Meet are invited to the Co-Conference Championship Meet. If the Co-Conference Championship meet is held on a 9 lane track, an additional athlete will be added to all events. If the meet is held on a 10 lane track, two additional athletes will be added to all events. The added athletes will have the next fastest times, higher heights or furthest distances, regardless of Conference.

In the event that any Co-Conference Championship qualifier declares, prior to the Co-Conference Championship seeding meeting, that they will not be competing in one or more of their scheduled events, the conference may invite the next fastest, furthest and highest place finisher(s) in all running and field events.

- c. In the 800, 1500, and 3000 Meter runs, the number of qualified runners shall be 16 athletes, the top eight finishers from each conference. The start for the 800 and 3000 meter runs will be a two-alley waterfall.
- d. SCYTFC and VCYTC will equally split all meet expenses, including but not limited to rental of track, timing of the meet, 2 red coats, medals, etc. Both conferences will participate in fund raising activities. Proceeds from Concessions, if any, Programs, and T-shirt Sales will help offset meet expenses and any net proceeds will be equally split between SCYTFC and VCYTC. Net Proceeds to be used at the discretion of each conference. SCYTFC split of net proceeds will go towards post season track and field funding.
- e. A competitor in the **Gremlin** age group may participate in a maximum of any three events; **Bantam through Youth** can run in 3 individual events plus 1 relay, or 2 individual events plus 2 relay events. **Intermediate, Youth Women and Youth Men** may participate in a maximum of any four events.
- f. After Varsity Championships, each Association may designate 2 alternates for each relay team advancing to the Co-Conference Championship meet, providing that they: have met minimum participation requirements during the regular season, have not competed in the Junior Varsity Championship meet, and have not competed on another relay team in the same event at the Varsity Championship meet. Furthermore, any addition of an alternate to a relay team advancing from the Varsity Championship meet to Co-Conference Championship meet will count towards the maximum number of events allowed per athlete at the Varsity Championship meet. Thus, a qualified alternate will have competed in 3 or fewer events at the Varsity Championship meet to be added to one relay event at Co-Conference Championship meet, or 2 or fewer events at the Varsity Championship meet to be added to both relay events at the Co-Conference Championship meet.

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

HIGH JUMP

Bantam Girls
Bantam Boys
Midget Girls
Midge Boys
Youth Girls
Youth Boys
Intermediate Girls & YW
Intermediate Boys & YM

LONG JUMP

Gremlin Girls
Gremlin Boys
Intermediate Boys & YM
Intermediate Girls & YW
Midget Girls
Midget Boys
Youth Girls
Youth Boys
Bantam Girls
Bantam Boys

SHOT PUT

Youth Boys
Youth Girls
Intermediate Girl & YW
Intermediate Boy & YM
Bantam Girls
Bantam Boys
Midget Girls
Midget Boys

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

TITLE 3: MEET OFFICIALS

ARTICLE 1 - MEET DIRECTOR

The Meet Director is in charge of all phases of meet operations. The Director shall insure that the facility is prepared, that the necessary equipment and supplies are available, and that all of the requisite meet officials are available, instructed and assigned for each activity. 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

The Jury of Appeals shall consist of the Meet Director (or designate) and one official from each Association in the meet.

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 Open, Varsity, Junior Varsity and Co-Conference Championship 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 insuring 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 insure that the judging, measuring, and recording are performed according to these rules. The Head Event Judge shall, at the conclusion of each age group division competition, review the results for completeness, accuracy, and legibility. He/she shall determine the finish placement of all athletes entered and transmit those results to the Awards table

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. 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 and Co-Conference Championship meets each of the conference Associations shall provide at least one knowledgeable official (preferably including the president) to serve as a zone judge. There will be at least eight officials at each zone, at least four at the beginning of the zone, and at least four at the end of the zone.

ARTICLE 11 - OTHER MEET OFFICIALS

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

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

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
- (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 OPEN MEET

Medals and ribbons will be awarded to the 1st thru 9th place finishers in each event.

SECTION 3.03 JUNIOR VARSITY CHAMPIONSHIP MEET

Ribbons shall be awarded to athletes in each flight in the same manner as is done during the regular season (1st thru 8th). The top nine finishers (based on time) shall receive medals. Only medals should be presented during award ceremonies at the Junior Varsity Championship meet

SECTION 3.04 VARSITY CHAMPIONSHIP MEET

Medals will be awarded to the 1st thru 9th place finishers in each event including up to two (2) alternates per relay team.

SECTION 3.05 CO-CONFERENCE CHAMPIONSHIP MEET

All athletes participating at the Co- 8th, 9th, or 10th lane events and 1st-16th in 800, 1500, and 3000 meter races, including up to two (2) alternates per relay team.

