

PENINSULA PARISHES/SCHOOLS LEAGUE
SECTION 8: TRACK RULES

- 8.1 RULES:** The National Federation of High School Track and Field rules shall apply except as noted on the following pages.
- 8.2 PARENTAL PERMISSION:** Each contestant must have a signed parental health clearance.
- 8.3 TEAM COMPOSITIONS:** All contestants must participate in their own grade level.
Teams will be organized as follows:
8th Grade Boys
8th Grade Girls
7th Grade Boys
7th Grade Girls
6th Grade Boy
6th Grade Girls
- 8.4 EVENTS:** The events for participants will be as follows:
100 Meter Individual Race
200 Meter Individual Race
400 Meter Individual Race
800 Meter Individual Race
1600 Meter Individual Race
4X100 Meter Relay Race
4X400 Meter Relay Race
High Jump
Long Jump
Shot Put (6 lb. For Girls and 6th Grade Boys)
Shot Put (8 lb. For 7th and 8th Grade Boys)
- 8.5 TEAM RESPONSIBILITIES:** Participants may not wear jewelry. Examples of prohibited jewelry include but are not limited to: barrettes, pins, body piercing accessories of any type, earrings, and friendship bracelets. Uniforms that show a school color must be worn. If 2 or more participants wear undergarments they must be the same color.
- 8.6 FOOTWARE:** Track shoes with spikes no longer than ¼ inches may be worn.
- 8.7 STARTING BLOCKS:** Starting blocks may be used for all running events except the 800 and 1600 meter Individual Races.
- 8.8 LEAGUE RECORDS:** League records may only be set at the Championship Meet.

LEAGUE MEETS

- 8.9 REGISTRATION:** Team rosters must be given to the Clerk of the Course 30 minutes before the scheduled start of a League Meet. The rosters must show: the first and last names of each participant, the grade of each participant, and the event(s) entered. Coaches must present score cards, with the participants names on them, for each event 30 minutes before the scheduled start of a League Meet. Changes may be made up to 30 minutes prior to the scheduled starting time for each event. If the roster and score card do not match, the participant will be disqualified.
- 8.10 ALTERNATES:** Each relay team can have two (2) alternates. Being listed as an alternate counts as participation in that event.
- 8.11 HEATS:** More than one heat may be run in various events. If more than one heat is run in a specific event, only the first heat will be scored.
- 8.12 PARTICIPATION:** Each athlete may participate in a maximum of four (4) events. If an athlete participates in four events, at least one of them must be a relay race. A violation of this rule will disqualify the participant from the current meet as well as the next scheduled meet. This applies even if the next scheduled meet is a Divisional meet.
- 8.13 PULL UP RULE:** If a school has 5 or less participants on its roster, it may pull up one athlete from the grade immediately below for a relay race only. This pull up rule may be used for League Meets and Divisional Meets.
- 8.14 FIELD EVENTS:** Field events will be held at closed pits. Each school will be limited to FIVE participants per gender, per grade, per event. Each competitor will be allowed two (2) warm-up tries per event. During actual competition shot putters will be allowed three puts, long jumpers will be allowed three jumps, and high jumpers will be allowed three attempts at each height. Should other events conflict with either puts and/or jumps, a participant must be excused by the field event officials. Excused participants will be allowed all the practice and legal tries to which they are entitled. If a participant is late and/or has not been excused, he/she will be allowed one warm-up. The participant will then join the competition in the current round and will forfeit all previous rounds.
- 8.15 HIGH JUMP:** In the high jump competition the bar is moved in two (2) inch increments, starting from the stated opening height, for the first four rounds. The bar will then be moved in one inch increments for all subsequent rounds.

OPENING HEIGHTS:

<u>6th Grade Girls = 3'4"</u>	<u>7th Grade Girls = 3'8"</u>	<u>8th Grade Girls=3'10"</u>
<u>6th Grade Boys = 3'8"</u>	<u>7th Grade Boys = 4'0"</u>	<u>8th Grade Boys = 4'4"</u>

- 8.16 SCORING:** Points will be awarded according to finishing order and will be awarded on a 5-3-2-1 basis. Only one contestant per school can score in each event.

