



Rules and Regulations

STARTING TIME/MEET CANCELLATIONS

Dual Meets: as set by host team in agreement with visiting coaches.

League Meets: as scheduled at the League Kick-Off meeting.

A mandatory coaches' meeting will be held before the start of all League-sponsored competitions.

CANCELLATION

Home team may cancel due to inclement weather, but notice must be given at least two hours before the scheduled start of the meet.

FORFEIT TIME

60 minutes after the scheduled starting time.

EQUIPEMENT

Home team to supply all equipment for meet (high jump

equipment, shot put, measuring tapes, starter's gun, etc.). The use of starting blocks is prohibited, and "foot starts" are also not allowed. A competitor may start in a crouched position for races 600M or less. They may have no assistance.

PERSONNEL

Home team to supply starter. Other participating teams to collectively supply timers, pickers, and judges.

LANE ASSIGNMENTS

Teams will alternate the use of the inside lane and all other lanes.

SCORING

Dual Meets - 5, 3 & 1 points are awarded in all events including relays.

Championship Meet - 6, 4, 3, 2 & 1 points will be awarded in all scoring events including relays.

Uncontested Events - team must enter individuals who would compete in event to be awarded points.

Non- scoring events:

The 4X400 relay is non-scoring. The 4X100 is a scoring event.

For dual meet competitions, each team is to keep their own record of points and wins and check with the other team at the conclusion of each event.

False Starts - one false start is allowed. On the second false start, the participant is to be removed from the event.

AWARDS

Championship Meet Awards

Top six per division – per event

Medals: Gold – 70, Silver – 70 and Bronze – 280

Trophies: Two Post – 20 (divisional) and Three Post – 5 (team)

Pee Wee Championships Awards

All Pee Wees receive a medal.

Relay Carnival Awards

All Pee Wees receive ribbons.

Mix Team – top 3 teams receive medals in each event.

Non-Mix Teams – top 3 teams in each division (Junior Boys, Junior Girls, Senior Boys & Senior Girls) in each event receives medals.

Top six (2 person) teams in long jump and shot put receive medals.

Gold – 120, Silver – 120 and Bronze – 120

HIGH JUMP

Opening Heights - Dual Meets (if schools agree this may be adjusted)

Junior Boys - 40"

Junior Girls - 40"

Senior Girls - 44"

Senior Boys - 48"

Opening heights in the Championship Meet shall be 2" higher than the above dual meet heights. A contestant must have made the Championship Meet opening height in

at least one dual meet to qualify for the Championship Meet. (Meet director may change opening height).

- The bar will be raised 2" with each completed round.
- A competitor has one minute to attempted jump.
- All other National Federation rules pertaining to high jump are applicable (selected excerpts, including rules pertaining to the breaking of ties, are attached).

LONG JUMP

- One runoff per attempt is allowed.
- All other National Federation rules pertaining to long jump apply (selected excerpts, including rules pertaining to the breaking of ties, are attached).

6-2-6: Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a long jump runway.

SHOT PUT

- An 8-pound shot senior boys & girls. A 6-pound shot junior boys & girls.
- All other National Federation rules pertaining to shot put apply (selected excerpts, including rules pertaining to the breaking of ties, are attached).

ORDER OF EVENTS

Championship and Non-Championship Meets

1200M	Juniors
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1600M	Seniors
50M	Juniors
100M	Juniors/Seniors
400M	Juniors/Seniors
800M	Juniors/Seniors
4x100M relay	Juniors/Seniors
200M	Juniors/Seniors

Shot Put	Seniors
Long Jump	Juniors/Seniors
High Jump	Juniors/Seniors

Please Note

Championship Meet Entries: A team has one entry per event + 2 wildcard entries.

In any given meet, if both coaches are agreeable, the 4X100 meter relay may be replaced by a 4X200 meter relay.

The 200-meter run may be moved at the discretion of both coaches.