ARTICLE 4 - RECORDS

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 though it is made during a preliminary heat and regardless of whether the competitor wins a place 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 SCYTFC Records must be recorded in SCYTFC Meets that are defined as "Varsity" or "Co-Conference" Championship meets.

Meet records will be maintained for the Open, Varsity, Junior Varsity and Co-Conference Championship Meets and can only be set at those meets.

TITLE 5: COMPETITORS AND COACHES

ARTICLE 1 - RESPONSIBILITY TO REPORT

SECTION 1.01 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 2 - ATHLETE'S EQUIPMENT

SECTION 2.01 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. SHOES

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

Gremlin age group divisions shall not wear spiked shoes. Spiked shoes are defined as shoes capable of holding spikes whether or not the spikes are used.

Spiked shoes shall be optional in all age group divisions, except Gremlins. Gremlins may not wear spiked shoes. Spiked shoes shall not be worn in the shot put.

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

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

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

The maximum number of spikes allowed is seven (7) per shoe; all of which must be located in the fore foot.

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

ARTICLE 3 - 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 4 - COACH'S CONDUCT

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

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

Smoking or other use of tobacco 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 5 - 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 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 6 - 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:

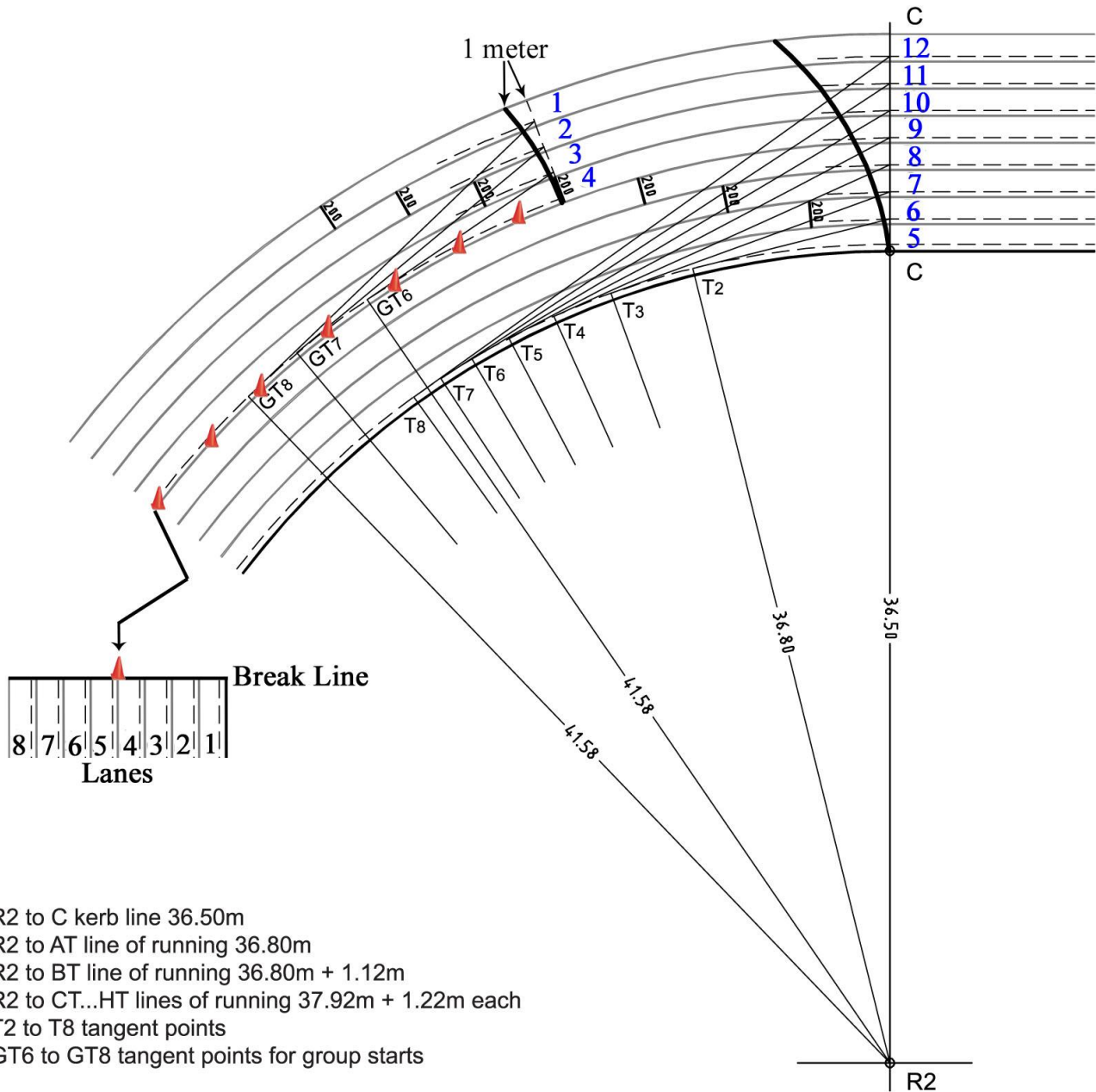
- (a) 100 Meter Dash / 100 Meter Hurdles
- (b) 200 Meter Dash / 4x 100 Meter/400Meter Relay
- (c) 400 Meter Dash
- (d) The 200 Meter /Dash shall be run around one curve.

