

# THE VALLEY YOUTH CONFERENCE

## Track and Field and Cross Country

### \*\*\* PLAYING RULES MANUAL \*\*\* 2006 Season

2006 Changes can be found at:  
III.A.2.C, V.B.1, IX.C, and  
XIII.1.b

Approved January 9, 2006  
(Revised February 19, 2006)



## Table of Contents:

POSITION STATEMENT .....	3
I. SPECIFIC DATES .....	3
II. TEAM AND LEAGUE DEFINITION .....	3
A. Any team applying for or intending to retain membership: .....	3
B. Hosting Track Meets .....	4
C. Division Framework: .....	4
D. Team Composition: .....	4
E. Unsportsmanlike Conduct .....	5
III. CONFERENCE SEASON .....	6
A. Start and Conclusion of Conference Competition: .....	6
B. USA Track/AAU Participation: .....	8
C. Season Meet Regulations: .....	8
D. Entry Lists: .....	10
IV. MEET PROCEDURES .....	10
A. Meet Organization: .....	10
B. Officials and Their Duties: .....	10
C. Order of Events and Schedule: .....	13
1. All Meets .....	13
2. League Finals/League Championships: .....	14
3. League Open Finals/League Open Championship: .....	15
4. Valley Conference Relay Carnival: .....	16
5. IEC Finals/Valley Youth Conference Track and Field Championship .....	17
D. Competitors and Attendants .....	18
V. FIELD EVENTS .....	18
A. General Rules .....	18
B. Running High Jump: .....	19
C. Running Long Jump: .....	21
D. Shot-put: .....	21
VI. TRACK EVENTS .....	22
A. Definition: .....	22
B. Lane Assignments: .....	22
C. Starting: .....	23
D. Finishing: .....	24
E. Running Infractions: .....	24
F. Relay Races: .....	25
G. Awards, Scoring and Ties, Protests, Records .....	25
VII. TRACK AND FIELD EQUIPMENT .....	26
A. Track and Field Facilities: .....	26
B. Equipment: .....	26
C. Track and Equipment Specifications .....	26
VIII. DEFINITIONS .....	29
IX. POLICIES AND PROCEDURES .....	31
X. CERTIFICATION INFORMATION .....	33
XI. LANE SEEDING ASSIGNMENTS .....	34
XII. QUALIFYING STANDARDS .....	35
XIII. CROSS COUNTRY .....	36

# THE VALLEY YOUTH CONFERENCE TRACK

## PLAYING RULES

### P O S I T I O N S T A T E M E N T

The rules contained in the following pages are intended to help avoid problems in track and field meets. The track and field committee responsible for these rules recognize that they are neither perfect nor complete. They are not intended to cover all unusual situations. They are intended to be simple and concise. Decisions made by applying these rules and those situations not covered by these rules must be reached consistent with the spirit of fair play and safety, specifically:

**Officials** - Knowing rules and being just, objective and courteous, while firm in enforcing rules. Acts of dishonesty, unsporting conduct or unprofessional behavior are unacceptable in the sport of track and field and subject to reprimand and/or removal by meet management.

**Spectators** - Acting in a sporting manner at all times. A spectator who acts in an unsporting manner may be removed from these premises. Meet management will be responsible for any removal.

**Coaches and Institutional Representatives** - Doing the utmost within the rules to help athletes perform their best, placing honor and team welfare above victory. Acts of dishonesty, unsporting conduct or unprofessional behavior are unacceptable in the sport of track and field and subject to reprimand and/or removal by meet management.

**Athletes** - Asking no unfair advantage, resorting to no questionable practices and doing nothing small or mean to gain an end. Athletes should be sportsmen in the finest sense, always honoring teammates and opponents with their best effort, accepting victory with pride and humility while accepting defeat with goodwill.

### I . S P E C I F I C D A T E S

- A. Regular meetings of the Board of Directors of the Valley Youth Conference Track shall be the first Monday of each month at a place and hour designated by the Commissioner.
- B. The Conference year shall be from September 1st to August 31st.
- C. The Conference accounting year shall be from September 1st to August 31st.
- D. The Conference shall establish dates of certification for teams for the track year. Late registration of athletes may take place with permission of the League President. Late registration shall bear a mandatory \$10.00 fee per athlete in addition to normal registration fees.

### I I . T E A M A N D L E A G U E D E F I N I T I O N

#### A. Any team applying for or intending to retain membership:

- 1) Must be able to conform to the Constitution, Bylaws, and Uniform Regulations, and, Playing Rules, and any amendments hereto, as set forth herein and as may be adopted from time to time, by the Track Conference Board.
- 2) Shall be placed in a provisional status upon entry and must aspire to and petition for full status within two years of commencing provisional status. The Conference may by majority vote extend a new Club's provisional status for one additional year for a total of three years. If a Club is unable to achieve full Club status after that time, then they must cease to participate as a Club in the Conference Track program.

#### Provisional status is defined as follows:

- a) A Club is new to the Conference Track and Field Division and needs to learn and embrace the philosophy, customs, culture, rules, and regulations and all other operation aspects of the Conference such as hosting it's fair share of Track meets.
- b) The new Club must maintain and prove continuity on its Board of Directors as well as in its operational staff (coaches, key parent helpers, and member representative(s) to the Board of Directors of the Valley Youth Conference, Inc. Track and Field Division). The main intent of this rule is, a Club need to know and maintain the ways of the Valley Conference among its members from one Track season to another.
- c) The New Club has no voting privilege until it achieves full Club status within the Conference.
- d) Any Club which was suspended or previously expelled from the Conference may reenter the Conference at the discretion of the Track Board of Directors however; the Club shall then assume a new Club status of first being placed in a provisional status and following the same rules defined above.
- e) Provisional Clubs are exempt from Hosting Track Meets defined in II.B

**Probational status is defined as follows:**

- a) A club that can not meet its obligations shall be placed in a status of probation.
  - b) A club in probation has no voting privilege within the Conference.
  - c) A club in probation is given 1 year to correct the action that caused the probation
  - d) If a club fails to correct the action that has caused the probation, the club is not allowed to renew its membership in the Valley Youth Conference, Inc.
  - e) If a club in probation has corrected the action that caused the probation within the 1 year, they shall be returned to full status the following season. No vote necessary.
- 2) No new team(s) shall present themselves for provisional status after November immediately prior to the start of spring track season. The vote for acceptance into provisional membership may not take place until at least the following meeting, in order to properly notify all voting representatives. The vote for provisional status shall be no later than December for the immediately following spring track season.
  - 3) A team can only be elected to full membership in the Valley Youth Conference upon receiving two-thirds majority vote among voting representatives present.
  - 4) Election for a team to be admitted to full membership shall be by secret ballot.
  - 5) Teams newly admitted to provisional status, shall alternately be assigned to each league to the extent practicable as they are admitted.
  - 6) Each Track Team in the Conference shall pay a \$25.00 affiliation fee to the conference Secretary-Treasurer on or before the final team application date, which will be set each year by the Conference Board of Directors.
  - 7) If any team is suspended by the Board for any infractions or violations of the Constitution, Bylaws, Uniform Regulations, and/or Playing Rules of the Conference, the previous year, they may, upon majority of the Board, be rejected for membership for the current year.
  - 8) The Conference Board of Directors and the Commissioner shall assist in the formation of teams within the Conference.
  - 9) Any VYC member team that fails to send a representative to the regularly scheduled Track and Cross Country board meeting for at least half of the year's meeting without written notification with justifiable causes in advance of the meeting, or that fails to send a representative to three (3) consecutive meetings without prior notification with justifiable causes will be subject to dismissal from the conference.

**B. Hosting Track Meets**

- 1) At the beginning of the calendar year, each team shall submit three (3) dates for hosting track meets. All teams shall be responsible for hosting a minimum of two (2) track meets. Failure to properly host per the VYC Bylaws two (2) meets shall result in a fine of \$300.00, payable to the Conference. If the scheduling committee does not assign a team two (2) track meets based on inhibitors know to the scheduling committee, then no fine shall be imposed on that club. At the beginning of a calendar year of the subsequent season, failure to submit three (3) dates for hosting track meets shall result in a fine of \$400.00, immediately payable to the Conference, and the team shall become a provisional team immediately after that season's IEC's. At the beginning of the calendar year of the third season, failure to submit three (3) dates for hosting track meets shall result in termination of the team's affiliation with the Valley Youth Conference.
  - a) Teams must host at least two (2) meets per season for a minimum of three (3) out of every five (5) seasons.

**C. Division Framework:**

1. The Valley Youth Conference Track Team competition will be embodied in a single division composed of not less than four (4) teams nor more than ten (10) teams; however, as an exception, should more than ten (10) teams qualify for membership, the Division shall then be divided into leagues of the division of not less than four (4) nor more than ten (10) in each league.
2. Any deviation must be approved by a majority rule of the Board. Leagues shall be formed considering geographic locations and anticipated team make-up to maximize competition in each age group.

**D. Team Composition:**

- 1) Each Valley Youth Conference Track Team shall consist of ten (10) age group classifications:
  - a. Gremlin Girls, age 5, 6 and 7 at option of each team
  - b. Gremlin Boys, age 5, 6 and 7 at option of each team

- c. Bantam Girls, age 8 and 9
- d. Bantam Boys, age 8 and 9
- e. Midget Girls, age 10 and 11
- f. Midget Boys, age 10 and 11
- g. Youth Girls, age 12 and 13
- h. Youth Boys, age 12 and 13
- i. Intermediate Girls, age 14 and 15
- j. Intermediate Boys, age 14 and 15

Note: Gremlins are eligible to compete in the League Open Finals or Relay Carnival but are ineligible to compete in League Finals.

- 2) The maximum number of certified athletes in participating clubs shall not exceed 275. There is no limit or constraint on age or gender composition of teams. All athletes must be certified as of the final date for certification established by the Board. Note: Time trials in any manner shall not be used to eliminate a participant from a club. The League President or Commissioner may spot check rosters at anytime within two weeks of certification and may assist in the timely transfer of athletes to other clubs if a club is at risk of exceeding the maximum allowable of athletes. Should the club choose to "hide" athlete documentation during a review then the club shall be assessed a penalty of \$25 per athlete for unsportsmanlike conduct. Should this conduct persist in additional seasons, then the responsible person shall face additional actions including probation, suspension or expulsion.
- 3) The first heat of any running event shall include all athletes who have met the qualifying standards.
- 4) In races with multiple heats, athletes are seeded in heats on a time basis.
- 5) Athletes who have met a qualifying standard are only eligible to complete in the League finals.
- 6) Athletes who have not met any qualifying standard shall be eligible for the Open Final Meet.
- 7) Any athlete, who competes in the Open Final Meet in any event, including relays, is ineligible for the League Finals and/or the IEC Finals.
- 8) The Commissioner or his/her delegated or Executive Board members may spot check any roster at anytime.
- 9) Each team must have a Head Coach and should have one or more Assistant Coaches. The Head Coach must be 21 years of age or older.
- 10) All teams should have their competitors in matching uniforms. Under no circumstances will there be any commercial placed on the competitor's uniform. See Section VIII. Definitions.
- 11) Normal spiked track shoes may be worn by competitors. Shoes may contain any number of spikes that the shoe is designed for. Gremlin and Shot Put contestants are not allowed to wear any shoe designed to house spikes.
- 12) Competition age shall be the competitor's age as of December 31 of the preceding Valley Youth Conference competition season.
- 13) Each team in the Valley conference shall have the express use of their team colors and logos. Existing or provisional teams can not adopt another Valley Conference team's colors or logos.

#### **E. Unsportsmanlike Conduct**

1. Taunting and Baiting - Taunting and baiting of opponents has no place whatsoever in athletics. The individual acts of taunting and baiting are really a part of a bigger problem which we call "poor sportsmanship." Using ridiculous motions, pointing fingers and gesturing are ways in which an opponent can be taunted. "Trash talk" is becoming more prevalent and certainly does nothing but taunt or bait resulting in further inappropriate conduct and behavior. Coaches must get directly involved in eliminating this type of conduct from the sport. A responsible coach will not allow it, and will act swiftly when it occurs. When the coach takes no action, he or she is simply sending the message that it is acceptable behavior. Allowing participants to commit acts of taunting or baiting without reprimand or removal from competition is really telling the player that is "OK".

Taunting and baiting an opponent is contrary to the basic concept of fair play and honorable competition. Taunting an opponent is exactly opposite to the type of conduct and behavior which participation is intended to teach. Track and field provides countless opportunities for competitors to show good sportsmanship as it relates to dealing with an opponent. Why have we allowed it to become a place where the very worst acts of disrespect toward an opponent are allowed? Athletes are subject to reprimand and warning or disqualification for the first occurrence of taunting, and disqualification or removal from the meet for any occurrence thereafter, by meet officials. Coaches, officials, parents, and all others in attendance at the meet are subject to reprimand and warning or removal from the meet for the first

occurrence, and removal from the meet for any occurrence thereafter, by meet officials.

- (i) Examples of taunting may include, but are not limited to, some overt action, such as raising ones hand or hands over ones head, jumping, leaping, skipping, running backwards, crawling, etc. Such actions during the course of an event may be considered to be taunting.
- (ii) Pointing toward another competitor, trash talking, or any other display of poor sportsmanship which is directed toward another competitor, coach, or official may also be considered to be taunting.

