

## CGSAA TRACK AND FIELD MEET GENERAL RULES

All member schools of the CGSAA are urged to participate. NOTE: All students who participate must be regularly enrolled students at the school from which they participate.

### **Age Limits:**

Age limits will be as for other CGSAA sports: no 8<sup>th</sup> grader may have reached his or her 15<sup>th</sup> birthday before September 1<sup>st</sup> of last year, etc. Participants may compete either at their own grade level or as an option will also be allowed to compete only one grade above their current grade level. Participants may not participate in the same event in more than one grade level. Participants competing up one grade level are limited to the number of events for their current grade. For example, a 4<sup>th</sup> grader competing at the 5<sup>th</sup> grade level can only participate in the number of events allowed for a 4<sup>th</sup> grader. Kindergarteners are not allowed to compete in the track meet.

### **General:**

The meet will be run according to the rules of the Oklahoma Secondary Schools Activities Association except as herein amended. One false start per runner on running events will be permitted. The official starters or the Track Commissioner will be the only ones who can disqualify an individual or relay team for lane violations or false starts. All interpretations of rules will be the responsibility of the Track Commissioner or his designated representatives. It is the responsibility of each school coordinator and/or coach to see that the team members are aware of the rules and meet procedures.

### **Events:**

Grades 1 & 2	Boys & Girls	50 M dash, 100 M dash, 200 M dash (grade 2 only), standing broad jump, running long jump, softball throw, 200 M shuttle relay
Grades 3 & 4	Boys & Girls	50 M dash, 100 M dash, 200 M dash, 400 M run, standing broad jump, running long jump, softball throw, 4 x 100 M relay
Grades 5 & 6	Boys & Girls	100 M dash, 200 M dash, 400 M run, 800 M run, running long jump, high jump, shot put, discus , 4 x 100 M relay
Grades 7 & 8	Boys & Girls	100 M dash, 200 M dash, 400 M run, 800 M run, 1600 M run, running long jump, high jump, shot put, discus, 4 x 100 M relay

### **Entry Limits:**

**For all events, schools may enter only two participants per event - with the exception of Grades 1 and 2. In Grades 1 and 2 you may enter 3 competitors per event since there are fewer events available for these grade levels and we want to encourage greater participation at younger ages.**

Grades 1 & 2: Competitors may enter two (2) running events (relay counts as 1 running event) and one (1) field event. **NOTE:** Only in Grades 1 and 2, schools may enter three (3) competitors per running events and three (3) competitors per field events except the relay, for which they may enter

## **CGSAA TRACK AND FIELD MEET GENERAL RULES**

one team of 4 runners. All 3 competitors per event in Grades 1 and 2 are eligible to place for team points. (Please remember the 200 M run is only open for 2<sup>nd</sup> grade competitors as noted in the Events section). All other grades (3<sup>rd</sup> through 8<sup>th</sup>) may only enter two (2) competitors per event per school.

Grades 3 & 4: Competitors may compete in two (2) running events, one (1) relay, and one (1) field event. You may only enter two (2) participants per event in Grades 3 and 4.

Grade 5, 6, 7 & 8: Competitors may enter three (3) running events and two (2) field events. You may only enter two (2) participants per event in Grades 5 through 8.

### **Timed-Finals Races:**

All events will be run against time and competitors will only run these races once: 50m, 100m, 200 M run, 400 M run, 800 M run, 1600 M run, 200 M shuttle relay, 4 x 100 M relay.

### **Relay Format:**

In Grades 1 & 2 the 200 M relay will be run shuttle-fashion (back and forth in two lanes) for 50 M per runner with batons (hand offs will be with the right hand).

In Grades 3 through 8 the 4 x 100 M relay will be run straight-away in lanes around the track with batons. Lane and/or exchange zone violations may mean team disqualification.

### **Field Event Format:**

The number of trials in field events shall be three. Two warm-ups before the trials will be permitted.

### **Waterfall Starts:**

In the 800 M and 1600 M runs the starting line will be curved and runners will utilize a waterfall start where they must stay in their lane until a cut-in point on the first curve. The cut-in point will be marked with a flag or cones and will be pointed out to the runners prior to the start of the race.