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, 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.

The 1500 and 3000 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-lane distance race can be stopped if a runner falls within the first 100 Meters. For only the 800 and 3000 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 fastest to slowest 5-12; and the other (outside) group on a separate arced start line marked across the outer half of the track with the fastest athletes outside to inside 1-4, 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 (2 x 8 lanes = 16 + 1 = 17 maximum athletes); thus, 11 on the inside alley and 6 in the outside alley]

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 800 and 3000 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:



Source: Swedish Athletic Federation

The 4x400Meter/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.

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 (Except 800)	One entry per usable lane
100 - 400 Meter Sprints and Hurdles	Per maximum lanes on track
800 Meter Run (Not run in lanes)	2 + 1
1500 Meter Run	2 + 1
3000 Meter Run	30 Entries

Midget through Young Men/Woman by gender can be combined in the 3000 meter run up to 30 athletes with either a waterfall start or using two alleys.

Each Association is responsible in 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:

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 leg where the first leg is 400 meters or less; however starting blocks in the 400 meter dash may only be used in the Varsity and Co-Conference Championship meets.

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

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

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

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

No springs, hand grips or supports are allowed.

The host 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, 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 anytime 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:

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

SECTION 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: Intermediate Girls/Intermediate Boys and Young Women/Young Men may combine events and Youth Girls/Boys may run on Intermediate Girls/Boys Relays.

The Relay events are:

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

SECTION 8.02 EXCHANGE ZONE DEFINED

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

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

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

SECTION 8.03 ACCELERATION ZONE DEFINED

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

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

There shall not be an Acceleration Zone used in the 4x400 meter (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 Acceleration Zone mark or on or over the Exchange Zone end line at any time during the race without legal possession of the baton.

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

In the 4x100 meter Relay, The runner who has completed his/her run and handed the baton to the outgoing runner must remain in his/her lane until the zone judge has raised a flag to indicate either valid

or disqualified hand offs after all exchanges have occurred. Leaving the lane before the zone judge raises a flag will result in disqualification.

In the 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 line.

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

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

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

SECTION 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 Acceleration Zone mark or past the last Exchange Zone line during the race without the baton.
- (h) In the 4x400 meter Relay, takes a position on the track outside the Exchange Zone without the baton.
- (i) In the 4x400 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. See Section 3 paragraph 2.27 for a discussion of the use of surrogates to report to running events for field event athletes so as to allow them to remain at the field event as long as possible before leaving to run.

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

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

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

- (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 UP TRIALS

The competitors shall be allowed three warm up trials prior to competing in the event, except that Gremlins are allowed two warm-up trials (Gremlins 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-up trials, 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

Gremlin 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.

Bantam, Midget, Intermediate, Youth & YM/YW 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 TRIALS

HIGH-JUMP: A maximum of three trials at one height.

LONG-JUMP: A maximum of four trials, except that Gremlin athletes are allowed three trials.

SHOT-PUT: A maximum of four trials.

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

SECTION 1.10 TIME LIMIT FOR TRIALS

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

SECTION 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 trials by that time shall forfeit any remaining trials whether checked out to another event or not. In the high jump event at the Open Meet and the Varsity, Junior Varsity and Co-Conference Championships 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 trial for finish placement.

SECTION 1.13 PASSING AN ATTEMPT

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

Each Passed attempt shall count as a trial 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 trials shall be determined by the Head Event Judge at that event site.

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

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

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

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.

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

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

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

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

The ends of the cross bar shall be constructed such that a flat surface exists for the purpose of placing the bar on the supports on the uprights. The use of Noftziger rings to provide the flat surface is permitted. The flat surface 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. The uprights shall be a minimum of twelve (12) feet apart. The cross bar shall not touch any part of the uprights except the rectangular surfaces.

SECTION 2.02 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 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, measured to the nearest inch.