For the purposes of this rule, a running event will begin when the contestants report to the Clerk of the Course for staging and will be complete when all contestants have completed the event and left the track or course. Field events will begin when an athlete checks in for an event, and will be considered concluded upon completion and recording of an athlete's final attempt in that event. In high jump, the attempt is not complete until the athlete leaves the mat.

Upon the determination that taunting has occurred, the guilty athlete shall be reprimanded and warned or disqualified, as well as his/her team, if in a relay. Upon the determination that taunting has occurred a second time with the same athlete during the same meet, the guilty athlete shall be disqualified from the event, as well as his/her team, if in a relay. For a cross-country meet, only the guilty athlete shall be subject to disqualification with his/her score (if any) being eliminated from the team total.

Prior to the beginning of a meet, a Meet Officials Committee consisting of at least 3 members shall be appointed. This will consist of the Meet Director and at least two other members as appropriate. This may be Head Coach of the two teams in a dual meet, or Conference officials who are in attendance at other meets. The composition of this committee will be announced at the Coaches Meeting held prior to the start of each meet.

Any disqualification or disciplinary action against an athlete, coach or spectator during the course of a meet, will only take place after direct observation by a meet official, with the approval of the Meet Officials Committee.

2. Throwing of a baton - Any throwing of a relay baton is considered "*unsportsmanlike conduct*", the contestant shall be disqualified.
3. Offensive Language – A Competitor, who uses offensive language, shall be disqualified by the meet officials from future competition at the meet.
4. Offensive Actions - Competitors who conduct themselves in an "unsporting manner" or in an offensive manner shall be disqualified by the meet officials from future competition at the meet.
5. Performance Enhancing Substances – The VYC and its member organization and representatives of these organizations shall not recommend, promote or suggest any type of substance whether it be chemical, vitamin, mineral or herbal to be used by its athletes. Official notification of this rule shall be given to parents or guardians of athletes in their registration packets and shall be acknowledged by the parent or guardian via their signature.

## F. Athletes

1. No athlete shall be allowed to compete with loose or dangling oversized jewelry or accessories. Example hoop earrings, scarf, charm bracelets, pocket watch chains. Exception to the above: wrist watches, small stud earrings discretion by staging personal to religious charm necklaces.
2. No head gear shall be worn by an athlete during competition unless it is needed as a hair retention device. These devices shall be kept plain and to team colors and if possible no writing allowed.

## I I I . C O N F E R E N C E S E A S O N

### A. Start and Conclusion of Conference Competition:

1. Practice for all teams shall start no sooner than the date set by the Valley Conference Track Board of Directors. These practice sessions will be limited to six (6) hours per week, two of which will be meet time during the competition season. No practice session shall exceed two hours. Practice sessions are at the direction of the Coach, but no practice sessions shall last past 8:30 P.M. in any age group. Any team in violation shall be disqualified from Valley Youth Conference competition that year.
  - a. This paragraph shall not be interpreted to limit an athlete's work-out on an individual basis, with or without written or verbal instruction of his/her coach. It shall be interpreted to limit a Coach's attendance at controlled practice sessions.

2. No athlete during the Valley Youth Conference Season, beginning January 1, who participated and/or trained as a member of a High School Track team will be eligible for Valley Youth Conference competition. This rule applies to 9th grade and above participating in CIF or in a City Program. Violation of this rule will result in immediate disqualification of that athlete and the Club fined \$500.
  - a. An athlete, who competes with a Valley Conference Team during the regular season and then competes with a second Valley Conference Team during the “post season period”, is prohibited from joining the second team during the subsequent regular season. This only applies when an athlete has been directly coached during post season by a coach from the second team. The valley Conference commissioner may waive this rule if the athlete moved into the second team’s area (equal to ½ the distance between adjoining teams). The athlete will be permitted to join any other Valley Conference team 90 days after the start of the subsequent regular Valley Conference Track Season. Additionally, the transfer of any “post season athlete” shall be allowed if that athlete requests, in writing, to the Valley Conference Commissioner, approval for the transfer. Transfer must be approved by both the leaving and joining team and the Valley Conference board.
  - b. No Valley Conference Track Team is authorized to recruit athletes from within the Valley Conference framework. Furthermore, no Valley Youth Conference Team (Board Members, Coaches, Parents, and Representatives) shall recruit athletes from another Valley Youth Conference Team for the formation of a Post Season Team prior to the day following the I.E.C.’s. Any team found in violation shall be disqualified from Valley Conference Competition.
  - c. Any certified Valley Conference athlete who wishes to leave one team for another, must receive written approval of both the leaving and the joining team and from the Valley Conference Track Commissioner.

No athlete shall be allowed to certify with a new team unless they are in good standing (no outstanding balances and/or violations of The Code of Conduct either by the athlete or by the parent(s) of an athlete) with former team. Violation of this will result in immediate suspension of the athlete until the issue is resolved with the former team.

3. **Competition:**

- a. Conference approved scheduled meets shall start within the month approved by the Valley Conference Track Board of Directors. Conference teams may compete in practice meets and participate in invitational meets prior to the start of scheduled Conference competition, or on byes during the league season. No Valley Conference Club can remove a majority of athletes from an age group from a Valley Conference track meet to compete in any other meet. Any team in violation shall be disqualified from Valley Conference Competition that year.
- b. No team will be allowed to compete in more than one meet per week during schedule Conference competition. An exception may be made if it becomes necessary to re-schedule a postponed league meet.
- c. Participation in or hosting of pre-season and/or post season meets shall be approved by the commissioner or league president not less than five (5) days in advance of any scheduled meet.
- d. Meet starting times will be shown on the approved league schedules. Any deviations of the times, and/or locations, as listed on the schedules which have been furnished by the commissioner, must be approved by the League President. A running event, including relays, will be recorded as official as long as any competitor is entered and completes the event without regard to team affiliation; a Field event will be recorded as official with one competitor entered.
- e. No meet shall begin after 10:00 am unless Commissioner grants permission.
- f. Any officially postponed meet will be re-scheduled at a later date decided by the League President.
- g. Subject to time, league alignment and facility availability, all Division teams within a league will be scheduled to participate in one meet per week normally on Saturday. When an organization registers more than one team in a Division, the teams will be placed in separate leagues to the extent permitted by the number of leagues established.

- h. The Leagues shall maintain records of individual competitors by Event, Times, Distances, or Heights within each age group classification.
  - i. Dual meet awards shall be as defined in Section VI.G. Awards at the League Final meets and post-season Valley Conference competition will be ribbons of a larger and more attractive nature than the ribbons awarded at dual meets.
  - j. Participation ribbons shall be awarded in each event to participating athletes who have not otherwise been awarded position ribbons, medals or trophies for IEC, League Finals, Open Finals and dual and tri-meets.
  - k. The Conference recognition of individual event champions of any age classification will be as a result of the Conference Individual Event Champions Meet to be held as directed by the Conference Board.
    - 1) Medals will be awarded to the top nine finishers in each event.
4. Conference approved scheduled meets will be either dual meets between two organizations, tri-Meets between three organizations, League Finals, The Open Meet, Relay Carnivals, The Individual Event Championship (IEC) Finals, or any other format approved by the Board, between all participating organizations.
  5. Competition will be conducted in accordance with these rules at all times.
  6. For any track meet where results count for attaining a qualifying standard, the hosting team(s) must provide fully Automated Timing (FAT) capabilities for all running events of 400 meters or less for Bantam, Midget, Youth, and Intermediate Age Groups.

Exception can be made at the discretion of the meet director for the purpose of expediting the meet. Conditions for such exceptions include: failure of the FAT system; failure of the power source at the track; unfavorable weather conditions; or other extenuating circumstances that would make it unreasonable to use the FAT system.

Language in the VYC playing rules that pertain to non-FAT systems will apply only to Gremlin races (if not FAT) or in the even to a failure to the FAT system during a track meet.

All teams in the VYC Track Program shall have until the start of the 2005 track season to demonstrate ownership of or access to, a qualified FAT system. A qualified FAT system shall be defined as a Finish Lynx, or Pyro system or another system approved by the VYC track board.

7. All media (video tape, still images, computer files, finish sheets, field event sheets) used for recording results during the regular season and League Finals shall be archived by the hosting team and made readily available during seeding meetings for examination and review. This media can be erased or otherwise disposed of one week after the conclusion of IEC's
8. All championship meets should be FAT for all running events. Exception can be made at the discretion of the Meet Director for the purpose of expediting the meet.

**B. USA Track/AAU Participation:**

1. None of these rules shall be interpreted to exclude Valley Conference member organization competitors from entering competition in sanctioned USA Track/AAU meets on an individual unattached basis or representing their club if it is a USA Track/AAU affiliate.

**C. 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 three individual events and 1 relay. **Intermediate** athletes may participate in a maximum of any four events.
2. A non-certified athlete is not permitted in any Valley Conference function.
3. All qualified athletes should be in the first (unless there are more qualified athletes than lanes) heat for



a given age and sex race. In the League Finals, Valley Conference Relay Carnival, Open Meet, and the IEC Final, there is no limit to the number of competitors from a given team that are allowed to start in any event.

4. The following events shall constitute the Official Valley Youth Conference Track program in Track and Field.

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

**Boys**

100-meter dash  
200 meter / 220 yard dash  
400 meter / 440 yard dash  
800 meter / 880 yard run  
1500 meter run  
400 meter / 440 yard relay  
(4 x 100) / (4 x 110)  
Running Long Jump

**Girls**

100-meter dash  
200 meter / 220 yard dash  
400 meter / 440 yard dash  
800 meter / 880 yard run  
1500 meter run  
400 meter / 440 yard relay  
(4 x 100) / (4 x 110)  
Running Long Jump

b. **Bantam Age Group Classification (8 & 9)**

**Boys**

100-meter dash  
200 meter / 220 yard dash  
400 meter / 440 yard dash  
800 meter / 880 yard run  
1500 meter run  
400 meter / 440 yard relay  
(4 x 100) / (4 x 110)  
1600 meter / One mile relay  
(4 x 400) / (4 x 440)  
Running High Jump  
Running Long Jump  
4-lb. Shot-put

**Girls**

100-meter dash  
200 meter / 220 yard dash  
400 meter / 440 yard dash  
800 meter / 880 yard run  
1500 meter run  
400 meter / 440 yard relay  
(4 x 100) / (4 x 110)  
1600 meter / One mile relay  
(4 x 400) / (4 x 440)  
Running High Jump  
Running Long Jump  
4-lb. Shot-put

c. **Midget Age Group Classification (10-11)**

**Boys**

80 meter hurdles  
100-meter dash  
200 meter / 220 yard dash  
400 meter / 440 yard dash  
800 meter / 880 yard run  
1500 meter run  
3000 meter run  
400 meter / 440 yard relay  
(4 x 100) / (4 x 110)  
1600 meter / One mile relay  
(4 x 400) / (4 x 440)  
Running High Jump  
Running Long Jump  
6-lb. Shot-put

**Girls**

80 meter hurdles  
100-meter dash  
200 meter / 220 yard dash  
400 meter / 440 yard dash  
800 meter / 880 yard run  
1500 meter run  
3000 meter run  
400 meter / 440 yard relay  
(4 x 100) / (4 x 110)  
1600 meter / One mile relay  
(4 x 400) / (4 x 440)  
Running High Jump  
Running Long Jump  
6-lb. Shot-put

d. **Youth Age Group Classification (12-13)**

**Boys**

100-meter low hurdles-30"  
100-meter dash  
200 meter / 220 yard dash  
400 meter / 440 yard dash  
800 meter / 880 yard run  
1500 meter run  
3000 meter run  
400 meter / 440 yard relay  
(4 x 100) / (4 x 110)  
1600 meter / One-mile relay  
(4 x 400) / (4 x 440)  
Running High Jump

**Girls**

100-meter low hurdles-30"  
100-meter dash  
200 meter / 220 yard dash  
400 meter / 440 yard dash  
800 meter / 880 yard run  
1500 meter run  
3000 meter run  
400 meter / 440 yard relay  
(4 x 100) / (4 x 110)  
1600 meter / One-mile relay  
(4 x 400) / (4 x 440)  
Running High Jump

Running Long Jump  
4-kg. Shot-put

Running Long Jump  
6-lb. Shot-put

e. **Intermediate Age Group Classification (14-15)**

**Boys**

100-meter low hurdles-30"  
100-meter dash  
200 meter / 220 yard dash  
400 meter / 440 yard dash  
800 meter / 880 yard run  
1500 meter run  
3000 meter run  
400 meter / 440 yard relay  
(4 x 100) / (4 x 110)  
1600 meter / One mile relay  
(4 x 400) / (4 x 440)  
Running High Jump  
Running Long Jump  
12-lb. Shot-put

**Girls**

100-meter low hurdles-30"  
100-meter dash  
200 meter / 220 yard dash  
400 meter / 440 yard dash  
800 meter / 880 yard run  
1500 meter run  
3000 meter run  
400 meter / 440 yard relay  
(4 x 100) / (4 x 110)  
1600 meter / One mile relay  
(4 x 400) / (4 x 440)  
Running High Jump  
Running Long Jump  
4-kg. Shot-put

**D. 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 the regulation of III.C.3 and IV.D.1 are not violated.
2. The visiting team 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 the Gremlin 100s on the alternate side of the track.

