

EAA Track – **Field Event Rules**

Field Events.

- Older Age Groups start first for all field events except high jump.
 - Begin promptly at 6pm Friday, 9:30am and 12:30 am Saturday. –
Redundant of the same note below? Remove?
 - Two attempts for all events.
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High Jump (4-6 only)

Starting Height: Younger age groups start first at lower height

- Girls: 4G: 36", 5/6G: 38"
- Boys: 4G: 38", 5/6G: 40"
- Bar is raised by 2" increments until 44" for all age groups (1" increments after 44")

Rules

- Each participant is allowed two opportunities to successfully clear the bar at a given height. If they clear the height, they don't go again until the next height. If they miss their height, they will attempt their second jump after all competitors have taken their first attempt. The order will remain the same, and all remaining athletes who missed the height will complete their second attempt.
- All participants must check in prior to the beginning of the meet. In order to complete the high jump in a timely manner, each team will be limited to a maximum of three competitors (no exceptions) in the high jump for each meet.
- Participants may not begin jumping until the bar has been raised to the starting height for their group.

Fouls: It is a failed attempt if the competitor:

- Fails (total body) to go over the bar.
- Displaces the crossbar in an attempt to clear it.
- Touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar.
- After clearing the bar, contacts the upright and displaces the crossbar or steadies the bar in the completion of the jump.

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- **New Rule:** While the universal rule is the jumper must take off one foot, taking off two feet is typically seen by developing athletes. In the spirit of all our athletes, **we will accept athletes taking off two feet for the opening height only.** This change is to support the experience of our recreational program and all levels of athletes. Please inform coaches that after the opening height, only attempts off one foot will be accepted. Direct any questions or concerns from coaches to the Program Director or Meet Manager.
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Shot Put

Rules

- Red shot puts (4lbs) are for 4th grade; blue shot puts (6lbs) are for 5/6th grade
- One shot put ring for girls, the other for boys
- Each participant is allowed two consecutive opportunities to throw. Thrower throws, mark the spot with a marker. Thrower throws a 2nd time. Pick the longest throw to measure and record.
- Measure from the inside of the ring to closest distance to where shot put lands

Fouls

It is a foul if the competitor:

- Steps on top of the ring or outside of the ring when throwing.
 - Exits from other than the back half of the circle.
 - After stepping into the circle, touches any surface outside the circle or the top or end of the stopboard during a throw.
 - Leaves the circle or runway before the implement has landed.
 - Throws the implement so it does not fall within the sector lines. (The lines are “out of bounds”)
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Long Jump/Broad Jump

There will typically be 2 elves to record and measure along with a coordinator to help as needed (rake, hold the measure). As needed, they will ask a parent to step in.

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Long Jump

Rules

- Jumps are measured in a straight line from the edge of the takeoff board to the mark made by the jumper in the landing pit nearest the takeoff board.
- Cones are placed so the athlete knows where to start running from.
- Each participant is allowed two consecutive opportunities to jump. Measure and record both jumps.

Fouls

It is a foul if the competitor:

- Allows his/her shoe to extend over the scratch line or make a mark in front of it on the takeoff.
 - Runs across the scratch line
 - In the process of landing or leaving the pit, touches the ground outside the landing nearer the scratch line than the nearest mark made in the landing pit.
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Broad Jump

Rules

- The measurement is taken from the line behind the edge of the pit to the nearest point of contact on the landing (back of the heels). If they fall backwards, the nearest point is what is measured.
- Athlete must step away from their farthest jump out of the pit. If they walk towards their takeoff point on the sand, it will be measured.
- Each participant is allowed two consecutive opportunities to jump. Measure and record both attempts.

Fouls

It is a foul if the competitor:

- Does not keep both feet stationary and planted prior to their jump.
- Takes a backwards step before their jump.
- Steps over the line at any time prior to their jump once their feet are set.

When athletes finish, encourage them to go back to their team tents.

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Baseball Throw – K-1 Grade only

Rules

- Throw is recorded from the center of the takeoff line to where the ball first hits the ground. Throw recorded in feet and inches to the nearest inch.
- Athletes can be stationary or take a running attempt within the provided space without stepping over the line.
- The athlete gets two throws. This can be consecutive or as a flight with their team rotation. Mark the first throw with a marker, measure and record only the furthest throw of the 2 attempts.

Fouls

It is a foul if the competitor:

- Steps over the line either during or after the throw
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Turbo Javelin – 2-3 Grade only

Rules

- Throw is recorded from the center of the takeoff line to where the ball first hits the ground. Throw recorded in feet and inches to the nearest inch.
- Athletes can be stationary or take a running attempt within the provided space without stepping over the line. They can use the end zone as a runway; but over the line is a foul.
- **The javelin is marked where it first contacts the ground** (not where it comes to rest). If the javelin lands tip first, it is marked from that spot. If the javelin lands flat it is still measured at the tip, whether it is pointing forward, backward or sideways. If the back-end hits first (tip pointing up), the javelin will be measured at the spot where the fins strike the ground, regardless of whether the tip falls forward or backward.
- The athlete gets two throws. This can be consecutive or as a flight with their team rotation. Mark the first throw with a marker, measure and record only the furthest throw of the 2 attempts.
- There is no out of bounds.

Fouls

It is a foul if the competitor:

- Steps over the line either during or after the throw
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EXCHANGE ZONES FOR RELAYS

Sprint Medley Relay

Four legs of the race in order are 100m, 100m, 200m and 400m.

Start: Yellow line and first three runners stay in their lanes and

The fourth runner that is running the 400m can cut into Lane 1

After the third exchange.

Exchange Zone 1: Yellow to Yellow

Exchange Zone 2: Yellow to Yellow

Exchange Zone 3: Green to Green

4x100 Meter Relay

Start: Yellow line and runners stay in their lanes for the entire race

Exchange Zones: Yellow to Yellow

4 x 200 Meter Relay

Start: Red line and runners stay in their lanes for the entire race

Exchange Zone 1: Red to Red

Exchange Zone 2: Red to Red

Exchange Zone 3: Yellow to Yellow