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

SECTION 2.05 NUMBER OF ATTEMPTS

Each competitor shall be given a total of THREE (3) attempts at each height. A competitor may pass at any time to a greater height, but will be out of the competition after three successive misses regardless of the 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 Junior Varsity Championship meet.
- (d) To break First Place Ties at the Varsity Championship 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 Junior Varsity Championship, dual or tri meet):

X=Failure 0=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	0	X	0	X 0	X X X		5	8				1
Sam	X 0	0	P	X 0	P	X X X	5	8				1
Ed	P	X 0	X 0	X 0	X X X		6	--				3

Example # 2 (at the Varsity Championship meet):

X=Failure 0=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:

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

SECTION 2.10 BAR PROGRESSION FOR DUAL, TRI, OPEN AND JUNIOR VARSITY CHAMPIONSHIP MEETS

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

BG	BB	MG	MB	Y/IG, YW	Y/IB, YM
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. 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 BAR PROGRESSION FOR VARSITY AND CO-CONFERENCE CHAMPIONSHIP MEETS

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

BG	MG	YG	IG	YW	BB	MB	Y/IB	YM
3' 3"	3' 9"	4' 0"	3'9"	4' 6"	3' 5"	4' 1"	4'8"	5'6"

The bar shall be raised in two (2) inch increments until four (4) or fewer competitors remain in the competition. Then the bar shall be raised in one (1) inch increments. When one competitor remains, the bar may be raised in any increment the athlete may specify, but no less than 1/4 inch.

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 a trial 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 meets, and the Junior Varsity Championship meet, the officials may lower the bar to accommodate athletes returning after being "checked out" to another event.

At the Varsity and Co-Conference Championship meets, 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 Junior Varsity Championship meets the bar shall not be lowered for any one not properly checked out. If not properly checked out, on their return they may rejoin the competition at the current height as if they had "passed" all attempts for which he/she was called and was not present.

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

ARTICLE 3 - LONG JUMP

SECTION 3.01 FACILITY AND EQUIPMENT

- (a) The long jump facility consists of a runway upon which 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 10.5' shall not be rounded up to 10.5¼ unless the measurement shows that it has met or exceeded 10.5¼.

SECTION 3.03 RECORDING

Each athlete will be given 2 practice attempts and 3 if gremlin and 4 recorded meet trials or attempts in all of our meets. 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 Junior Varsity meets shall be as follows:

For One Pit	GG, GB, YM/IB, YW/IG, MG, MB, YG, YB, BG, BB
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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 (Gremlins, Bantams, Youth/Intermediate, etc.) per division. Starting open pit for Gremlins would be 8:30 to 9:45; Young Men & Women/Intermediate Boys & Girls 9:45 to 11:00; Midgets 11:00 to 12:15; Youth Girls & Boys 12:15 to 1:30; and Bantams 1:30 to 2:45.

For Two Pits	GG, GB, YM/IB, YW/IG, MG, MB, YG, YB, BG, BB
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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.

The order of Competition for the Open Meet, Varsity, and the Championship meets shall be per the Director of each of the respective meets, although the standard order for those meets is as follows:

Timed Open Pit Format (Athletes are to start and finish between hours indicated)

8:30 am - 10:30 am	12:45 pm - 2:00 pm
BB - ES-Pit 1, MG - ES-Pit 2	YB - ES - Pit 1, YG - ES - Pit 2
10:45 am - 12:30 pm	2:15 pm - 3:00 pm
MB - ES-Pit 1, BG - ES-Pit 2	YM/IB - ES - Pit 1, YW/IG - ES - Pit 2

SECTION 3.05 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 the each runway used during the competition.

SECTION 3.06 RESOLVING TIES

If a tie exists for any finish place, the second best jump of the tied competitors shall be used to "break" the tie. If a tie remains after comparing the second best jumps, the third jumps of the tied competitors shall be compared. At the Varsity Championship meet the fourth jumps may be used to break a tie too. If all jumps of the tied competitors are equal, a tie shall exist. All passes and fouls shall be considered to be jumps of 0.00M for the purpose of resolving any ties.

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

SECTION 3.07 UNSUCCESSFUL ATTEMPTS (FOULS)

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

- Fails to initiate a completed attempt within 90 seconds of being called for 3 athletes or less and 2 minutes for a group.
- Runs past the "scratch" line or "scratch" line extended without initiating a jump.
- 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.

SECTION 3.08 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 3.09 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

Each athlete will be given 4 recorded meet trials or attempts in all of our meets. 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.