## **I V . M E E T P R O C E D U R E S**

**A. Meet Organization:**

1. All meets conducted shall be under the sanction of the Valley Youth Conference Track Board of Directors and shall be conducted in accordance with these rules.
2. A playing field to the specifications listed in section VII of these rules shall be provided by the host organization.
3. The host organization will designate a meet director whose overall responsibility will be to conduct the meet in accordance with these rules.

**B. Officials and Their Duties:**

1. THE MEET DIRECTOR - is the executive in charge of all phases of the meet operations. He shall insure that all requisite personnel are instructed and assigned for each event and that it is expeditiously and properly conducted. As a minimum he will appoint a Starter, a Referee, a Head Finish Judge, a Timer, Inspectors and Field Judges.
  - a. If there are any changes in schedule which occur during the course of the meet, a Representative from each Club must be notified prior to the change.
2. THE STARTER - has jurisdiction over the competitors at the starting line. He is the sole judge as to whether any competitor goes over the starting line too soon (except when an assistant starter is also used in this capacity). The Starter's procedure for races 400 meter / 440 yards-down will be: First whistle - "Come to your mark"; Second whistle - "set" and "go" on gun. In races of 800 meter / 880 yards-up, the Starter will say "Come to your mark" and "go" with the gun. He shall give a signal by bell or pistol at the beginning of the last lap in each distance race. He is also responsible for calling aloud the laps remaining to each competitor in races of 800 meter / 880 yards or more.
3. THE CLERK OF THE COURSE (STAGER) - shall verify track event entrants and assign them to lanes according to times (see seeding chart). He shall make final assignments (per Section VI A) for competitors in upcoming races, competitors in starting block adjustment, and generally the starter to insure against unnecessary delays.

4. THE REFEREE - is in direct charge of enforcing Valley Conference Rules during the meet. He shall make the final decision on all questions which arise in connection with the events including:
  - a. Action not specifically under the jurisdiction of other officials.
  - b. Disqualification for unsportsmanlike conduct, including willful disobedience of his Instructions.
  - c. Disqualification for running infractions including those observed by him in the absence of an inspector.  
In dual meets, the responsibilities of Starter and Referee may be combined at the discretion of the Meet Director. In IEC preliminary and final meets, these duties should not be combined.
  - d. In the event of the disqualification, the referee shall immediately inform the club Representative of the infraction.
5. THE ASSISTANT STARTER - may stop the race and recall runners if there is an unfair start. The use of an assistant starter is especially recommended for "Staggered" starts where it is difficult for one starter to observe all runners. During distance races, he should take a position of the first turn, where there may be a spill which would be cause for recalling the race.
6. THE RECORDER - shall indicate on event forms the winner and the order in which the competitors finished. He will also record the times on the forms and sign the sheet.
7. THE HEAD FINISH JUDGE and TIMER - shall designate the places to be picked by the finish judges. Without consulting other judges, each shall communicate the place winner selected by him to the head finish judge. The decision of any judge picking the higher place shall overrule the decision of any judges picking a lower place.

The decision of the judges shall be final and without appeal. The Conference Board of Directors may authorize official pictures (accutrack only) of the finish to assist in the final decision.

Proper procedure dictates that the judges concentrate on the runners until they are all within ten yards of the finish line. Then they should watch the finish line. At the conclusion of a race, the recorder should indicate on the event forms the winner and the order in which the competitors finished. He will then consult with the timers to determine and record the times.

Each track event shall have an equal number of timers to lanes filled. At the conclusion of the race, each timer will read his watch to the Head Finish Judge and Recorder who will record the times on the forms provided and sign the sheet.

At all track competitions, place judges should be used for the 100, 200, 400, and 4 X 100 meter events.

Each participating team will select and ensure the presence of at least one or more individuals to assist participants in adjusting starting blocks, but coaching of any nature is prohibited during this procedure.

The Head Finish Judge and Timer shall designate one of the timers who will announce the lap times to competitors in the distance races. Split times may be given at the 200 meter/220-yard mark for all races of 800 meter/880 yards and up as long as they be given to all athletes during the course of each running event.

For all hand-timed races on the track, times shall be returned to 1/10th second. If the hand of the watch stops between two lines indicating the time, the longer time shall be accepted.

If a 1/100th second watch or an electronic manually operated timer is used, all times not ending in zero in the second decimal shall be rounded to the next 1/10th second, i.e. :45.23 shall be read and recorded as :45.3.

Full automated timing for races on the track up to and including 10,000 meters (yards) shall be taken in 1/100th second and shall be converted to the next longer 1/10th second and recorded in 1/10th (i.e. 59:26.32 shall be recorded as 59:26.4).

The official time of a race start with the flash of a pistol. If two watches agree and the third disagrees, the time indicated by the two is considered the official time. If all watches disagree, the time indicated by the watch showing the middle time is official. When two watches are used, the Head Finish Judge and Timer shall decide the official time.

When a record is involved, the times registered by each watch shall be checked by the Head Timer and the Head Finish Judge. No record in the Valley Conference can be granted unless the time is recorded by at least two watches. Visiting teams shall not have the right to appeal decisions of the Head Finish Judge and Timer unless they make available at least two finish judges and two timers for conduct of the meet.

8. THE INSPECTORS - When lanes extend around a turn, each inspector shall be responsible for an entire turn. Each inspector on a turn near the finish line should move toward the finish line as the race is ending and watch for possible infractions. When an inspector detects an infraction, an irregularity during a race, such as illegal crowding or running on or over the left line of a runner's lane, or violating the hurdle or relay rules, the inspector is required to immediately signal. After the race has been run, the inspector must report the infraction to the Meet Director/Referee who has the final authority to make the necessary decision. In any hurdle race, the Meet Director shall report that the hurdles are properly spaced.

For relay races, at least one passing zone judge for each four lanes must be assigned to each passing zone except at League Finals and IEC Finals, one passing zone judge for every two lanes.

9. THE MEET ANNOUNCER - is responsible for giving proper announcements to aid the competitors in reporting to the Clerk of Course or to the field events judge on time. It is recommended that he give the first call 15 minutes before the specific race or field event is expected to begin and the final call five minutes before it begins.

In dual meets the responsibilities of Clerk of Course and Meet Announcer may be combined at the discretion of the Meet Director.

10. THE SCORER - shall keep a record of the participants in each event. He shall compile this from the records of events provided by the recorder and field judges. Copies of meets results must be provided to the visiting team at the conclusion of the meet. At the end of the meet, all records will be delivered to the Meet Director.

11. TEAM COACHES - The Track, the enclosure inside the track, and all adjacent areas involving field event competition shall be kept clear of all persons except officials, coaches and the competitors. Coaches will be permitted on the field but must not interfere with the meet. Any coach who interferes according to the Meet Director or Referee shall be issued a warning. A second warning shall result in that individual leaving the Track & Field permanently. Further incidences of interference are grounds for suspension.

12. FIELD JUDGES - each has jurisdiction over a particular field event. In their event, they shall Supervise and be responsible for measurement, judging and recording each trial of each competitor.

They shall call the contestant for each trial (unless he has been excused to participate in another event). The contestant shall be given a reasonable time to warm up and preparation prior to completing his trial. The minimum reasonable time is two minutes. When a competitor becomes unsteady or hesitant, the judge shall attempt to steady the athlete. If the competitor persists in unreasonable delays or false trials, the judge shall inform the athlete that the trial must be completed within the upcoming two minute period or a trial/miss will be counted. The judge may restart the period if, in his opinion, external events prevent a fair trial.

The Field Judge shall sign the record sheet indicating the places and insure that it is delivered to the scorer immediately after each event is finished.

Any irregularity or dispute in a field event shall be reported to the Meet Director/Referee by the responsible Field Judge for a final decision.

The high jump takes precedence over other field events, but not over any track events. Competitors should not leave the high jump competition until immediately prior to their track event. Visiting teams shall make available three assistant field judges (one for each field event) for the conduct of the meet. Failure to do so will void the visiting team's right to protest decisions in field events.

The Field Judge should sign the record sheet indicating the winners and insure that they are delivered to the scorer immediately after the event is finished.

Any irregularity or dispute in a field event shall be reported to the Meet Director/Referee by the responsible Field Judges for his final decision.

#### MEASUREMENTS IN THE FIELD EVENTS - Measurements in Field Events

- a. Measurements in the Field Events must be made with non-stretchable tape such as fiberglass, nylon or steel. For the Running 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.

AT THE CONCLUSION - of any field event, there shall be no further practice and implements should be removed from the area.

**C. Order of Events and Schedule:**

**1. All Meets**

- a. Field events will begin at 08:30 and run concurrently unless combined per Section V A. 8
- |                    |                    |                    |
|--------------------|--------------------|--------------------|
| HIGH JUMP          | LONG JUMP          | SHOT-PUT           |
|                    | Gremlin Girls      |                    |
|                    | Gremlin Boys       |                    |
| Bantam Girls       | Intermediate Boys  | Youth Boys         |
| Bantam Boys        | Intermediate Girls | Youth Girls        |
| Midget Girls       | Midget Girls       | Intermediate Girls |
| Midge Boys         | Midget Boys        | Intermediate Boys  |
| Youth Girls        | Youth Girls        | Bantam Girls       |
| Youth Boys         | Youth Boys         | Bantam Boys        |
| Intermediate Girls | Bantam Girls       | Midget Girls       |
| Intermediate Boys  | Bantam Boys        | Midget Boys        |

- b. Track events will begin at 08:45 am. The normal order of competition will be Gremlin Girls, Gremlin Boys, Bantam Girls, Bantam Boys, Midget Girls, etc., through to Intermediate Boys. deviations to this order are shown in the order of the events which follows:

Hurdles	(prelim [heats])	League & IEC's ONLY
3000 meter		Midget Girls
3000 meter		Midget Boys
3000 meter		Youth Girls
3000 meter		Youth Boys
3000 meter		Intermediate Girls
3000 meter		Intermediate Boys
80-meter low hurdles		Midget Girls
80-meter low hurdles		Midget Boys
100-meter low hurdles		Youth Girls
100-meter low hurdles		Youth Boys
100-meter low hurdles		Intermediate Girls
100-meter low hurdles		Intermediate Boys
(4x100) 400-meter relay		Gremlin Girls
(4x100) 400-meter relay		Gremlin Boys
(4x100) 400-meter relay		Bantam Girls
(4x100) 400-meter relay		Bantam Boys
(4x100) 400-meter relay		Midget Girls
(4x100) 400-meter relay		Midget Boys
(4x100) 400-meter relay		Youth Girls
(4x100) 400-meter relay		Youth Boys
(4x100) 400-meter relay		Intermediate girls
(4x100) 400-meter relay		Intermediate Boys
100-meter	(prelim [heats])	League & IEC's ONLY
1500-meter		Gremlin Girls
1500-meter		Gremlin Boys
1500-meter		Bantam Girls
1500-meter		Bantam Boys
1500-meter		Midget Girls
1500-meter		Midget Boys
1500-meter		Youth Girls
1500-meter		Youth Boys
1500-meter		Intermediate Girls
1500-meter		Intermediate Boys
400-meter		Gremlin Girls
400-meter		Gremlin Boys
400-meter		Bantam Girls
400-meter		Bantam Boys
400-meter		Midget Girls
400-meter		Midget Boys
400-meter		Youth Girls
400-meter		Youth Boys
400-meter		Intermediate Girls
400-meter		Intermediate Boys

100-meter		Gremlin Girls
100-meter		Gremlin Boys
100-meter		Bantam Girls
100-meter		Bantam Boys
100-meter		Midget Girls
100-meter		Midget Boys
100-meter		Youth Girls
100-meter		Youth Boys
100-meter		Intermediate Girls
100-meter		Intermediate Boys
800-meter		Gremlin Girls
800-meter		Gremlin Boys
800-meter		Bantam Girls
800-meter		Bantam Boys
800-meter		Midget Girls
800-meter		Midget Boys
800-meter		Youth Girls
800-meter		Youth Boys
800-meter		Intermediate Girls
800-meter		Intermediate Boys
200-meter	(prelim [heats])	League & IEC's only
200-meter		Gremlin 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 Girls
200-meter		Intermediate Boys
(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 Girls
(4x400) 1600-meter relay		Intermediate Boys
200-meter Finals (for 200's w/prelims)		League and IEC's only

- c. League Finals and IEC's shall permit the combining of events 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). This rule shall also include dual meets.

**2. League Finals/League Championships:**

- a. A League Final meet will be held for each league.
- b. To qualify for entry into the League Final meet, an athlete must fulfill all of the following requirements:
  - i) Have participated in at least half of the team's league dual meets.
  - ii) Have a recorded mark in the entered event as good as or better than the qualification standard for the age/sex group. (These standards shall be set so as to keep the number of competitors between 6 and 12 in each event. The League President shall monitor performance during the season. He may relax the standards to assure full competition, but may not make them more difficult).

In order to assure that lanes are full, the League President shall relax the event qualifying standard to accommodate the top eight athletes of each League. However, the athletes who did not meet the original qualifying standard may optionally choose to participate in either the League Championship or the League Open Championship meet. In the field event, in the event of a tie at such relaxed standard, all athletes achieve such height or distance shall be invited.

- d. A competitor of any team may participate in a maximum of any four events.

