

**FOOTHILL INTERMEDIATE SCHOOLS ATHLETIC LEAGUE  
TRACK & FIELD RULES**

**REGULAR SEASON NON-SCORED MEETS**

**Athletes must run/participate in three (3) regular season meets to be eligible to participate in trials**

**Each school can have 8 runners in each event, the Host school may modify running events to accommodate more athletes – please call or email the host school regarding the number of participants per event if there are more than the usual.**

**JEWELRY IS NOT ALLOWED DURING ANY COMPETITION**

**E A S T D I V I S I O N**

CAVITT  
CHILTON  
CREEKVIEW RANCH  
E.V. CAIN  
GLEN EDWARDS  
OLYMPUS  
TWELVE BRIDGES  
W.C. RILES

**W E S T D I V I S I O N**

ANTELOPE CROSSING  
BULJAN  
COOLEY  
EICH  
GRANITE OAKS  
SILVERADO  
SPRING VIEW

- Long Jump and Shot Put are not limited to the number of participants each school can have at a regular non-scored track meet. Only the athletes that reach the benchmark of 10 feet (regardless of grade or gender) for the Long Jump and a benchmark of 17 feet (regardless of grade or gender) in the Shot Put will be measured at the meets.
- High Jump – Limited to 6 athletes – 3 misses only per athlete throughout the entire event.

Any 6<sup>th</sup> graders may only take the place of a 7<sup>th</sup> grader if they are better.

**ORDER OF TRACK & FIELD EVENTS**

**(To be used at all league meets): 7<sup>th</sup> girls, 7<sup>th</sup> boys, 8<sup>th</sup> girls, 8<sup>th</sup> boys**

**55-meter LOW HURDLES—**

hurdles: 13m to first hurdle-8.5m between-8m to finish line. 30 inch height.

\*\*\* (Please double-check at every meet.)

**MILE:** 7th grade b/g start together, 8th grade b/g start together with a chute at finish line

**WATERFALL START**

\*\*\* 9 MINUTE MILE time limit. SIX athletes per school only allowed.

**4 X 100m relay:**

**\*\*Acceleration (10m) AND exchange zones (20m) MUST be marked on track!!**

**400m** MUST stay in lanes the whole way.

**100m**

**800m:** 7<sup>th</sup>; 8<sup>th</sup>

**200m**

#### 4 X 400m relay

2 turn stagger. First runners start at the 400m mark and must stay in their lane the entire first lap. 2<sup>nd</sup> runners start 10m back from the finish line and have 20m to exchange the baton. 2-4<sup>th</sup> Runners may cut in as soon as is clear. \*\*\* Please mark exchange zones 10m before and 10m after the finish with chalk lines on the track, if possible.

\*\*\*schools allowed to have two relays per team per grade.

- For running the 400/800meter runs, it is up to the clerk of the course and the starter as to the number of races (all 7<sup>th</sup>; all 8<sup>th</sup> or 4 separate races).
- For relays, an athlete may not interfere with another runner in any way, or he will be disqualified. An athlete may drop the baton or step into another lane, as long as it does NOT interfere with anyone else.

#### 4:00-5:10

BOYS SHOT PUT: 8 lbs. – An athlete may enter the shot put ring from anywhere but **MUST** exit from the back of the ring

GIRLS HIGH JUMP: starting height 3'10"

#### 5:15-6:30

GIRLS SHOT PUT: 6 lbs. – An athlete may enter the shot put ring from anywhere, but **MUST** exit from the back of the ring

BOYS HIGH JUMP: starting height 4'2"

High jump will compete in rotating flights of three.

\*\*practice first 10 minutes of events only.

#### 4:00 - 6:00 open pit

BOYS & GIRLS LONG JUMP

4:00-4:25 practice jumps

4:30-6:00 competition \*\* can jump until start of the last event (4X400 relay)

#### FOR ALL FIELD EVENTS:

**All warm up throws/jumps must be completed before the start of each field event.**

**(Shot put/long jump kids can get their jumps/throws in anytime within the allotted time schedule. Throws/jumps do not have to be completed consecutively.)**

\*\*\*Announcements should be made throughout the meet to remind athletes to get all their attempts in before the end of the meet. Should have a "LAST CALL" to complete the event.