These races will also be run by grade where boys & girls run together. Results will be separated by grade and also by gender.

### **Scoring/Awards:**

Scoring for individual events will be on the 10-8-6-4-2-1 basis in individual events and 20-16-12-8-4-2 in relays. All points count towards the total of the grade level of the event in which they are earned. All events will be scored and certified on the day of the track meet. It is the responsibility of the participating schools to provide accurate participant data prior to the meet for results certification. Any results disputes will be settled by the Track Commissioner and Assistant Commissioner using the rosters provided by participating schools prior to the meet, the scoring sheets provided by field event coordinators, and the timing company track and field data sheets. Individual ribbons will be awarded to the top six places in each event. In the event that more than the allotted number of participants show up to compete in an event, the school roster submitted to the Track Commissioner before the meet will be used to determine who the intended participants were (see School Rosters section and school responsibility handout). If no roster is submitted, it may end in disqualification of all the participant scores for that event for those participants, and no ribbons will be awarded to them.

## CGSAA TRACK AND FIELD MEET GENERAL RULES

### **Implements:**

Shot for Grades 7 & 8 Boys shall be 8 lbs. Grades 5 & 6 Boys and Grades 7 & 8 Girls shot shall be 6 lbs. Grades 5 & 6 Girls shot shall be 4.4 lbs. The shot must be touching the side of one's face and released in a forward direction, not thrown in a baseball fashion. Softball shall be standard regulation softball and must be thrown overhanded. Discus shall be standard junior high school weight. Relay batons shall be round, cylindrical, hollow, not over 12" long with no tape or additions of any kind.

### **Gear and Uniforms:**

**ONLY THE FOLLOWING TYPES OF FOOTWEAR WILL BE ALLOWED: RUNNING SHOES OR TRACK SPIKE SHOES (metal spikes ARE NOT allowed to be in the shoes). NO SOCCER SHOES, RUBBER CLEATED SHOES, STREET SHOES, BARE FEET, BASEBALL OR FOOTBALL SHOES WILL BE ALLOWED. ANY ATHLETE WEARING ANY OF THE PROHIBITED FOOTWEAR ONTO THE TRACK WILL BE BARRED FROM FURTHER PARTICIPATION IN THE MEET.**

Each school team must designate its color to be worn, and all competitors from that school will wear a top of the designated school color or a T-shirt with the school name and initials boldly printed on it. Shorts, leg supports, sweat pants, and any type of athletic pant may be worn. No jeans or slacks are allowed. **NOTE: ALL PARTICIPANTS MUST HAVE THEIR ASSIGNED PARTICIPATION NUMBER ON THEIR WRIST AND IT MUST BE LEGIBLE.**

Participants may also wear a tag on their shirt and information on the tag may include the events in which the participant is scheduled. The listing of events on the tag, however, is not mandatory nor must a participant necessarily compete in the event listed on his or her tag.

### **Stadium logistics:**

Stadium and field areas: all participants must stay in the stadium seating or commons areas while waiting for their events. All parents and spectators must stay in the stadium seating and commons areas and are not permitted on the track or infield. Only coaches and athletes permitted on the track/infield.

Each school must have one responsible adult sitting in the first row of their school's designated section to keep their students away from the fence during races.

### **School Rosters:**

Participating schools are required to enter their team rosters into the results website prior to the track meet by the date and time requested by the CGSAA Track Commissioner to enable results to be recorded by the software system in use. Schools are required to provide a list of participant names by grade and event prior to the start of the track meet in order to avoid disqualifying participant scores in the event more than two participants inadvertently show up to compete for an event. Roster changes are sometimes necessary and will be allowed on the day of the meet as long as entry rules are followed. Those changes must be logged with the Track Commissioner or Assistant Commissioner and it is also contingent on the substitute participant being entered into the results software prior to the day of the meet.

### **Entry Fees:**

**Entry fees will be \$350 per school or \$20.00 per participant, whichever is less.**