- e. Running events will be conducted in heats or flights as shown below:
- |                            |                                      |
|----------------------------|--------------------------------------|
| Hurdles                    | (prelim [heats])                     |
| 3000 meter                 | (M, Y, and I) - Final flights        |
| 80 -meter low hurdles      | (Midget Girls, Midget Boys) - Finals |
| 100-meter low hurdles      | (Youth, Intermediate) - Finals       |
| 400 meter/440-yard relays  | (B, M, Y and I) - Finals             |
| 100-Prelims                | (B, M, Y and I) - Heats              |
| 1500 meter                 | (B, M, Y, I) - Finals flights        |
| 400 meter/440-yard dashes  | (B, M, Y and I) - Final flights      |
| 100-meter                  | (B, M, Y and I) - Finals             |
| 800 meter/880-yard run     | (B, M, Y and I) - Finals             |
| 200 meter/220-yard dashes  | (B, M, Y and I) - Heats              |
| 1600 meter/One-mile relays | (B, M, Y and I) - Finals             |
| 200 meter/220-yard dashes  | (B, M, Y and I) – Finals             |

- f. Field events will be conducted in the same order as the IEC'S.  
All field events will begin at 08:45 am and run concurrently.

HIGH JUMP	LONG JUMP	SHOT-PUT
Bantam Girls	Intermediate Boys	Youth Boys
Bantam Boys	Intermediate Girls	Youth Girls
Midget Girls	Midget Girls	Intermediate Girls
Midge Boys	Midget Boys	Intermediate Boys
Youth Girls	Youth Girls	Bantam Girls
Youth Boys	Youth Boys	Bantam Boys
Intermediate Girls	Bantam Girls	Midget Girls
Intermediate Boys	Bantam Boys	Midget Boys

- g. Conduct of the meet is the responsibility of the League President who may name a committee to provide assistance. All competing clubs are to supply adults for meet official duties. A host club may be designated if the league members deem this appropriate.
- h. League Finals, Open Finals and IEC's shall permit the combining of events where it will enhance the administration of the meet. (This rule will generally only be utilized in events such as the 3000 meter, 1500 meter and high jump). This rule shall also include dual meets.

**3. League Open Finals/League Open Championship:**

- a. A League Open Final meet will be held for each league.
- b. To qualify for entry into the League Open Final meet, an athlete must fulfill both of the following requirements:
- i) Have participated in at least half of the team's league dual meets.
  - ii) Have not achieved an event qualifying standard except as stated in the paragraph below.
- c. A competitor in the **Gremlin** age group may participate in a maximum of any three events; **Bantam through Intermediate** may participate in a maximum of any four events.
- d. Running events will be conducted as final flights as shown below:
- |                            |   |
|----------------------------|---|
| 3000 meter                 | (M, Y, and I) - Final flights               |
| 80 -meter low hurdles      | (Midget Girls, Midget Boys) - Final flights |
| 100-meter low hurdles      | (Youth, Intermediate) - Final flights       |
| 400 meter/440-yard relays  | (G, B, M, Y and I) - Final flights          |
| 1500 meter                 | (G, B, M, Y, I) - Final flights             |
| 400 meter/440-yard dashes  | (G, B, M, Y and I) - Final flights          |
| 100-meter                  | (G, B, M, Y and I) - Final flights          |
| 800 meter/880-yard run     | (G, B, M, Y and I) - Final flights          |
| 200 meter/220-yard dashes  | (G, B, M, Y and I) - Final flights          |
| 1600 meter/One-mile relays | (B, M, Y and I) - Final flights             |
- e. Field events will begin at 08:30 (except for high jump with will start at 08:15) and run concurrently unless combined.





- e. League President will provide a listing of eligible athletes to the conference (i.e., those who have not achieved any qualification standards).

**5. IEC Finals/Valley Youth Conference Track and Field Championship**

- a. The top four finishers from each league final meet are invited to the IEC Finals. Also, if the IEC Finals are held on a 9-lane track, a fifth fastest finisher in a running/field event may be invited. In the event that any IEC qualifier declares, prior to the IEC Finals seeding meeting, that they will not be competing in one or more of their scheduled events, the conference may invite the next fastest finisher(s) in a running/field event.
- b. In the event a third league is formed the top 2 (two) athletes from each league and the next best 3 (three) times from league finals shall advance to the I.E.C.'s
- c. In the 800, 1500, and 3000 Meter runs, the number of qualified runners shall be 12 athletes, The top four finishers from each league and the next four (4) fastest times
- d. All field events will begin at 08:30 (except for high jump which will start at 08:15) and run concurrently.

. HIGH JUMP	LONG JUMP	SHOT-PUT
. Bantam Girls	Intermediate Boys	Youth Boys
. Bantam Boys	Intermediate Girls	Youth Girls
. Midget Girls	Midget Girls	Intermediate Girls
. Midge Boys	Midget Boys	Intermediate Boys
. Youth Girls	Youth Girls	Bantam Girls
. Youth Boys	Youth Boys	Bantam Boys
. Intermediate Girls	Bantam Girls	Midget Girls
. Intermediate Boys	Bantam Boys	Midget Boys

- e. Track events will begin at 08:45 am. The normal order of competition will be Bantam Girls, Bantam Boys, Midget Girls, Midget Boys, etc, through to Intermediate Boys. Deviations to this order are as follows:
- |                         |                    |
|-------------------------|--------------------|
| . 3000 meter            | Midget Girls       |
| . 3000 meter            | Midget Boys        |
| . 3000 meter            | Youth Girls        |
| . 3000 meter            | Youth Boys         |
| . 3000 meter            | Intermediate Girls |
| . 3000 meter            | Intermediate Boys  |
| . 80 -meter low hurdles | Midget Girls       |
| . 80 -meter low hurdles | Midget Boys        |
| . 100m low hurdles      | Youth Girls        |
| . 100m low hurdles      | Youth Boys         |
| . 100m low hurdles      | Intermediate Girls |
| . 100m low hurdles      | Intermediate Boys  |
| . 400 X 100-meter relay | Bantam Girls       |
| . 400 X 100-meter relay | Bantam Boys        |
| . 400 X 100-meter relay | Midget Girls       |
| . 400 X 100-meter relay | Midget Boys        |
| . 400 X 100-meter relay | Youth Girls        |
| . 400 X 100-meter relay | Youth Boys         |
| . 400 X 100-meter relay | Intermediate Girls |
| . 400 X 100-meter relay | Intermediate Boys  |
| . 1500 meter            | Bantam Girls       |
| . 1500 meter            | Bantam Boys        |
| . 1500 meter            | Midget Girls       |
| . 1500 meter            | Midget Boys        |
| . 1500 meter            | Youth Girls        |
| . 1500 meter            | Youth Boys         |
| . 1500 meter            | Intermediate Girls |
| . 1500 meter            | Intermediate Boys  |
| . 400-meter             | Bantam Girls       |
| . 400-meter             | Bantam Boys        |
| . 400-meter             | Midget Girls       |
| . 400-meter             | Midget Boys        |
| . 400-meter             | Youth Girls        |
| . 400-meter             | Youth Boys         |
| . 400-meter             | Intermediate Girls |

. 400-meter	Intermediate Boys
. 100-meter	Bantam Girls
. 100-meter	Bantam Boys
. 100-meter	Midget Girls
. 100-meter	Midget Boys
. 100-meter	Youth Girls
. 100-meter	Youth Boys
. 100-meter	Intermediate Girls
. 100-meter	Intermediate Boys
. 800-meter	Bantam Girls
. 800-meter	Bantam Boys
. 800-meter	Midget Girls
. 800-meter	Midget Boys
. 800-meter	Youth Girls
. 800-meter	Youth Boys
. 800-meter	Intermediate Girls
. 800-meter	Intermediate 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 Girls
. 200-meter	Intermediate Boys
. 1600 meter/One-mile relay	Bantam Girls
. 1600 meter/One-mile relay	Bantam Boys
. 1600 meter/One-mile relay	Midget Girls
. 1600 meter/One-mile relay	Midget Boys
. 1600 meter/One-mile relay	Youth Girls
. 1600 meter/One-mile relay	Youth Boys
. 1600 meter/One-mile relay	Intermediate Girls
. 1600 meter/One-mile relay	Intermediate Boys

- f. League Finals and IEC's shall permit the combining of events where it will enhance the administration of the meet. (This rule will generally only be utilized in events such as the 3000 meter, 1500 meter and high jump). This rule shall also include dual meets.

**D. Competitors and Attendants**

1. All athletes who meet qualifying standards should be in the first heat (unless there are more qualified athletes than lanes) for a given age and sex race.

In the League Finals, Valley Conference Relay Carnival, the Open Meet, and the IEC Final, there is no limit on the number of competitors from a given team that are allowed to start in any event.

2. Each competitor shall be responsible for obtaining his competition assignments and a time schedule. He must be in a proper track uniform before he will be permitted to compete. He is solely responsible for promptly reporting for each event in which he is entered, at the starting mark for any running event or at the place designated for any field event.

A competitor officially becomes a participant when he or a relay team of which he is a member reports to the starting line or when he reports to the judge of a field event in which he has entered.

3. Attendants shall not accompany a competitor onto the playing field at any time during the meet.

**V . F I E L D E V E N T S**

**A. General Rules**

1. Measurements in the Field Events must be made with non-stretchable tape such as fiberglass, nylon or steel. For the Running 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 he contestant will immediately know the result of his effort to the nearest 1/4 inch.
2. Athletes will report promptly to the Field Event Judge at the location of the field event when the event

is called.

3. A competitor must request from the Field Event Judge that he be excused from the event in which he is taking part, long enough to participate in another event, and such contestant can take the remainder of his trials within a reasonable time after the event is finished. The maximum excusable time is from second call of a running race until five minutes after the race is completed.
4. The High Jump takes precedence over the other field events, but not over track events. Competitors should not leave the high jump competition until immediately prior to their track event.
5. Visiting teams shall make available three assistant judges (one for each field event) for the conduct of the meet. Failure to do so will void the visiting team's right to protest decisions in the field events.
6. Warm-up Trials shall be allowed.
  - a. Three trials per competitor prior to that entrant beginning the field event competition.
7. Competition trials shall include the following:
  - a. The competitor will be charged with an attempt if:
    - i) He does not complete it within a reasonable time after being called; or
    - ii) He does not indicate that he is passing.
  - b. The order in which the contestants take their attempts shall be determined by the field event judge.
8. Boy and girl competition in a field event may be combined to expedite meet competition.
  - a. All coaches must agree that this is acceptable.
  - b. This may only be done within a single age group.
  - c. Separate awards will remain.
9. Competitors in the jumping events may not use any weights or artificial aids.
  - a. Shoe or shoes, which incorporate any of the following, may not be used:
    - i) Spring
    - ii) Any device of any kind
    - iii) Sole or inner sole having an overall thickness in excess of 1/2 inch including cleats or ridges.
  - b. Shoes with sole spikes and heel spikes (none of which are longer than normal sprint spikes) are permitted.
10. A competitor must request of the judge that he be excused for other running or field competition no sooner than second call. (\*See section IV B 13 for more information).
11. At the conclusion of any field event, there shall be no further practice, and implements shall be removed from the area.

## **B. Running High Jump:**

1. Starting heights of the crossbar:

a.	Bantam Girls	3'-0"
b.	Bantam Boys	3'-0"
c.	Midget Girls	3'-2"
d.	Midget Boys	3'-4"
e.	Youth & Intermediate Girls	3'-4"
f.	Youth & Intermediate Boys	3'-8"
2. Official measurement of the crossbar:
  - a. It is a perpendicular line from the level of the take-off to the lowest point on the top side of the crossbar.

- b. Accurate measurement should be made each time the crossbar is placed at a new height or when a broken bar is replaced.
  - 1) A displaced crossbar should be set on the standards in exactly the same position as before its displacement.
    - a) One face should be set on the standards in exactly the same position as before its displacement.
    - b) To insure this, one face should be marked for identification.
3. The runway should consist of a semi-circle of level and unvarying surface.
  - a. The center of the semi-circle to be the midpoint between standards.
  - b. The radius of the area is to be 50 feet.
4. Competitors trials during high jump competition:
  - a. The order is to be determined by the judge.
  - b. Each competitor is allowed a maximum of three attempts at any one height.
    - 1) He may accept all three attempts, or
    - 2) He may choose to pass any one of them.
  - c. He may try a subsequent height unless he has had three unsuccessful attempts at a given heights.
  - d. The competitor is finished competing when he has had three consecutive unsuccessful trials regardless of the height or heights at which the unsuccessful attempts were made.
5. The judge may raise or lower high jump bar at his discretion in order to expedite the meet. This procedure is also allowed to determine a first place winner where a tie is involved.
6. Elevation of the crossbar subsequent to the opening height shall be raised in 2" in increments up to and including at the qualifying height for that age group and subsequently in 1" in increments.
  - a. If no competitor makes the opening height, the bar shall be lowered in 2" in increments until at least one competitor clears it.
7. A competitor may attempt to clear the bar in any manner provided:
  - a. He jumps from one foot.
  - b. No weight or artificial aids are used.
8. It counts as an attempt if the competitor:
  - a. displaces the bar
  - b. passes under it
  - c. crosses the plane of the bar extended, or
  - d. leaves the ground in an attempt.
9. No misses should be charged to a competitor for a passed height.
10. A jump will be declared a no-jump if in the opinion of the judge the contact of the jumper causes the bar to fall.
11. If contestant does not complete each attempt in two minutes, the attempt counts as a miss.
12. In the event of a tie between competitors at a given height, the following criteria shall be used to

determine places.