The order of events for the Championship Meet shall be the same as that for a Dual Meet above except that the conduct of heats, if required, for the 50- and 100-meter runs shall precede all other running events. Then the order of events will go 50M Junior, 100M Senior, 100M Junior, and so on.

Heats shall be run in the following order: Juniors may run in both.

Junior 50's
Senior 100's
Junior 100's

The following non-scoring events will be contested:

Shot Put: Juniors (6 lbs.)
Discus: Seniors (girls 1k & boys 1.6k)
Relay: Juniors/Seniors

Protests

Protest shall be made at the time of the event and only on an interpretation of a rule.

Protests are to be submitted in writing to the League within 48 hours of the meet involved.

NON-CHAMPIONSHIP MEET

The league may sponsor other events such as a Developmental Meet or Relay Carnivals. These events shall comply with all league rules as stated herein, except as modified or supplemented by event-specific requirements.

High Jump Rules

A competitor may attempt to clear the bar in any manner, provided the takeoff is from one foot and provided no weights or artificial aids are used.

The bar shall not be lowered after competition has started except to determine a first-place winner when a tie for that place is involved. A 5-minute time limit will be placed

on an absent competitor; then the bar goes up. At the Championship Meet volunteers will escort competitors to and from high jump. The competitor must return right after their race or attempt. The official may give extra time if volunteer informs the official of a delay.

It shall count as an unsuccessful trial: (a) when the crossbar is displaced in an attempt to clear it; (b) when a jumper touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar; (c) when, after clearing the bar, a competitor stumbles against the upright and displaces the crossbar or steadies the bar; (d) when failing to initiate a trial attempt that is carried to completion within 1.5 minutes. N.B. a competitor is not considered to have fouled if any part of the body breaks the plane of the crossbar or crossbar extended and does not touch the ground or the mats.

Breaking ties for places in high jump.

a. The competitor with the lowest number of trials for the height at which the tie occurs shall be awarded the highest place.

b. If the tie remains, the competitor with the lowest total number of unsuccessful trials throughout the competition up to and including the height last cleared shall be awarded the higher place.

c. No misses shall be charged to a competitor for a passed height.

d. If the tie remains after applying the above, the competitors shall be awarded the same place in the

competition unless the tie is for first place. If the tie concerns first place, the competitors tying shall make one more attempt for the height at which they failed and, if no decision is reached, the bar shall (1) be lowered if tying contestants fail to make the height or (2) raised if two or more contestants made the height. The bar shall be raised or lowered 1" as appropriate. Competition shall continue with each competitor allowed one try at each height until a winner is determined.

Long Jump Rules

Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch.

It is a foul if the competitor allows their shoe to extend over the scratch line. or runs across the scratch line or the scratch line extended.

Each legal jump shall be measured perpendicularly to the scratch line or its extension.

The judges shall hold the tape in such a way that the readings will be at the takeoff board.

If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better than the second -best performance of any other tied competitor. If a tie remains, then the third-best performance shall determine the winner.

6-2-6: Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a long jump runway.

Shot Put Rules

A legal put shall be made from the shoulder, with one hand only, so that during the attempt, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle.

It is a foul if the competitor:

- A. After stepping into the circle, fails to pause before starting the put.
- B. After stepping into the circle, touches the circle, not including the inner face of the stop board or band if one is used, or the ground outside the circle.
- C. Puts the shot so it does not fall within the sector lines if used.
- D. After the shot has landed, does not exit through the back half of the circle.

The measurement shall be recorded from the nearest edge of the first mark made by the shot to the inside edge of the stop board nearest such mark, measured along the extended radius of the circle.

The judges shall hold the tape in such a way that the readings will be at the circle.

Tie Breaking: If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better than the second - best performance

of any other tied competitor. If a tie remains, then the third-best performance shall determine the winner.

NEW RULE

Relay Exchange Zones

5-3-3 & 4, 5-10-6 thru 11: In relays with legs of 200 meters or less the acceleration zone has been eliminated and the exchange zone has been expanded 10 meters in the direction of the incoming competitor.