\*\*\*A LEAGUE-PROVIDED HOW-TO SHEET MUST ACCOMPANY ALL VOLUNTEERS RUNNING THE FIELD EVENTS. You should have a minimum of TWO ADULTS to run the field events. ATHLETE'S ARE LIMITED TO 4 EVENTS ONLY !!

**ALL LEAGUE MEETS ARE NON-SCORING.**

**The hosting school is responsible to supply all volunteers to run field events and should provide all timers for running events. Each participating school should bring 2 timers just in case they are needed. Participating schools are responsible for timing their own athletes. The hosting school is responsible to fax all important information to other schools before the start of the meet.**

TOP 6 WINNERS FOR TRIALS AND FINALS WILL EARN POINTS AS FOLLOWS:

1<sup>st</sup> = 10 POINTS

2<sup>nd</sup> = 8 POINTS

3<sup>rd</sup> = 6 POINTS

4<sup>th</sup> = 4 POINTS

5<sup>th</sup> = 2 POINTS

6<sup>th</sup> = 1 POINT

**Tournament Eligibility** – Student/Athletes participating for schools must be on the roster from the beginning of the season in order to be considered a team member and to be eligible to participate in end-of-season tournaments, County or TOC's. Student/Athletes can not join the team with only one or two matches left in a season just to be able to move on to the county, TOC or end-of season tournaments. Student/athletes that move to a member school during the season may join a school team. (To be determined by each site) (Exceptions/appeals must be approved by the League Commissioner)

**Participation Eligibility:** A student/athlete cannot play, practice, and/or attend a practice for another team while attending practice or participating for their school in the same sport in the same season. **Track/Cross Country** – Runners in both Cross Country and Track may have personal trainers and run unattached in 5K and 10K races but may not participate in organized Cross Country or Track and Field meets/events.

**See Rule 600**

**FOOTHILL INTERMEDIATE SCHOOLS ATHELETIC LEAGUE TRACK & FIELD  
HIGH JUMP RULES**

<b>GIRLS</b>	<b>starting height</b>	<b>3'10"</b>	<b>4:00-5:15</b>
<b>BOYS</b>	<b>starting height</b>	<b>4'2"</b>	<b>5:15-6:30</b>

**\*\*Warm up the first 10 minutes. (Approximate times for girls and boys jumps. Must complete girls before starting boys event)**

**RULES:**

- Six athletes per gender per grade allowed from each school.
- Athletes are responsible to get their jumps in within the allotted time.
- For a jump to be legal, all athletes must take-off on **ONE** foot.
- Athletes have no more than 1 minute to complete a jump at each height.

In a rotating flight of three, the first 3 competitors constitute a flight. As an athlete clears the bar, passes the height or is eliminated, the next athlete in order will be moved up so that the number of competitors in the active flight remains constant (a group of three).

“Now Up”	=	person jumping
“On Deck”	=	next jumper waiting
“In the hole”	=	3 <sup>rd</sup> jumper waiting

**\*\*\*after a jumper misses, they become the athlete “in the hole”.**

**PROCEDURES:**

- Write all participants names on score sheets, grouping by **GRADE** and **GENDER**.
- Students may pass (not starting at min. height) until desired height is reached.
- On score sheet: **‘O’ for successful jumps, and ‘X’ for misses.**
- Bar is raised **2** inches after all competitors have been successful at height, or have had three attempts. Bar may be raised **one inch** at a time after three competitors remain in the event. (As agreed upon all competitors.)
- **\*\*\*Make sure bar-platform on the standards face each other—not the mat and cannot be placed under the mat.**
- Each competitor is allowed **THREE** misses throughout the **TOTAL** competition, regardless of height. After three misses he /she is out of the competition.
- If an athlete needs to leave during the high jump to participate in another event, she/he MUST check-out with the coordinator, and has a courtesy 10 minute time limit to return to the next height in order. If athlete fails to check out, they must jump at the existing height when they return. **Keep the competition going.**
- **\*\*\*It is up to the person in charge of the high jump to determine is an athlete ia at fault, if and when, the bar falls**
- For trials and finals, in case of a tie, please check all previous jumps and misses or have the athletes perform a jump-off.