- a. The competitor with the lowest number of trials (a pass does not constitute a trial) for the height at which the tie occurs shall be awarded the higher place.
- b. If a tie still remains, the competitor with the lowest total number of misses through out the competition (up to and including the height last cleared) shall be awarded the higher place.
- c. If a tie still remains, the competitor with the lowest total number of trials (whether successful or not) throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
- d. If a tie still remains after all of the above:
  - i) If it concerns first place, the competitor trying shall have one more attempt for the height at which they failed.
    - a) If no decision is reached, the bar shall be lowered or raised to the heights which shall be announced before the commencement of the competition.
    - b) Each competitor attempts one trial at each height until the winner is determined.
  - ii) If the tie concerns a place other than first, the competitors shall be awarded the same place in the competition.

**C. Running Long Jump:**

1. Each competitor shall be allowed four attempts during actual competition and he shall be credited with his best performance. Note: Gremlins are allowed only three attempts. Gremlins athletes are allowed two practice jumps.
2. The long jump judge determines the initial order of competition.
  - a. He may change the order to accommodate competitors and meet operation.
  - b. Any reasonable request for change should be granted.
3. The jumper should take off from behind the scratch line or the scratch line extended.
  - a. If the jumper's shoe extends over the scratch line or makes a mark in front of the scratch line, the jump shall not be measured but shall count as an attempt.
  - b. If a jumper runs across the scratch line or the scratch line extended during competition, it shall count as a trial.
4. Measurement should be from the closest break in the sand to the take-off board, measure perpendicular from board or scratch line extended.
5. Jumper must exit in front of his mark from the rear half of pit.
6. No marker may be placed on the runway or in the landing pit; however, it is permissible to place a marker at the side of the runway or the landing pit.
7. If the distance resulting from the best performance of competitors is identical:
  - a) The higher place is awarded to the tied competitor whose second best performance is best.
  - b) If those marks are identical, the higher place will be awarded on the basis of the third ranking performance, etc.

**D. Shot-put:**

1. Each competitor shall be allowed four trials during the actual competition, and he shall be credited with his best performance.
2. The Shot-put judge determines the initial order of competition.
  - a. He may change in order to accommodate competitors and meet operation.

- b. Any reasonable request for change should be granted.
3. The Shot-put shall be:
- a. From the shoulder and against the nape of the neck.
  - b. The competitor shall not allow the shot to pass behind or below his shoulders during his attempt.
    - i) No harness or mechanical device attached to the hand or arm shall be used.
    - ii) Taping the wrist, palm, fingers or back of the hand is not permissible.
4. The Put must be made from the circle. (4 lb - BG, BB; 6lb - MG, MB, YG; 4kg - YB, IG; 12lb - IB)
- a. It is a foul if the competitor, after stepping into the circle and starting his put:
    - i) Touches the circle (not including the inner face of the stop board or the band, if one is used).
    - ii) Touches the ground outside the circle.
    - iii) Touches the top of the stop board with any portion of the body or apparel before the put is marked.
  - b. It is also a foul if the shot falls outside the sector or lands on any part of the radial lines.
  - c. It is a foul if the competitor fails to leave under control by the back half of the circle after having completed his put.
  - d. A foul put is not measured but it is counted as an attempt.
5. Measurement is from the nearest edge of the first mark made by the shot to the point on the inside edge of the stop board nearest such a mark.
6. If the distance resulting from the best performance of competitors is identical:
- a. The higher place is awarded to the tied competitor whose second best performance is best.
  - b. If those marks are identical, the higher place will be awarded on the basis of the best third ranking performance, etc.
7. Ties. Achieving the same best mark in the preliminaries of a throwing event does not constitute a tie; all contestants who are tied for the last qualifying place for the finals shall advance to the finals.

## V I . T R A C K E V E N T S

### A. **Definition:**

The track events include the 100-meter dash, the 200 meter/220-yard dash, the 400 meter/440-yard dash, the 800 meter/880-yard run, the 1500 meter, the 3000 meter, the 100 meter low hurdles, and the relay events.

The 400 meter/440-yard dash, for all age group classifications, shall be run in lanes for the entire distance. The 800 meter/880-yard run shall be initiated using the waterfall start. Athletes are permitted to break for the pole when it is safe to do so. **Note:** The use of heats is not anticipated in dual meets; but, if they are necessary, final placing will be determined based on individual times. For the 800 meter/880-yard in a dual meet the amount of competitors shall be limited to 18, unless all coaches agree on a larger number in the interest of time and safety. For championship meets the 800 meter/880-yard run shall be limited to 12 competitors per flights.

### B. **Lane Assignments:**

- 1. In dual meets, lanes will be selected by the Clerk of the Course. (Stager). SEE CONFERENCE SEEDING CHART.
- 2. For Conference-Wide and Individual Event Championship Meets, the determination of the number of contestants to qualify in each heat is the responsibility of the Conference Board of Directors. The

Preliminary heat assignments will be made from the coaches' seeded lists of qualified contestants.

3. Where heats are prescribed, and if the number of contestants to appear are not more than the number of available lanes, the referee is empowered to see that only one heat is run. However, if more than one heat is required no winner or second place in the heat shall be barred from a chance to qualify for the finals. The referee may grant a chance to qualify on the basis of time, but under most circumstances this is an undesirable practice.

THE TRIALS SHOULD BE ARRANGED so that no competitor is compelled to run in more heats than another. The number to qualify for the final race should be more heats than another. The number to qualify for the final race should be at least one more than there are scoring places. It is a good practice to qualify as many as the lanes will accommodate unless this creates an odd number in the qualifying heats.

IF THERE IS A TIE IN ANY HEAT which affects qualification for the next round or the finals, the tying competitors shall both qualify if the lanes or positions are available. If they are not available, the tying competitors shall compete again for the available lane or position.

4. ADJUSTMENTS IN LANE ASSIGNMENTS or in the number of heat qualifiers, when unusual conditions make the original lanes or number of qualifiers unfair to any participant, may be made by the Clerk with the approval of the referee. In a race run in lanes, each competitor must run in the lane he draws, unless the Clerk of Course moves him/her to avoid use of a lane which, because of unusual conditions, would unfairly handicap a competitor.

### C. Starting:

1. THE STARTING OF EACH RACE shall be done by the report of a pistol fired so that its smoke or flash will be visible to the timer. In all meets, a pistol which can be cocked and at least .32 caliber or any approved cap starting pistol shall be used. The snapped cap, that is, a shell which is not fired, does not indicate a start.

FOR AN UNFAIR START, the starter or assistant shall recall the runners by a second shot. After a starter gives the order to "set", if any competitor is in motion, the starter shall not fire the pistol.

2. THE STARTER MUST RECEIVE A SIGNAL from the head finish judge that the judges are ready.
3. IN STARTING THE RACE, the starter's procedure will be: First whistle "come to your mark." At this signal, competitors will immediately take their proper positions in their standard lanes. After they have taken their positions and are steady on their marks, the starter will blow a second whistle for "set" position. At this, all competitors shall at once and without delay assume their full and final set position in such a manner that no part of their bodies touch on or over the starting line. After an interval of approximately two seconds, when all competitors are set and MOTIONLESS, the starter shall fire the pistol. For races of more than 400 meter/440 yards, the starter will use the command "on your marks" and when all competitors are steady, shall fire the pistol.
4. IT IS A FALSE START if a runner fails to comply with the starter's commands, or if a runner is in motion after the second whistle, or if a runner leaves his mark without the pistol being fired. The offender or offenders shall be warned the first time and shall be disqualified on the second violation.

WHEN COMPETITORS ON THEIR MARKS are nervous and unsteady, the starter should call them up and attempt to make them steady. If the order "set" is given and a competitor breaks before the starter can call him up or fire the pistol, the official has no alternative but to charge it as a false start.

A Starter can save other competitors from also making a false start by ordering them up as soon as one competitor has made a break. Of course, if two or more break simultaneously, all violators must be penalized. If a competitor uses tactics at the starting line which are obviously designed to disconcert, he shall be warned, and if he persists, shall be disqualified.

5. STARTING EQUIPMENT FOR RUNNERS include starting blocks (except for the Gremlins) which shall be made available by the Host Team. When starting blocks are used, each competitor's feet must be low enough on the blocks so that they are in contact with the ground. Hand or body supports are prohibited. **Note: In Dual meets starting blocks are prohibited in the 400 Meter race.**
  - a. Gremlins may use blocks to push-off from a standing start only.

**D. Finishing:**

1. THE FINISH LINE is a line on the ground across the track from finish post to finish post. The competitors place in the order in which any part of their bodies (i.e., "torso" as distinguished from head, neck, arms, legs, feet, or hands) reaches the edge of the finish line first crossed by the competitor.

**E. Running Infractions:**

1. Legal running in lanes - In all races run in lanes, competitors shall start and finish within their assigned lanes. *Note: if a runner runs outside the assigned lane in the straightaway or run outside the outer line on the curve, with no material advantage gained and no other runner obstructed, no disqualification will take place.*
2. Legal running without lanes - the following situations will constitute legal running in non-lane events:
  - a) A competitor may run anywhere on the track at any pace or any change of pace as long as the competitor does not impede or obstruct by any body or arm action the progress of another runner.
  - b) A competitor may pass another runner legally on either right or left side.
  - c) A competitor may cut in front of another runner, provided that the overtaking runner has one full stride (this rule applies to the curved line start.)
  - d) A competitor who is lapped in a distance race shall run the normal course. *Note: if the runner is required to withdraw, the runner shall exit to the inside of the track.*
- 2.1 Running Violations In All Races - When an athlete commits a flagrant foul in a race to aid a teammate, all persons from the offending team in that race shall be disqualified. Such infraction would be reported by the official and ruled on by the meet official.
- 2.2 Running Violations In Lanes - Disqualification shall be ruled by the official when a competitor:
  - a) Impedes another runner
  - b) In a race on a curve, steps on or over the lane line to the left with two consecutive steps of the left foot.
  - c) In a race starting but not finishing in the lanes, the athlete does not cross the break line within the assigned lane, or
  - d) Does not start and finish within the assigned lanes.

*Note:* The official shall not disqualify competitors who:

1. Are pushed or forced by another runner to step on or over the lane line to the left with no material advantage gained, or
2. Step out of their lanes on the straightaway.

- 2.3 Running Violations Not In Lanes - Disqualification shall be ruled by the official when a competitor:
  - a) 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 loose momentum can lead to disqualification;
  - b) Veers to the right or to the 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, then returns later to continue the race;
  - d) Tries to force a way between two leading runners and makes direct contact so as to impede the progress of either, or
- e) Steps on or over the curb with two consecutive steps of the left foot.

*Note:* The official, after consulting the meet official, shall not disqualify competitors who:

1. Are pushed or forced by another runner to step on or over the curb with no material advantage gained, or
2. Step on or over the curb on the straightaway unless an advantage is gained by improving position.
3. A HURDLER SHALL BE DISQUALIFIED if he advances or trails his leg or foot alongside a hurdle, or runs over a hurdle not in his lane, or runs around a hurdle; or, when out of his lane, impedes another hurdler; or when he deliberately knocks down any hurdle by hand or foot, after impedes another hurdler.. There is no penalty for accidentally knocking down one or more hurdles.
4. IT IS UNSPORTSMANLIKE CONDUCT if anyone associated, directly or indirectly, with a competitor, paces him by running or taking a position along the track for the purpose of coaching or otherwise assisting him; or, if a competitor who is a lap behind the leading runner paces or otherwise assists a teammate or impedes another runner; or, if any runner intentionally leaves the track and then re-enters to continue the race; or, if any competitor willfully fails to follow the direction of the referee. FOR ANY SUCH ACT, THE COMPETITOR SHALL BE DISQUALIFIED.



## F. Relay Races:

1. RELAY RACES are races between teams of four contestants, no one of whom may run more than one distance (leg). **Note: For League Finals and IEC's, rules for relay make-up will be determined by the Valley Conference Track Board of Directors.**

It is permissible for the order of running (provided the same contestants comprise the team) to be changed between heats and succeeding rounds of the final, except in medley relays where all runners do not run the same distance.

2. EACH RUNNER SHALL CARRY A BATON in the hand and shall pass it to the teammate who succeeds him as a runner. The first runner shall start with the baton which may not touch the ground on or in advance of the starting line.  
The last runner shall carry the baton across the finish line. In all relays, the baton must be passed while it is within a 22-yard exchange zone which is formed by lines drawn parallel with and 11 yards on each side of the exchange mark. The lines marking the limits of the exchange zone are included in the 22-yard measurement. The baton must be actually handed (not thrown) from the competitor to the succeeding teammate and this teammate may not reach outside the exchange zone to take the baton. If the baton is dropped in the exchange zone in a legitimate attempt to pass it, either runner may retrieve it without penalty provided he does not interfere with an opponent. If the baton is dropped outside the exchange zone, it must be retrieved by the runner who dropped it and without interfering with an opponent. After passing the baton, the relieved runner should stand still or jog straight ahead until all teams have completed their passes at that zone. He may then step off the track.
3. A TEAM SHALL BE DISQUALIFIED for failure to pass the baton in accordance with the rules. The referee may also disqualify a team for other infractions. The rules relative to fouling, coaching, or impeding a runner apply to relay races as they do in all other track events, except within the exchange zone, the runner who passes the baton and his successor who receives it may overlap each other. The incoming runner shall not assist his teammates by pushing him/her.
4. IN RELAY RACES UP TO AN INCLUDING 4 X 200 meter/220 yards members of the team, other than the first runner, may take their positions on the track and commence running not more than 11 yards outside the exchange zone, but the baton must be passed while it is in the exchange zone. A distinctive mark shall be made on the track to denote his extended running limit.
5. IN RELAY RACES WHICH ARE LESS THAN A HALF MILE in length or which are run the entire distance in lanes, the positions of the teams on the starting line shall be determined by lot, and Teammates of each starting runner shall occupy the same lane or corresponding position at each exchange mark and the baton may be exchange only in such lane or position.
6. IN RELAY RACES OF ONE HALF MILE OR LONGER, which are not wholly run in lanes, the competitors at each station will line up in the same relative lane position as that of his teammate who starts the race.