DIVISIONAL MEETS

- 8.17 ROSTERS:** The Divisional Meet rosters and nametags must be delivered to the Track Commissioner by the deadline designated at the official PPSL track meeting.
- 8.18 PARTICIPATION:** Each athlete may participate in a maximum of three (3) events. If an athlete chooses to participate in three (3) events then at least one of the events must be a relay race. If a participant competes in more than three (3) events, then he/she will be disqualified from this meet and the Championship Meet. If a participant competes out of his/her grade (except for a relay race “pull up”) then his/her entire class of either boys or girls will be disqualified.
- 8.19 PARTICIPANTS LIMITED:** Each school is only allowed one entry per class in 100 meter; 200 meter; 400 meter individual races, 4 x 1 and 4 x 4 relay. Each school is allowed two entries per class in the 800 meter and 1600 meter individual races. Each school is allowed to have three entries per class for the field events.
- 8.20 QUALIFIERS:** The first three places from each Divisional Meet in the 100 meter, 200 meter, and 400 meter individual races will qualify for the Championship meet. The first three places in the each of the relay events will qualify for the Championship Meet. Only one participant per school, per class (both boys and girls) may qualify in each field event. Only the first place finisher from each class (both boys and girls) in the 800 meter and 1600 meter races qualifies for the Championship Meet.
- 8.21 TIE BREAKERS:** In the event a tie for the last qualifying position in a running event occurs; a runoff will take place 10 minutes after the final running events. In field events, the National Federation Track and Field Rules will be used to break ties. Any ties for third place in field events that cannot be broken by the National Federation Rules will be decided by a jump-off or put-off competition.
- 8.22 ILLNESS EXCEPTIONS:** An athlete who has run the 800 meter or 1600 meter race in at least two league meets and is unable to run in the Divisional Meet due to illness may still qualify for the Championship Meet. The athlete may qualify by having a written request from their coach presented to Divisional Meet officials at the Divisional Meet. The athlete must also present a written release to from a doctor or parent before he/she competes in the Championship Meet.
- 8.23 RELAY PULL-UP:** Schools that have 5 participants or less on their roster per grade may pull-up an athlete for relay races only. One athlete only may be brought up from the 6th to 7th grade or from the 7th to 8th grade.
- 8.24 LEAGUE MEET PARTICIPATION:** Each athlete must participate in at least two league meets in order to be eligible to compete in a Divisional Meet and the Championship Meet. The only exception to this rule is when an athlete has sustained an injury. The injured athlete must present a note from his/her physician to league officials and be approved for participation by the league. [It is

recommended, for conditioning purposes, that 1600m runners participate in at least 3, 1600 m, prior to the championship meet].

8.25 SCORING: Points will be awarded according to finishing order and will be awarded on a 5-3-2-1 basis. Only one competitor from each school can score in each event.

8.26 FILLING LANES: When the Championship Meet program is being put together, any open lanes will be filled by the person with the next best time from any division. Once the program is printed, if a qualifier becomes unable to participate in the Championship Meet his/her lane will be filled by the person with the next best time in that division.

8.27 FIELD EVENTS PARTICIPATION: Any person who finishes in 4th or 5th place at a Divisional Meet and would have been seeded 4th, 5th or 6th among the top nine (9) qualifiers when the Divisional Meetings times are merged will receive special consideration. If their school is not already represented in that event, they will be awarded a participation slot at the Championship Meet.

DIVISIONAL AND CHAMPIONSHIP MEETS

- 8.28 FAILURE TO COMPLETE:** Any individual athlete that fails to finish a running event or fails to make a successful attempt at a field event at the Divisional Meet may not advance to the Championship Meet in the same event. A relay team disqualified at a Divisional Meet may not advance to the Championship Meet. Any athlete that fails to finish a running event or fails to make a successful attempt in a field event may not be awarded any points. A relay team disqualified at a Division Meet may not be awarded any points.
- 8.29 HIGH JUMP:** The opening height for the High Jump will be the height achieved by the lowest ranked qualifier in any of the Divisional Meets.
- 8.30 INDIVIDUAL GRADE AWARDS:** Awards will be given to the schools that have the highest scores in each individual grade. In the event of tied scores, the tie will be broken by the amount of first place finishes. If that fails to break the tie, the team with the most second place finishes will be declared the winner.
- 8.31 NUMBER OF FINALISTS:** With the exception of the 800 meter and 1600 meter races, the Championship Meet will have nine (9) finalists in each event. Each of the three Division Meets will provide three (3) finalists each.
- 8.32 SCORING:** Points will be awarded according to finishing order and will be awarded on a 10-8-7-6-5-4-3-2-1 basis. Ribbons will be awarded to the first nine (9) placed finishers in each event.
- 8.33 AWARDS:** Trophies will be awarded to the schools finishing in the first, second, and third places as determined by total overall score. Plaques will be awarded to each boys and girls team that finishes in first, second or third place in each grade. A trophy will be given to the school with the most improved score from the previous year that does not finish in any of the top three (3) places. If two schools tie for first place, they will be co-champions. In the vent of a tie for second or third place, the tie will be broken by the amount of first place finishes. If that fails to break the tie, the team with the greatest number of second place finishes will be declared the winner.

The above rules were adopted by all member schools and approved by the PPSL Executive Board.