## FOOTHILL INTERMEDIATE SCHOOLS ATHELETIC LEAGUE TRACK & FIELD LONG JUMP RULES

**ONLY JUMPS OF 10 FEET OR MORE WILL BE MEASURED. NO LIMIT ON THE NUMBER OF ATHLETES THAT MAY JUMP.**

**OPEN PIT FOR LONG JUMP 4:00-6:00 for all teams.**

Practice jumps 4:00-4:20

Final jumps 4:25-6:00

Athletes must check in for long jump BEFORE 4:30 otherwise they won't be able to compete. Once competition begins at **4:25**, no practice jumps can be taken.

### **RULES:**

- Each competitor can get up to 3 practice jumps and 3 final jumps.
- ALL final jumps must be measured and recorded if the athlete jumps at or past the benchmark of 10 feet (regardless of grade or gender) for non-scored track meets
- Athletes need to walk forward straight out of the pit and stay in control.

#### ***It is a foul and is not measured if:***

- His/her foot extends over the scratch line (edge of board) on the take off.
- He/she runs across the scratch line.
- Does not keep head in the superior position on landing, i.e. no somersaults.

#### ***Breaking ties for places:***

- If distance is identical, then 2nd best jump is compared.
- If 2nd best jump is identical, then 3rd best jump is compared.

### **PROCEDURES:**

- Write all participants names on score sheets, grouping by GRADE and GENDER.
- Measure all jumps that meet the benchmark requirement of 10 feet or more. Anything less than 10 feet does not need to be measured.
- All measurements go from the EDGE OF THE BOARD OR LINE to the NEAREST MARK TO THE BOARD MADE BY THE JUMPERS BODY IN THE PIT.
- Make sure a final call is made before closing down each event.

\*\*\*Athletes are responsible to get all their throws in within the allotted time or can jump until the start of the last event (4 x 400 relay).

## FOOTHILL INTERMEDIATE SCHOOLS ATHELETIC LEAGUE TRACK & FIELD SHOT PUT RULES

**ONLY THROWS OF 17 FEET OR MORE WILL BE MEASURED AT NON-SCORED MEETS. NO LIMIT ON THE NUMBER OF ATHLETES THAT MAY THROW.**

BOYS shot put 4:00-5:15      GIRLS shot put 5:15-6:30

\*\*\*\*Practice time first 10 minutes.

- Each competitor will get up to 3 practice throws and 3 final throws.
- Final throws **DO NOT** have to be thrown consecutively.
- ALL three final throws will be measured and recorded during league trials and finals. (In case of a tie.)

**\*\*PRACTICE THROWS MUST BE COMPLETED WITHIN THE ALLOTTED TIME. ONCE COMPETITION BEGINS, NO PRACTICE THROWS CAN BE TAKEN.**

### **RULES:**

- An athlete may enter the ring anywhere. Athletes must ALWAYS exit from the BACK HALF of the ring.
- The thrower must ALWAYS **remain in control** while in the ring.
- It is a foul and not measured if:
  - He/she does not EXIT from back of the ring.
  - His/her foot touches any part of the top toe board.
  - The thrower does not remain in control while in the ring.
- All measurements MUST BE MADE FROM THE NEAREST EDGE OF THE FIRST MARK made by the shot put (the zero end of the tape measure), TO THE INSIDE EDGE OF THE TOEBOARD, while pulling the tape measure through the center of the ring.
- Only athletes who reach the benchmark throw requirement of 17 feet or more will be measured at non-scored meets regardless of grade or gender. If an athlete throws less than 17 feet no measurement is required.

### **PROCEDURES:**

- Write all participants names on score sheets, grouping by GRADE and GENDER.
- Measure throws of those athletes who reach the benchmark of 17 feet or more regardless of grade or gender.
- Athletes are responsible to get all their throws in within the allotted time.
- Make sure a final call is made before closing down each event.