Movements to a position better suited to meeting the passer of the baton shall subsequently be directed by the starter or his designated representative, who will grant the leading team lane 1, etc. Each passer will keep a straight course to the exchange zone, and the burden of the responsibility for taking a position which properly corresponds to passer's position is on the receiver. This permits a team which has a distinct lead throughout the race to make all exchanges in the pole position.

If a runner impedes the next runner of another relay team by interfering with the other runner progress, the team interfering will be disqualified.

7. For a 4 X 400 meter (4 X 440 yards) relay using a two turn staggered start, the first leg must be run entirely in lanes for the first 400 meter (440 yards). The runners of the second leg shall be in staggered lanes similar to an 800 meter lane start. The second leg shall run in his lane until he reaches a point (approximately 100 meter from the start/finish line) where he shall be advised to break to the pole. Standard Track relay passing zone rules and interference of other athletes shall be enforced.
8. Any relay contestant who throws the baton shall be disqualified for unsportsmanlike conduct.

## G. Awards, Scoring and Ties, Protests, Records:

1. **Awards**
  - A. **Regular Season Competition**

- a. 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.

**B. Open Finals**

- a. Ribbons shall be awarded to athletes in each flight in the same manner as in done during the regular season. (1<sup>st</sup> thru 8<sup>th</sup>). The top six finishers (based on time) shall receive medals.  
**Only medals should be presented during award ceremonies at Open and League Finals**

**C. League Finals**

- a. Medals will be awarded to the 1<sup>st</sup> thru 6<sup>th</sup> place finishers in each event.  
**Only medals should be presented during award ceremonies at Open and League Finals**

**D. I.E.C.s**

- a. **All athletes participating at the IEC's shall receive a place medal (1<sup>st</sup> thru 9<sup>th</sup> place)**

**2. Protests**

No protests are allowed on decisions involving only judgment of an official. Protests on a decision of a rule which arise between coaches and/or meet officials, and which cannot be promptly resolved by them, shall be expeditiously discussed with the referee, whose decision is final in all matters. Subsequent appeal must be in the form of a written request for hearing to the Conference Board by the complaints. All participants are counseled to use mature judgment and avoid such appeals unless serious and substantive issues are at stake.

**3. 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 Valley Conference Records must be recorded in Valley Conference Meets that are defined as "League Finals" or "I.E.C." meets.

- a. Video cameras will not be used by the referee to rule on a violation.
- b. Meet Level records will be maintained for League, and Open finals.
- c. League Records can only obtained at League Finals.
- d. Conference Level records will be maintained for the conference and can be obtained at League Finals or IECs.

## V I I . T R A C K   A N D   F I E L D   E Q U I P M E N T

**A. Track and Field Facilities:**

1. No team or teams shall be approved to hold home meets unless they have an approved track facility as determined by a committee appointed by the Conference Commissioner. This approval must be received prior to date of the approved Division Schedule.

**B. Equipment:**

1. Starting blocks and hurdles shall be furnished by the Host team.
2. Finish tapes, timer watches, measurement tapes for distances and heights, and first aid kits will be furnished by the Host team.

**C. Track and Equipment Specifications:**

1. The LENGTH OF THE TRACK shall be one quarter mile or 400 meter.

A SOLID CURB with a rounded top surface two inches above the track level shall mark the inner edge of the track. On all-weather tracks, a painted line two inches wide may be used for this purpose.

THE DIRECTION OF RUNNING SHALL be such that the inner edge of the track is to be left on the runners, unless facility marking favors the opposite direction for specific sprints and hurdles.

2. DISTANCES WHICH ARE RUN AROUND A CURVE but not on lanes shall be measured upon a line 12 inches outward from the inner edge of the track, when a raised curb is used. If a painted line is used to mark the inner edge on all-weather tracks, the distance shall be measured upon a line eight inches outward from the inner edge of the track. Those which do not involve a curve shall be measured in a direct line from the starting line to the finish line.
3. DISTANCES WHICH ARE RUN IN LANES and which involve a curve shall be separately measured for each lane and the measurement shall be upon a line eight inches from the nearest edge of the lane line which is on the runner's left, except the lane next to the inside raised curb shall be measured 12 inches into the lane from the raised curb.
4. EACH LANE SHALL BE MARKED so the left-hand boundary line is outside the runner's line. A lane should be at least 36 inches wide. A width of 42 to 48 inches is preferred. Lanes should be marked with a material which is not injurious to the eye or skin. It is suggested that, if more than one stagger is marked with a lane, a different colored material be used for each stagger. To promote uniformity, the lane nearest the inner edge of the track is referred to as lane 1. It is also called "the pole."
5. WHEN RACES RUN IN LANES AROUND A TURN OR TURNS, it is necessary to stagger the starting lines so that each competitor will run the same distance. When the start is on a turn or when relay exchanges are made in turns, the staggered distance should be determined by a competent engineer. Each lane must be measured when the staggers are on a curve. Whenever possible, starts and exchanges zones should be placed on a straight-away.
- a. FOR RACES WHICH ARE RUN IN LANES and have starting lines and relay exchanges zones on the straight-away, the placement of the staggered starting lines is determined by the following table. Lane Number One is the inside lane. The distance is accurate for any track which has semicircular turns, regardless of the number of laps per mile.

NUMBER OF 180 TURNS TO BE RUN

Handicap	2	1-1/2	1	1/2
Lane 2 over 1 (36" wide)	16' 9"	12' 6-3/4"	8' 4-1/2"	4' 2-1/4"
Lane 3 over 2, Lane 4 over 3, etc. (36" wide)	18' 10-1/4"	14' 1-3/4"	8' 5-14"	4' 2-1/4"
Lane 2 over 1 (42' wide)	19' 10-1/2"	14' 11"	9' 11-1/2"	4' 11-1/2"
Lane 3 over 2 Lane 4 over 3 etc. (42" wide)	21' 11-1/2"	16' 6"	11' 0"	5' 6"

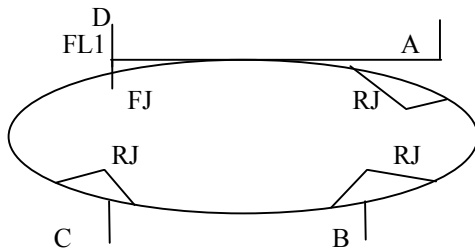
6. Plane A and B are two suggested track markings for reference purposes:

Legend:

- A Starting Line for 100-meter dash; 100 meter low hurdle
- B Starting Line for 200 meter dash & 3000 meter run
- C Starting line for 1500 meter run
- D Starting line for 400 meter dash, 400 meter relay, 800 meter run, & 1600 meter relay
- FL1 Finish Line for all running events

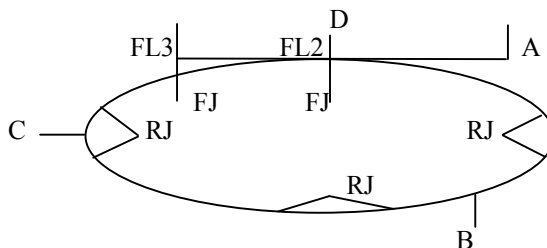
- FL2 Finish Line for 400 meter dash and 400 meter relay, 800 meter run, 1500 meter run, & 1600 meter relay
- FL3 Finish Line for 100 meter dash / hurdle races, 200 meter dash, 3000 meter run
- RJ Relay Judge station and relay passing zones
- FJ Finish Judge

PLAN A



Plan A utilizes passing zones which are not placed on curves. The 200 meter/220-yard dash commences into the curve but has the straight-away for the completion; the same is true for the 400 meter/440-yard run.

PLAN B



The passing zones are located at two mid-curve points; this is acceptable by many high schools and is not considered as a major drawback.

7. **Hurdles:**

- a. THE CONSTRUCTION OF THE HURDLES shall standard as approved by the CIF. The low-hurdle height shall be 30" for girls and 30" for boys. THE HURDLE shall be of such weight and balance that it requires a pullover force of not less than eight lbs. a low hurdle height, of six lbs. at high hurdle height and not more than 8 lbs. 13 oz. at either height. The hurdle gates shall be placed so that the turnover resistance is nearest the starting line.
- b. Hurdle Spacing:

	Number of Hurdles	Start To 1st Hurdle	Between Hurdles	Last Hurdle To Finish
Event 80-meter low hurdles:	8	12.0 Meter	7.5 Meter	15.5 Meter (MG, MB)
Event 100-meter low hurdles:	10	13.0 Meter	8.5 Meter	10.5 Meter (YB, IG, and IB)
	10	13.0 Meter	8.0 Meter	15.0 Meter Youth Girls ONLY

- 8. The Relay Baton shall not exceed 11.81" in length and 4.724" in circumference. It shall be uniform in circumference with no corrugations or built-up ridges. It shall weigh at least 1.766 oz. The use of tape in wrapping the baton is prohibited.

9 Field Equipment and Specifications:

- a. RUNNING HIGH JUMP equipment must meet the following standards: The landing pit shall be no less than 16' wide by 12' long and shall be filled with 24" of foam rubber or an air mattress inflated to

14".

THE CROSSBAR SHALL NOT BE LESS THAN 12' nor more than 14' 10" in length of uniform thickness, and shall have a weight of not more than five pounds. A round glass composite-type bar is the only type to be used. Maximum diameter is 1-3/16th". Metal crossbars are not allowed. The upright standards which support it shall be at least 12 feet apart. The platform which supports the crossbar shall be rectangular planes 1-1/2" by 2-3/8". There may be an extension of the standard above the crossbar. The long dimensions shall be pointed toward to opposite upright so that it will be parallel to the crossbar.

ACCURATE MEASUREMENT of the height of the crossbar for the high jump is important and a level takeoff area must be provided. Material 2' long by 8" wide shall be set under the crossbar flush with the take-off level.

- b. EQUIPMENT FOR THE RUNNING LONG JUMP must meet the following standards: The take-off board shall be marked by a rectangular shape wood joist (take-off board) the width of which shall between 8" (minimum) and 24" (maximum) and at least 4' long. It shall be set firmly in the ground, level with the runway and the surface of the landing pit. If the take-off board is 8" wide, and additional 8" of firm, resilient material may be placed so that it butts the edge of the take-off board furthest from the scratch line. On hard-surfaced runways, a painted scratch line may be used in lieu of a take-off board.

THE LANDING PIT shall be filled with sand which shall have the same elevation as that of the take-off board. There shall be a scratch line at right angles to the path of the jumper which coincides with the front edges (nearest the pit) of the take-off board.

FOR THE RUNNING LONG JUMP, the landing pit shall head a minimum width of 9' and a minimum length of 15'. For Youth and Intermediate age group classifications, the scratch line shall be approximately 12' from the near edge of the landing pit for the running long jump. For the Bantam and Midget age group classifications, the scratch line shall be approximately 6' from the near edge of the landing pit.

It is recommended that the runway shall have a minimum length of 130 ft. It is also recommended that the minimum width of the runway be 42 inches.

- c. SHOT-PUT EQUIPMENT must meet the following standards: The shot must be: (a) a solid sphere made of any metal not softer than brass; or (b) a shell of such metal filled with lead or other materials. The shot shall weigh 4lbs, 6lbs, 4kgs, or 12 lbs. as applicable.

THE PUTTING CIRCLE SHALL have an inside diameter of 7'. The circumference shall be marked with a metal, wood or plastic band which shall not rise more than 1/4" above the level of the circle or if the circle has a surface of asphalt, concrete, wood, or other hard materials a painted line 2" wide may be substituted for the band. A concrete surface with a 1/64" roughness is recommended.

A WHITE WOOD STOPBOARD in the shape of an arc, so that the inner edge coincides with the inner edge of the circle, shall be firmly fixed in this position. It shall be 4' in length along the inner surface, 4" in height and 4-1/2" in width. The inner edge of the line or band is the limit of the putting circle.

RADIAL LINES 2" wide shall extend from the center of the circle through the extremities of the stop-board and continue out to form an area into which legal puts must be made. The inner edge of these lines shall bound the sector.

## V I I I . D E F I N I T I O N S

A MEET consists of contests in a prescribed number of races of different length called track events, and a contest in jumping and/or throwing called field events. Competition is by individuals, except in relays, which involve competition of teams generally consisting of four individuals.

ATTEMPT - A trial in a field event.

BATON - The implement which is used in a relay race and is handed by each runner to his succeeding teammate.

COURSE - A general term used to indicate the path of a runner. In races during which each runner is required to remain in his lane, the course is the same as a lane.

**DEAD HEAT** - A situation in which two runners cross the finish line at exactly the same instant. This results in a tie.