SECTION 4.04 ORDER OF COMPETITION

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

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

SECTION 4.05 MARKERS

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

SECTION 4.06 RESOLVING TIES

If a tie exists for any finish place, it shall be resolved by comparing the second best puts of the competitors. If a tie remains after comparing the second best puts, the third best puts of tied competitors shall be compared. At the Varsity Championship meet, fourth puts can also be used to break the tie. If all puts of the tied competitors are equal, a tie shall exist. For purposes of breaking a tie, a foul shall be considered to have a distance of 0.00 Feet.

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

SECTION 4.07 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 4.10 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 count as an attempt.

SECTION 4.08 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:

BG, BB	6 pounds
MG, MB, YG, IG,	6 pounds
YB, IB, YW	4 kilograms
YM	12 pounds

SECTION 4.09 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 4.10 LEGAL PUT DEFINED

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

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

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

The put must commence from a stationary position.

SECTION 4.11 SUBSTANCE ON SHOES

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

SECTION 4.12 SUBSTANCE ON HANDS

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

SECTION 4.13 TAPING

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

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 SCYTFC regular meet season. All athletes who are members of the SCYTFC and 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 Comet can do so through any USATF/AAU club that they choose to affiliate. **No athlete from outside SCYTFC or VCYTC can compete as a post season Comet in Track and Field or Cross Country. Any former SCYTFC or VCYTC athlete that previously competed and is currently participating in high school track and field or cross country can compete as a Comet, but cannot displace a current SCYTFC or VCYTC athlete from any relay teams or cross country team(s), and in accordance with USATF/AAU rules of qualifying standards.**

ARTICLE 2 - USATF/AAU POST SEASON

The SCYTFC in joint cooperation with the VCYTC shall host a post season team which shall be named the California Comets (Comets). (For Cross Country Post Season information please see TITLE 9.

SECTION 2.01 CALIFORNIA COMETS

The purpose of the Comets is:

- a) To make advanced (National & International) level competition available to all athletes in the SCYTFC & VCYTC.
- b) To encourage cohesiveness and camaraderie amongst the athletes of the two conferences.
- c) To promote and advance awareness of the SCYTFC & VCYTC as providers of excellent track & field and cross country 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 SCYTFC and VCYTC members. Each year, the distribution of members between the two organizations will annually rotate with three members from one and two members from the other conference.
- b) The PSBD will be made up of the Presidents from each conference, Post Season Coordinators from each conference, and a Member At Large who will appointed by the Conference Presidents.

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 Comet athletes.
- c) Collect money for USATF/AAU meet entry fees from all Comet athletes.
- d) Set and collect application/meet/uniform fee for Comet 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 Comets during the post season.

SECTION 2.04 COACHES

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

- a) Any SCYTFC or 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 combined conferences. (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 SCYTFC Track & Field or Cross Country in post season is purely optional. The Board by simple majority vote in March for Track & Field and in September for Cross Country will determine the post season USATF or AAU National Championship Meet Venue.
- b) The Conference and Associations will fund only one SCYTFC (Comet) National Team at the National Meet (venue) selected by Board. Financial assistance and the amount, if funds are available, will be approved by the SCYTFC Board of Directors. Financial assistance will only be provided to SCYTFC certified athletes that participated in the regular season in accordance to the SCYTFC Track & Field and Cross Country Rules and compete on the California Comets Team. Financial assistance will be distributed equally to the SCYTFC Track & Field Athletes and Cross Country Post Season A Team Athletes that qualify and compete for the National/Junior Olympics each season.
- c) Operation of the post season is at NO COST to SCYTFC and VCYTC. Post season operating expenses or costs shall be paid by the athletes' or athletes' parent. For any post season expense to be considered reimbursable/payable by SCYTFC, it must first be reviewed and approved by the SCYTFC 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 Comets) Team, 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 SCYTFC prior to the USATF registration date for the USATF (National) Junior Olympic Meet.

ARTICLE 3 - POST SEASON VENUE

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

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

TITLE 9: SOUTHERN CALIFORNIA YOUTH TRACK & FIELD CONFERENCE CROSS COUNTRY PLAYING RULES

ARTICLE 1 - GENERAL RULES

These Rules are general guidelines for cross country for the Southern California Youth Track & Field Conference:

- (a) The Board will determine the schedule (dates/location) in the spring of each year.
- (b) The season will begin with the first practice around August 1st.
- (c) The first meet of the regular season will be in mid-September.
- (d) The regular season will conclude near the end of October or early November.
- (e) The season will consist of at least five (5) regular season meets.
- (f) Pre and post-season fundraiser meets may be organized.
- (g) Meets will generally be held on Saturdays.
- (h) Age group races may have the genders combined.
- (i) Place ribbons will be given to the first eight (8) finishers in each age division.
- (j) Participation ribbons will be awarded to the rest of the finishers.
- (k) The last regular season meet will serve as the Championship meet.
- (l) For the Championship Meet, special medals or trophies will be awarded for the first three finishers in each age division and then regular medals or ribbons will be awarded for the next five (5) finishers. Participation ribbons or medals will be given to all other finishers.
- (m) Team/Association scoring and awards provided to the top 3 teams/associations for each age division at the Invitational Meet and Conference Finals. A 1st, 2nd and 3rd place plaque or trophy to the first 3 teams/associations with the 3 lowest scoring runners. If in the event of a tie for any place, the tie will be broken by the 4th place finisher. Whereby, each athlete place is summed up resulting in the lowest score for 1st place, 2nd place and 3rd place teams. A team will consist of a minimum of 3 runners.

ARTICLE 2 - AGE GROUP DIVISIONS

Youth 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 as follows:

	2010	2011	2012	2013	2014
Age Division					
Gremlin	2002-2004	2003-2005	2004-2006	2005-2007	2006-2008
Bantam	2000-2001	2001-2002	2002-2003	2003-2004	2004-2005
Midget	1998-1999	1999-2000	2000-2001	2001-2002	2002-2003
Youth	1996-1997	1997-1998	1998-1999	1999-2000	2000-2001
Intermediate	1994-1995	1995-1996	1996-1997	1997-1998	1998-1999
Young Men/Women	1992-1993	1993-1994	1994-1995	1995-1996	1996-1997

ARTICLE 3 - THE COURSE

The race shall be run over a course confined, to the extent possible, to open country, fields, parks, golf courses, and grasslands. The traversing of paved roads should be kept to a minimum. Courses should be designed so as to avoid very high obstacles, deep ditches, dangerous ascents or descents, or thick undergrowth. The path and direction of the course must be clearly marked and turns must be gradual.

SECTION 3.01 COURSE LENGTHS

- (a) Gremlins: Approximately 2000 M
- (b) Bantams & Midgets: Approximately 3000 M
- (c) Youth & Intermediates: Approximately 4000 M
- (d) Young Men/Young Women: Approximately 4000 M

SECTION 3.02 COURSE MARKINGS

The course shall be properly measured along the shortest possible route that a runner may take and it must be marked clearly with a single white or colored line for directional purposes only such that runners cannot vary from the proper course.

SECTION 3.03 THE START

The start should be marked in a straight line to allow all competitors an equal start and shall be located so as to provide a long straight route from the starting line to the first turn. A starting line will have small (box) areas anywhere from 5 to 10 feet wide. This area is called a starting box and each club/team gets a box. Boxes shall be numbered from left to right facing the running area and positions will be drawn randomly at the coaches meeting. Based on the size of the boxes, the hosting club will determine the safe number of athletes from 2 to 4 on the front line with the remaining team members filling in behind in rows in each box. At the Invitational or an Open Meet, boxes will be provided at both ends of the starting line designated for unattached and/or athletes not on a complete team. Only athletes are allowed in these boxes at the beginning of a race. A designated line or roped line will be located at the rear of the boxes paralleling the starting line and only coaches are allowed to stand behind this line and no other participants.

SECTION 3.04 THE FINISH

- (a) The **Finish Area** should be relatively close to the start of the race. It also shall be on fairly level ground and have a straightaway to the finish.
- (b) The **Finish Line** shall be wide enough to allow all competitors to safely cross and enter the chute. The finish line is at the mouth of the chute.
- (c) The **Finish Chute** is required to aid in meet administration and to provide accuracy and fairness to the competitors.

ARTICLE 4 - DUTIES OF MEET OFFICIALS

SECTION 4.01 MEET DIRECTOR

The meet director is responsible for all aspects of the actual conduct of the meet on the course. This person must foresee all the needs of competitors, officials and spectators and ensure that all the technical details of the meet have been taken care of within the requirements of the rules. The meet director shall:

- (a) Organize and conduct the meet;
- (b) Provide and prepare the cross country running course;
- (c) Appoint course monitors and referees;
- (d) Provide facilities and equipment;
- (e) Provide full and early information to all competing teams/associations;
- (f) Appoint and inform officials and prepare officials' materials;
- (g) Oversee the inspection of the course, start and finish;
- (h) Confer with all head officials before the meet to ensure that all are aware of their responsibilities;
- (i) Ensure that all rules are observed and render decisions on all technical aspects of the meet;
- (j) Have the authority to disqualify any competitor for improper conduct or apparel and decide on any protests;
- (k) Review final meet results, and
- (l) Provide the results to the President within one day of the finish of the meet.