**FOOTHILL INTERMEDIATE SCHOOLS ATHELETIC LEAGUE TRACK & FIELD  
DIVISION TRIALS**

No more than FOUR athletes from each school can be entered in EVERY event—  
running & field events. No ribbons will be given at Trials.

**TOP 2 ATHLETES FROM EACH DIVISION IN THE 100M, 200M AND 55 M HURDLES  
WILL AUTOMATICALLY ADVANCE TO THE FINALS.**

**THE NEXT 4 FASTEST OVERALL TIMES WILL ALSO ADVANCE TO FINALS. (NEW  
JANUARY 2014)**

**ALL ATHLETES MUST HAVE STICKERS** for all RUNNING events with name, school  
and grade, pinned to their uniform to be able to compete in TRIALS. Please make sure  
writing is legible!! Field event stickers not needed.

55 meter hurdles

MILE: 7<sup>th</sup> grade; 8<sup>th</sup> grade

4 X 100m RELAY

400m

100m

800m: 7<sup>th</sup> grade; 8<sup>th</sup> grade

200m

4 X 400m RELAY

**\*\*\*\*ONLY ONE FALSE START ALLOWED PER PERSON\*\*\*\***

4:00-5:30

Girls high jump

Boys shot put .

5:30-7:00

Girls shot put

Boys high jump

\*\*Practice jumps/throws first 10 minutes of each event

LONG JUMP open pits 4:00-6:30 \*\*Practice jumps 3:30-4:00

# FOOTHILL INTERMEDIATE SCHOOLS ATHELETIC LEAGUE TRACK & FIELD LEAGUE FINALS

**One heat per gender per grade.  
Stickers not needed for finals.**

Field Events: Top 8 athletes and all ties for the 8<sup>th</sup> spot will qualify for Finals.

## **4:00-5:00**

Girls high jump (3 scratches total)

Boys shot put

**LONG JUMP open pits 4:00-6:00**

## **5:00-6:00**

Girls shot put

Boys high jump (3 scratches total)

**\*\*Practice jumps 3:30-4:00**

**\*\*PRACTICE JUMPS/THROWS FIRST 10 MINUTES OF EACH EVENT**  
MEDALS will be given to the top three winners. RIBBONS will be given to 4-6<sup>th</sup> place winners. SCORING same as Trials: 1<sup>st</sup>– 6<sup>th</sup> PLACE.

\*All winners will be announced as the meet progresses. Coaches need to make sure to pick up their teams medals and ribbons.\*AWARDS may only have school and place on them. It is the coach's responsibility to get awards to the appropriate athlete.

## **PROPER TRACK ETIQUETTE:**

- Stay off infield closest to finish line. Stay out of the starter and the timers' line of sight.
- Athletes should not cross the track at any time during a race
- No pacing of another athlete.
- No unsportsmanlike conduct (swearing, taunting, show-boating, throwing of the baton, etc.
- Athletes must check in with the clerk of the course for each running event. Coaches, please identify to all athletes the clerk at the beginning of each meet. Hosting school, please identify to all visiting schools the clerk of the course.

## **CLERK OF THE COURSE:**

- Organizes athletes and running events. For lane assignments—try not to have two athletes from the same school be next to each other. Rotate schools in the lanes. Fastest runners should be in the first heat and so on.
- Remind hurdlers that they must fully go over the hurdles and not deliberately knock them down or go around them with either leg.

## **STARTER:**

- Starts each event. Works with the timers

Commands for starter should be as follows:

- 800/mile: "Runner's to your mark".....gun
- All over events: "Runner's to your mark....set"....gun
- Remind timers to start their stopwatches on the smoke of the gun and not the sound of the gun.



TIMERS:

- Timers will be provided at trials and finals but all schools should provide at least one volunteer to help.

**Tournament Eligibility** – Student/Athletes participating for schools must be on the roster from the beginning of the season in order to be considered a team member and to be eligible to participate in end-of-season tournaments, County or TOC's. Student/Athletes can not join the team with only one or two matches left in a season just to be able to move on to the county, TOC or end-of season tournaments. Student/athletes that move to a member school during the season may join a school team. (To be determined by each site) (Exceptions/appeals must be approved by the League Commissioner)

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