**EXCHANGE ZONE** - An area the width of one lane, and 22 yards long, designated for exchanging the baton during relay races.

**FINISH TAPE** - The string of yarn which is stretched across the track directly above the finish line to aid the judges of the finish in determining which runner first crosses the finish line first.

**FLIGHT** - Flights are used in races where there are more contestants than lanes available. Placing is on a best-time basis. Seeding is done according to times. Fastest six or eight in first flight, next fastest in second flight, etc.

**FOUL THROW** - A throw which is counted as an attempt but which is not measured because of some violation of the rule.

**HEAT** - A race during preliminary trials to eliminate slower competitors so the final race will include as many of the faster competitors as desired. Where there are a great many entries in a given event, the heats are arranged in preliminary rounds and in semi-final rounds. The number of final competitors is at least one greater than the number of places to score.

**I.E.C.** - Individual Event Championship.

**JOSTLE** - to run against or elbow; a crowding or bumping together that hampers or impedes a runner.

**LANE** - The course which is marked on the track for a race or the part of a race during which the runner must stay in a prescribed path. Lanes vary in width from 36 to 48 inches depending upon the width of the track and the number of lanes which are desired from a given meet. It is recommended that lanes be 42 inches wide whenever possible so that it will accommodate a full-sized hurdle.

**LAP** - One complete counter-clockwise circuit of the track.

**LAPPED RUNNER** - A contestant who is passed by a runner who has completed at least one more circuit of the track.

**POLE** - A term applied to the lane which is nearest the inner edge of the track. For the sake of uniformity, it is customary to designate this as lanes are not marked, it is customary to refer to the runner who is nearest the inner edge of the track as "at the pole."

**PRELIMINARY** - A race, or a flight in the field events, designated to eliminate the less expert performers. The qualifiers advance to the semi-finals. In some cases, the preliminary heat or flight is also the semi-finals.

**QUALIFY** - Winning the right to participate in the semi-final or final race or a trial by meeting certain standards in an earlier race or trial.

**RECORD** - The best performance by a competitor in a specified group and from a specified period.

**RELAY** - A race during which several runners participate as a team. Each runner may run only one leg of the relay. A runner finishes his/her part of the race when he/she passes the baton to the succeeding runner under prescribed conditions or when he touches the succeeding runner as in a shuttle relay.

**RELAY LEG** - The distance over which one runner of a relay team must run.

**RUNNER** - A participant in a race. Other terms which are used to designate a participant are contestant and competitor.

**SCRATCH** - A term used to designate the withdrawal of an entry before competition begins.

**SCRATCH LINE** - The edge which is used in the running long jump and the races. The jumper is prohibited from touching this line or the ground in front of it during the take-off for a jump. The starting runner may not touch this line or the ground in front of it until the starting gun has been fired.

**STAGGERED START** - A method of equating the distance for all competitors when a race is run in lanes around one or more curves. The runner or relay team assigned to second and each succeeding lane starts a specified distance ahead of the runner on his left.

**STARTING BLOCKS** - Blocks or pedals mounted on a frame to insure a rigid surface against which the feet may be braced to start a race. No spring may be used.

**STOPBOARD** - (Shot-put) A white plant four feet long, four and one half inches wide, four inches high, and curved to coincide with a circle seven feet in diameter. It is used to mark the front of the shot-put throwing circle.

TAGS - Labels worn by athletes. Tags shall include club name, age group, event, # of position according to time in each running events, and LAST name then FIRST name of the athlete.

Smith, Dave	CH	MB
100 YD/meter		Time or Position

TAKE-OFF BOARD - The Board upon which a jumper plants his foot for the running long jump.

THROWING SECTOR - (Shot-put) The sector is formed by extending lines from the center of the putting circle through the ends of the stop-board.

TURN - The curved portion of the track. A standard quarter-mile track has two turns (curves) in one lap.

UNIFORM - A proper track uniform shall consist of a jersey-type top and trunks as provided by each team.

Shoes will be worn and may be spikes or of the training shoe variety. Underwear may not extend below the bottom of the running shorts. Tights may be worn, if desired by the athlete, provided they are one solid color - black, white, or a single team solid color. Uniform shorts must be worn over the tights. All tops must be long enough to be tucked into the shorts. All athletes of the same team shall wear the same uniform, in color and style, slight variations in shade may be acceptable providing they are close.

## I X . P O L I C I E S A N D P R O C E D U R E S

- A. In order to initiate a change to the published playing rules, fundamentally rule proposals are presented by clubs On club letterhead in November to the Track and Field Board, the proposal is read but there is no discussion. Rule proposals will be discussed in detail at the December board meeting; new rule proposals must be brought in writing with enough copies for all clubs to be accepted & Discussed. Rule proposals will be voted on in the January board meeting with NO DISCUSSION. These time tables are established to give clubs time to review rule changes with the respective boards and return with informed votes.

A playing rule voted on by the Track Board will stand in effect through the end of the season. Any proposal rule which is defeated may not be resubmitted until the next rules proposal cycle in November.

New rule changes to existing rules will only be published in the rules book after the January meeting.

Any amendments to the rules made after the January meeting will be published in an addendum as to rules, which will expire at the end of the current season.

Major rule changes shall not be submitted during season competition.

- B. **Meet Conduct:**

The Valley Youth Conference Track and its participating organizations has as a major goal, presentation of a youth track program featuring wholesome competition in an environment beneficial to the participants. Personal conduct of spectators, officials, coaches, and participants must, at all times, be beyond reproach. Physical and verbal abuse WILL NOT BE TOLERATED UNDER ANY CIRCUMSTANCES. Adults or participants unable to display acceptable behavior will be directed to leave the competition site by the Meet Director and participating head coaches. All involved individuals are advised to carefully consider their words and actions - criticism, aggressiveness and intemperate behavior all too easily are generated by the stress of competition - all are requested to strive to maintain a positive atmosphere in all situations.

- C. **Valley Conference Board Officers**

1. Election of Valley Conference Board Officers
  - a. The Commissioner, General Manager, Treasurer and Secretary/Historian may be nominated from the floor at the time that office is to be elected. Each position shall then be elected by majority vote of the Track and Field's (Conference) Board of Directors.
    1. The VYC Executive board shall appoint the position of Recording Secretary.
  - b. The Commissioner shall appoint one member of the Conference Board to Chair an Elections Nominating Committee.

- c. The Nominating Committee shall poll members for willing and qualified members for Officers listed above.
    - 1. A willing and qualified individual must be a member of the Conference Board or serve as an Officer on his/her individual club board for a period of one year.
  - d. The office of Commissioner demands neutrality and as such, persons who desire to serve in this office must be unaffiliated with any other Track and Field Club that is a part of the Valley Youth Conference. A person who holds the position of General Manager is not required to be unaffiliated with a Valley Youth Conference Track and Field Club, however, if such person is to assume the office of Commissioner, he or she must first disassociate from the VYC Track and Field Club that he or she is a part of.
  - e. An election for any of the above positions shall be held at the meeting of the Conference in October.
  - f. The voting parties shall be the Conference Board (Club Representatives, up to two per club), plus the director whose office is being voted on.
  - g. An elected position shall be for the term of two calendar years beginning from the day elected.
2. Duties of Valley Conference Board Officers
- a. COMMISSIONER (President/CEO): The duties of this office are as follows:
    - 1. Preside over all meetings of the Conference Board; the General Manager shall preside in the absence of the Commissioner.
    - 2. Call special meetings when deemed necessary.
    - 3. Oversee the performance of all duties required of the other members of the Conference Board.
    - 4. Appoint, with the approval of the Conference Board, all necessary League Presidents.
    - 5. Create Track & Field and Cross Country schedules for the upcoming seasons.
    - 6. Sits on the Executive Board of Directors of the Valley Youth Conference.
    - 7. Becomes familiar with all Rules and Bylaws of the Conference and Executive Boards.
    - 8. Other duties as required to operate a successful and fair Track and Field program.
  - b. General Manager (Vice President/COO): The duties of this office are as follows:
    - 1. Assumes the roles and duties of Commissioner when office is vacant or the Commissioner is absent.
    - 2. Works at direction of the Commissioner.
    - 3. Sits on the Executive Board of Directors of the Valley Youth Conference.
  - c. Recording Secretary (Executive Board Appointed): (This office is appointed by the Executive Board to maintain a longstanding running account of all records, minutes, rules and bylaws).
 

The duties of this office are as follows:

    - 1. Maintain all Conference Board records (including committee reports) on file.
    - 2. Maintain personal current addresses to distribute to other members.
    - 3. Take minutes at all board meetings.
    - 4. Bring to each meeting the minute book, bylaws and rules.
    - 5. Mailing members a copy of the previous meetings minutes, with a notice of forthcoming meeting
    - 6. Relinquish all Conference Board records to duly authorized replacement.
    - 7. Other as directed by the Board of Directors.
  - d. Treasurer: The duties of this office are as follows:
    - 1. Receiving and depositing all certification and club fees in the Conference bank account.
    - 2. Paying Conference's bills that the Board approves.
    - 3. Giving report at the meetings.
    - 4. Keep complete and accurate accounting of financials and reporting them to the Executive Board's Chief Financial Officer at the fiscal year end.
    - 5. Other as directed by the Board of Directors.
  - e. Executive Secretary/Historian: The duties of this office are as follows:
    - 1. Retain and update Valley Conference Competition Records.



2. Maintain and update Conference web-site.
  3. Other as directed by the Board of Directors.
- f. League Presidents (Eastern and Western): The duties of these offices are as follows:
1. Certifies all teams within one's League of responsibility.
  2. Carries out all duties consistent with the Playing Rules of VYC Track and Field as well as the Constitution and Bylaws of the Valley Youth Conference.
  3. Presides over seeding meeting within one's League of responsibility.
  4. Establishes and presides over planning meeting for Open and League Finals.
  5. Act as or appoint Meet Director for Open and League Finals.
  6. Act as or appoint Head Referee for Open and League Finals.

## X . C E R T I F I C A T I O N I N F O R M A T I O N

The biggest problem in the past have concerned the proof of birth.

The following items are acceptable:

1. Birth Certificate.
2. Photocopy of Birth Certificate.
3. Military Birth Certificate.
4. Passport.
5. Foreign Birth Document or Green Card.
6. Copy of School Record with documented date of birth.
7. Court decree.
8. Valid California Identification Card

Each Club shall be accountable for the validity of the proof of age document. If at any time during the season (except within two weeks of finals), the athlete's age is questioned, the athlete shall have two weeks to produce the original document. Failure to comply shall result in the athlete being suspended from further competition until compliance.

The parent or guardian of the athlete shall complete and sign a Medical Waiver and file with the Club prior to the athlete practicing or competing in any Track and Field or Cross Country event.

In addition all coaches, helpers, volunteers, parents, and athletes shall sign the Code of Conduct prior to participating in any practice or competition at any Track and Field or Cross Country event.

At certification you must have a loose leaf binder with plastic inserts. The original team copy of the players contract on one side and the medical and proof of age and Code of Conduct on the back side. These pages should be in alphabetical order just like the names listed on the V.Y.C. Roster, with last name first.

The Code of Conduct from persons who do not have children participating with the club and the conference copies of the contracts (yellow) should be in alphabetical order by last name just as it appears on the roster, and be placed in a large envelope. At certification bring (2) copies of original roster and a disk of the roster in Meet Manger format. Name and birthday should appear on printed roster. All addresses and phone numbers should be entered on the disk. League Presidents shall verify written roster with the disk and send it to the commissioner after certification. Any uncertified athletes shall not remain on the roster sent to the commissioner. Teams may not send rosters directly to the commissioner. If athletes become eligible after the original certification date they must have been on the original roster. No new athletes can be added past the certification date. All late paper work will be subject to a \$10.00 per athlete fine. Dates to be determined by the VYC board prior to the season's start.