SECTION 4.02 COURSE MONITORS

Course monitors shall:

- (a) Observe the conduct and course of the runners during the race and report any competitors who are in violation of the rules to the meet director;
- (b) Be positioned at various points on the course in order to observe all areas, especially at points where confusion may occur.

SECTION 4.03 ANNOUNCER/CLERK OF COURSE

The announcer shall:

- (a) Inform the competitors and spectators of special information related to the course and meet procedures;
- (b) Call the runners to the start;
- (c) Count the numbers of competitors of each race

SECTION 4.04 STARTERS

The head Starter shall be responsible for starting the race in a prescribed manner that ensures an equal and fair start to all Participants. With the cooperation of the assistant Starters, the following procedures shall be followed:

- (a) When all runners are lined up ready for the start, the head Starter shall have a pistol and whistle and take a position in the middle of and in front of the starting line.
- (b) Give a brief and concise review of the starting commands and procedures to be used for the start with all competitors immediately before the race.
- (c) One whistle blast indicates "Runners to the line" position. Both arms of the Starter, with a pistol in one hand, shall be held straight out from the shoulder at shoulder height. The position is to be held until all runners are on the line and steady.
- (d) In the "Runner set" position, the pistol and other arm are raised slowly to straight overhead.
- (e) When all runners are steady, the pistol shall be fired. The start is a simultaneous act of firing the gun and pulling the other arm down, providing both visual and auditory starting commands.

- (f) The recall is indicated with the head Starter or assistant Starters firing the pistol and the head Starter waving the other arm up and down vigorously. If a runner falls within the first 100 meters due to contact with another runner, the race shall be recalled by a shot. If available, an assistant Starter should be stationed at one end of the starting line so the following duties can be performed:
 - i) Have a complete view of the length of the starting line;
 - ii) Fire the pistol if there is a false start.
- (g) If more than one assistant Starter is used, they should be stationed at each end of the starting line.

SECTION 4.05 JUDGES OF THE FINISH

There shall be a head judge of the finish plus a designated number of additional judges as needed. The judges shall be assigned the following specific duties:

- (a) The head judge shall be positioned at one side of the finish line so as to view each competitor as they cross the finish line.
- (b) The finish chute officials shall be responsible for the actual placing of the runners in their appropriate order of finish as they enter the narrowing funnel into the chute as indicated by the head finish judge.
- (c) If age group races are combined, all competitors must be recorded by finish place order and then results will be separated by gender only after times have been recorded. This is to ensure that all competitors are correctly matched to their respective times.

SECTION 4.06 TIMERS

The head timer shall:

- (a) Be responsible for all phases of the finish times and results that require accurate timing;
- (b) Coordinate all timers, the timing of first place and the overall timing system (or systems) used in the competition;
- (c) Operate the primary timing system and ensure at least 1 (one) back-up system per race.

SECTION 4.07 TIME AND FINISH LINE RECORDERS

The recorder shall:

- (a) Be responsible for recording the time of each runner at the finish line.
- (b) All Competitor labels shall have the following information, Team/Association Name, Athlete's Name, Age Group and Gender clearly marked.
- (c) If age group races are combined, all competitors must be recorded by finish place order and then results will be separated by gender only after times have been recorded to help match finishers to their respective times.
- (d) The Competitor labels shall be fastened to the results sheet in finish place order.

ARTICLE 5 - DISQUALIFICATIONS

The referee, after consulting with the meet director and appropriate officials, shall disqualify a competitor who:

- (a) Gains an advantage by failing to complete the prescribed course;

- (b) Jostles, cuts across or obstructs another competitor so as to impede the other runner's progress. Direct contact is not necessary; any action that causes another runner to break stride or lose momentum is grounds for disqualification;
- (c) Veers to the right or to the left so as to impede a challenging runner or forces the challenging runner to run a greater distance;
- (d) Tries to force a way between two leading runners and makes direct contact so as to impede the progress of either;
- (e) Commits a flagrant foul; or
- (f) Is unduly aided by a coach, a teammate not in the race or a non-competitor associated with the team/association.

The referee or course monitor will not rely on information provided by non-officials.

ARTICLE 6 - APPAREL

The jersey or singlet worn by the members of a team/association in cross country shall be basically identical for each member in color and style, and must be clearly visible throughout the race, i.e., worn as the outer garment if other apparel items are worn underneath by one or more team/association members. Because of the nature of cross country running, the preferences of individual athletes in certain weather situations will allow other apparel items to vary widely without penalty. Branded logos are permissible.