# X I . L A N E S E E D I N G A S S I G N M E N T S

## LANE SEEDING ASSIGNMENTS - 8 Lane Track

100 Meter, Hurdles		200, 400 Meter & Relays		800 Meter, 1600 Meter, 3200 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, 1600 Meter, 3200 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

## LANE SEEDING ASSIGNMENTS - 6 Lane Track

100 Meter, Hurdles		200, 400 Meter & Relays		800 Meter, 1600 Meter, 3200 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
				7	7
				8	9
				8	9

# X I I . Q U A L I F Y I N G S T A N D A R D S

## Yards

<b>BG</b>	<b>BB</b>	<b>MG</b>	<b>MB</b>	<b>EVT</b>	<b>YG</b>	<b>YB</b>	<b>IG</b>	<b>IB</b>
33.0	31.0	30.5	29.0	<b>220</b>	28.0	26.5	29.0	25.5
1:17.4	1:13.0	1:11.0	1:08.0	<b>440</b>	1:06.0	59.5	1:07.0	59.0
3:10.0	2:54.0	2:55.0	2:39.0	<b>880</b>	2:43.0	2:25.0	2:48.0	2:20.0
6:26.0	5:54.0	5:50.0	<i>5:22.0</i>	<b>MILE</b>	5:46.9	5:03.1	<i>6:16.7</i>	<i>4:49.2</i>
XX	XX	13:00.0	<i>11:28.7</i>	<b>2 MILE</b>	12:25.0	10:58.9	<i>13:13.1</i>	<i>11:03.9</i>

Same as Meters

## Meters

<b>BG</b>	<b>BB</b>	<b>MG</b>	<b>MB</b>	<b>EVT</b>	<b>YG</b>	<b>YB</b>	<b>IG</b>	<b>IB</b>
15.2	14.8	14.2	13.9	<b>100</b>	13.4	12.5	13.8	12.5
32.4	30.8	30.3	28.8	<b>200</b>	27.8	26.3	28.8	25.4
1:15.0	1:12.6	1:10.0	1:07.6	<b>400</b>	1:05.0	59.2	1:06.6	58.7
3:02.0	2:51.0	2:50.0	2:38.0	<b>800</b>	2:37.0	2:24.2	2:47.0	2:19.2
6:12.0	5:48.0	5:48.0	5:22.0	<b>1500</b>	5:33.0	4:58.0	6:16.7	4:49.2
XX	XX	12:50.0	11:28.7	<b>3000</b>	12:24.0	10:54.0	13:13.1	11:03.9
XX	XX	16.2	14.8	<b>HDL</b>	18.9	17.5	19.5	17.1

## FIELD EVENTS

<b>BG</b>	<b>BB</b>	<b>MG</b>	<b>MB</b>	<b>EVT</b>	<b>YG</b>	<b>YB</b>	<b>IG</b>	<b>IB</b>
3'-5"	3'-10"	4'-1"	4'-5"	<b>HJ</b>	4'-4"	4'-11"	4'-2"	5'-0"
10'-10"	12'-2"	12'-9"	13'-10"	<b>LJ</b>	14'-0"	15'-10"	13'-8"	16'-0"
19'-10"	26'-0"	21'-6"	26'-6"	<b>SP</b>	26'-0"	29'-0"	25'-0"	29'-0"

## X I I I . C R O S S C O U N T R Y

The Valley Youth Conference Cross Country program is a committee of the Valley Youth Conference Track and Field program. The Track and Field Commissioner shall appoint a Cross Country committee chairperson at the June Meeting of the Valley Youth Conference Track and Field. This committee shall consist of members of participating teams and conduct all aspects of play in accordance with the playing rules of the Valley Youth Conference; in addition the following rules shall apply.

### **SECTION 1. General Rules**

There are varying circumstances encompassing the sport of cross country. Due to the variance in seasons, climatic conditions and distances, it is difficult to standardize all facets of the sport. The following rules shall set forth the standards for use in the Valley Youth Conference.

- a. The Cross Country season shall consist of 6 (six) meets during the regular season.
- b. Practice shall begin no earlier than August 1 of each year.
- c. The first meet shall be approximately on the third Saturday of September each year with the season concluding on the last Saturday of October.
- d. All participating clubs must help in hosting a meet. The cross country committee shall determine meet location and primary hosting clubs. The sixth meet shall serve as a season final with all clubs responsible for its operation.
- e. Age group races may have the genders combined at all meets except for the season's final meet.
- f. A place ribbon award shall be given to the top 8 competitors in each age group and gender at each meet
- g. Participation ribbons shall be awarded to the rest of competitors.
- h. Awards at the season's final meet shall be a trophy for the top 3 competitors in each age group and gender, then place medals for the next 5 competitors and participation medals for all other finishers. Place ribbons may also be given in addition to trophies and medals.
- i. Athletes must have competed in at least 2 meets prior to the finals in order to be eligible for an award at the season's final meet.
- j. In the event a meet can not be conducted due to inclement weather, the committee shall try to reschedule the meet if possible. The season's final meet must be rescheduled.
- k. Each season during the June meeting a policy for concessions sales shall be established. In the event no policy is established, each hosting club is free to sale concessions.
- l. During any race, no vehicles (bikes, ATV's or the like) are permitted on the course. Exception to this rule are officially designated bikes that are used as "rabbits" of leading competitors around a course, or vehicles that are needed by course officials for first aid or course maintenance.

### **SECTION 2. The Course**

#### **Course Lengths**

ARTICLE 1. The variances of course lengths shall be:

- a. Gremlin age group. — The length of a cross country race shall be approximately 2,000 meters.
- b. Bantam and Midget age group — The length of a cross country race shall be approximately 3,000 meter.
- c. Youth and Intermediate age group — The length of a cross country race shall be approximately 4,000 meter.

#### **Course Layout**

ARTICLE 2. The course shall be confined, as far as possible, to fields, woods and grasslands. Parks, golf courses or specially designed courses

are recommended. The turf should be of a quality to promote safety and freedom from injury to the runners, keeping the following in mind:

- a. Dangerous ascents or descents, undergrowth, deep ditches, and in general any hindrance detrimental to the contestants must be avoided.
- b. Continuous traversing of roadways should be avoided.
- c. The direction and path of the course shall be defined clearly for the runners.
- d. Turns must be gradual.

### **Course Markings**

ARTICLE 3. The course shall be properly measured along the shortest possible route that a runner may take; and it must be marked clearly.

- a. A single white or colored line for directional purposes only—not to be assumed as the measured line—or two lines that mark the outside borders of the course, one on the measured course marking its shortest perimeter and the second such that runners cannot vary from the proper course. In addition, these two lines serve as restraining lines for spectators.

### **SECTION 3. The Start**

The start should be marked in a straight line clearly to allow all competitors an equal start. It is recommended further that:

- a. The start shall be located so as to provide a long straight route from the starting line to the first turn.
- b. The starting line shall be wide enough to provide for all competitors in the race.

### **SECTION 4. The Finish**

#### **Finish Area**

ARTICLE 1. It is recommended strongly that the finish area be relatively close to the start of the race. It also shall be on fairly level ground and have a finish area to include a straightaway finish.

#### **Finish Line**

ARTICLE 2. The finish line shall be wide enough to allow all competitors to safely cross and enter the chute. It shall be marked brightly and be visible from a distance. The finish line is at the mouth of the finish chute.

#### **Finish Chute**

ARTICLE 3. The use of a finish chute is recommended at all cross country meets to aid in meet administration and to provide accuracy and fairness to the competitors.

### **SECTION 5. Officials**

#### **Number and Types**

ARTICLE 1. There are a number of officials necessary to conduct a cross country Meet.

#### **Duties of Meet Officials**

##### **Meet Director**

The meet director is the central person behind the success of a cross country meet. The meet director is responsible to the committee 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. Provide facilities and equipment (e.g., stopwatches, flags);
- d. Provide full and early information to all competing teams;
- e. Appoint and inform officials and prepare officials' materials;
- f. Oversee the inspection of the course, start and finish;
- g. Confer with all head officials before the meet to ensure that all are aware of their responsibilities;
- h. Ensure that all rules are observed and render decisions on all technical aspects of the meet;
- i. Have the authority to disqualify any competitor for improper conduct or apparel and decide on any protests rendered; and
- j. Review all final meet results.
- k. Appoint course monitors and referees
- l. Provide meet results to the Cross Country Committee chairperson within 1 day of the finish of the meet.

### **Course monitors and referees**

Course monitors and referees shall have the following responsibilities:

- a. Observe the conduct and the course of the runners during the race;
- b. Report the competitors who are in violation of the rules to the meet director;
- c. Position monitors at various points on the course in order to observe all areas, specifically at points where confusion may occur.

### **Announcer/Clerks of Course**

The announcer shall have the following responsibilities:

- 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.
  - d. Begin in the middle of the starting line and line up the runners in consecutive order on either side of the middle, progressing to the outside starting position;
- Note: To ensure a fair and equal start, every runner should be, if at all possible, placed on the front line.*

### **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.

(1) 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.

(2) In the “Runner set” position, the pistol and other arm are raised slowly to straight overhead.

(3) 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.

(4) 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 50 to 75 meters due to contact with another runner, the race shall be recalled by a shot.

c. If there is an assistant starter he should be stationed at one end of the starting line so the following duties can be performed:

(1) Have a complete view of the length of the starting line;

(2) Fire the pistol in case of a false start.

*Note: If more than one assistant starter is used, they shall be stationed at each end of the starting line.*

### **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.

### **Timers**

The head timer shall be responsible for all phases of the finish times and results that require accurate timing. The head timer shall coordinate all timers, the timing of first place and the overall timing system (or systems) used in the competition. Other specific duties of the timers shall be:

a. Operate primary system and ensure at least 1 (one) backup system per race.

d. Fully automatic timing (FAT) system—When this system is being used for the official meet results, time of all competitors shall be determined by viewing the official film from the FAT camera and reproduced on an official print-out. Times shall be recorded to the slower 10th.

### **Time and Finish line Recorders**

The recorder shall be responsible for recording the time of each runner at the finish.

a. As each runner finishes, they shall be given a order-of-finish place marker

b. The runners are to take this marker along with their label and turn it in to the finish line recorder.

c. All Competitor labels shall have the following information, Team Name, Athlete’s Name, Age Group and Gender clearly marked.

d. If age group races are combined, all competitor 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. *Note the easiest way to record the finish place is to write the number of the order-of-place marker on the athletes tag. Then the tags may be fastened to the results sheet. Times from the timing system can then be matched to the athletes.*

**First Aid**

Hosting teams shall provide medical first aid and ice for all runners as needed.

**SECTION 6. The Uniform**

Uniforms for all cross country team members must meet Valley Conference standards.

**SECTION 7. Disqualification**

Competitors who fail to complete the prescribed course that is defined by a legal marking system shall be disqualified.

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 that is defined by a legal marking system;
- 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.
- g. Referee or course monitor will not rely on information provided by non-officials.

**SECTION 8. Post Season**

The official post season team of the Valley Youth Conference shall be the "*Valley United Striders*"

No Valley Youth Conference Cross Country Team is authorized to recruit athletes from within the Valley Conference framework. Furthermore, no Valley Youth Conference Team (Board Members, Coaches, Parents, and Representatives) shall recruit athletes from another Valley Youth Conference Team for the formation of a Post Season Team prior to the day following the season's final meet. Any team or persons found in violation shall be disqualified from Valley Conference Competition. It is the desire of the Valley United Striders to support and offer competition primarily to Valley Youth Conference athletes only.

The Committee shall, no later than September 15, decide upon a primary venue for post season competition. USATF and AAU provide national competition. Factors to be considered are location and weather of the national event along with competition offered.

All competitors must compete in the primary venue to receive aid or to be considered for a team that might choose the alternative location as well.

Team Member selection shall be as follows:

- a. Athletes competing in the Valley Youth Conference Cross Country must compete in half of the seasons meets. The top eight athletes of each age group will be considered for membership on the "A" team. If a competitor has competed in all six meets their worst finish place will be removed before averaging. The



average of all other races will then be used to determine their season place order. Then the top 8 will be invited to compete on the "A" team. In the event there is a near tie for 8<sup>th</sup> place, head to head competition from the later 3 meets shall be used to break the tie. All other athletes will be placed on subsequent teams.

- b. A seeding meeting shall be called on the Sunday or Monday following the season's final meet. All clubs must declare athlete's intentions to participate in post season at this meeting. Athletes must commit to participate in all qualifying meet and nationals to be considered for the "A" Team. Athletes may not miss any qualifying meet except for unusual and compelling circumstances to be approved by the Cross Country committee. Teams shall be determined and can not be changed unless an athlete drops. An athlete will not be removed from the "A" team based on performance at post season meets.
- c. A representative shall be appointed at the seeding meeting to ensure all paper work is collected and filed with the respective organizations. Each team shall ensure that funds and paperwork are collected and given to the representative.
- d. Age group team coaches shall be appointed at the seeding meeting to assist athletes at the post season competition venues only. Valley United Striders designates such coaches primarily for the purpose of assembling teams for course walk through and warm up and check in for all post season meets. They are also to assist in gathering paperwork needed for registration to said meets.
- e. Athletes may train with their home clubs or other Valley United Strider club practices.
- f. Fundraising for post season is recommended to ensure all athletes can participate.
- g. Funds may be available from Valley Youth Conference for post season aid to "A" Team Members attending the primary venue only. This is subject to Valley Youth Conference Track board approval.
- h. Vacancies on the "A" team may be filled with "B" Team members or individual going on in that age group and such selection may be based on performance in post season competition. High school alumni athletes in the youth age group may also be considered, if one or more of the top 8 choose not to compete. Once an athlete has been named to the "A" team, he/she may not subsequently be removed based on post season meet performance.
- i. Any returning high school athletes who would like to join the Valley United Striders in the Youth, Intermediate, or Young Men/Women age groups may also compete with the team, but they shall not displace current Valley Conference athletes on the "A" Team.

The Cross Country Committee shall appoint a Valley United Striders Post Season Team Leader to act as the designated representative in attendance at each post season competition venue. Normally this will be the Cross Country Committee chairperson. There may be separate Team Leaders for AAU and USATF competition. In the event of last-minute illness, injury, or absence of an athlete prior to qualifying or national meets, any required adjustment in team composition will be made by the Valley United Striders Team Leader after consultation with the Cross Country Committee to the degree practicable.

*Notes:*

*1) In the past, there have been occasions when a "B" team arrives at qualifiers with insufficient number of athletes. After careful consideration of impact on "A" team advancement, the number 7 or 8 runner may be asked to run as a "B" team representative to help an added team qualify. In such cases, the "A" team members shall be returned to the "A" team at the nationals. However, it must be remembered that the primary goal is to ensure advancement of the "A" team.*

*2) If an athlete on the "A" team drops out after post-season competition has begun, it has been the practice to fill that spot based on performance at post season meets. This is the only case where post season performance has been taken into consideration.*