ARTICLE 7 - CHAMPIONSHIP MEET

The Conference Champion Meet will rotate from each SCYTFC association home venue. The rotation begins with SCW in 2011 and then each year after to UTC, CAL, CC, GVR, SVRR, and SCE. After SCE, the rotation will start over with SCW.

ARTICLE 8 - POST SEASON

The official post-season team of the Southern California Youth Track & Field Conference (SCYTFC) shall be the "*California Comets*".

Athletes competing in the SCYTFC Cross Country post season must compete in a minimum of four of the season's meets. An Athlete's best four place finishes will be averaged to determine their seeding place order. Then the top 8 will be invited to compete on the "A" team. In the event of a tie for 8th place, head to head competition from the last 3 meets shall be used to break the tie. All other athletes will be placed on subsequent teams.

ARTICLE 9 - NON-CONFERENCE TEAMS

Non-conference Cross Country teams (non-voting) that would like to participate in SCYTFC meets must apply for a one-season membership at the March meeting. Approval requires a 2/3 vote of the Board. The Newbury Park Panthers, the Ventura Express and the Fillmore Condors are exempt.

ARTICLE 10 - POST SEASON VENUE

Competition by athletes in SCYTFC Cross Country meets and for the Comets National Team in USATF or AAU National/Junior Olympics meets is purely optional, and participation outside of SCYTFC shall not be restricted by parents/athletes.

The board by simple majority vote at the BOD meeting in August or September for Cross Country will determine the post season USATF or AAU National Championship Meet. The Conference and Associations will support one SCYTFC (Comet) National Team at the National Meet selected by the BOD's vote. Funding will only be provided to the SCYTFC Cross Country Post Season A Team Athletes that qualify for the National/Junior Olympics each season.

APPENDIX

VARSITY CHAMPIONSHIPS ORDER OF EVENTS:

Hurdles	(prelim [heats])
3000 meter	(MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
100-meter hurdles	(YM, IB, YB, YW, IG, YG) - Final flights
80 -meter hurdles	(MG, MB) - Final flights
400 meter/relays	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
100-Prelims	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Heats
1500 meter	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
400 meter/dashes	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
100-meter	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
800 meter/run	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
200 meter/dashes	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
1600/Mile relays	(BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights

JUNIOR VARSITY CHAMPIONSHIPS ORDER OF EVENTS

3000 meter	(MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
100-meter hurdles	(YM, IB, YB, YW, IG, YG) - Final flights
80 -meter hurdles	(MG, MB) - Final flights
400 meter/relays	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
1500 meter	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
400 meter/dashes	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
100-meter	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
800 meter/run	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
200 meter/dashes	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
1600/ Mile relays	(BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights

Varsity Standards

Event	GB	BB	MB	YB	IB	YM	GG	BG	MG	YG	IG	YW
100	16.7	15.00	14.00	12.50	12.50	11.34	17.2	15.40	14.20	13.60	13.60	12.74
200	36.6	31.60	29.40	26.20	26.20	22.44	38.0	33.00	30.00	28.10	29.80	25.94
400	1:25	1:12.70	1:07.70	59.30	59.30	50.04	1:28	1:15.00	1:10.00	1:04.50	1:07.00	59.44
800	3:20	2:54.00	2:39.00	2:24.00	2:24.00	02:03.0	3:30	3:03.00	2:51.00	2:39.00	2:49.00	02:29.0
1500	6:30	5:49.00	5:25.00	4:56.00	4:56.00	04:17.0	7:09	6:13.00	5:50.00	5:31.00	6:15.00	05:16.0
3000	xxxx	xxxx	11:32.00	10:55.00	11:29.00	11:29.0	xxxx	xxxx	12:51.00	12:13.00	13:41.00	13:41.0
80 H	xxxx	xxxx	15:20	xxxx	xxxx	xxxx	xxxx	xxxx	16.90	xxxx	xxxx	xxxx
100 H	xxxx	xxxx	xxxx	17.60	17.60	15.44	xxxx	xxxx	xxxx	18.90	20.90	15.94
HJ	xxxx	3-09.00	4-05.00	5-00.00	5-00.00	5-10.00	xxxx	3-07.00	4-01.00	4-04.00	4-01.00	4-10.00
LJ	9-08.00	12-01.00	13-11.00	15-11.00	15-11.00	21-04.00	9-01.00	10-11.00	12-10.00	14-01.00	13-09.00	16-10.00
SP	xxxx	20'6"	27'0"	29'0"	29'0"	29'0"	xxxx	16'0"	21'0"	26'6"	26'6"	26'6"

LANE SEEDING ASSIGNMENTS - 6 Lane Track

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

LANE SEEDING ASSIGNMENTS - 8 Lane Track

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