

CYO TRACK & FIELD RULES

The National Federation of State High School Associations (NFHS) Track & Field Rules apply in this league with the exceptions contained herein. CYO game contest rules may not be altered by mutual consent of the coaches. Only the CYO office may issue authorized changes.

OFFICIAL TEAM

- Defined as an individual or group of children from one or more parishes listed on the team roster who meet the eligibility rules and are approved by the Parish Designee, Pastor and CYO office. Eligibility Rules, as defined in Bylaw 4 of the Charter & Bylaws, shall be followed to determine all questions regarding eligibility.
- A CYO Team refusing to continue playing a scheduled contest for any reason without the consent of the referee, official or CYO representative may be subject to a suspension for one calendar year. This also applies to CYO Sanctioned Events.
- *A CYO team not showing up for a scheduled contest will be charged game fees as well as a forfeit fee.*
- *A team showing up without a certified coach will not be allowed to participate.*

OFFICIALS

- Officials have the authority to warn, eject or disqualify from the contest anyone who commits acts which intend to influence their decisions *or disrupts the operation of the meet.*
- Official fees shall be paid before the start of the meet. Payment shall be made to the site director, in cash.

EQUIPMENT

- Shoes
 - Appropriate shoes are required in all competitions.
 - Spiked shoes may be worn during competition of all running events, the high jump and long jump. Spiked shoes (with or without spikes) are not permitted in the standing jump, shot put or discus.

- Starting Blocks – may be used in running events. The spikes installed on the bottom of the Block must meet the limitation of the track used.
- Throwing Implements
 - Shot Put
 - Eight (8) pound shot will be used for boys in the Cadet, Junior Varsity, and Varsity Divisions.
 - Six (6) pound shot will be used for boys in the Developmental and Elemental Divisions.
 - Discus – A 1.0 Kilogram rubber discus will be used for all competitions
- Discus Cage – All practice and competitions of the discus event are to occur in a cage that meets National Federation specifications.
- High Jump
 - Crossbar – must be non-metal and at least 12 feet in length ***but no longer than 14 feet 10 inches.***
 - Upright Standards – shall be at least 12 feet apart and placed so that the long dimension of the crossbar platforms point toward the opposite crossbar
 - The landing pad shall not be less than 16 feet wide by 8 feet deep. The pad shall be high enough and of a composition to provide a safe landing.

UNIFORMS

- All Athletes are required to wear Team-issued uniforms. The uniform shall be at least matching t-shirts, shorts, or one-piece uniform of the same color with the team's name on its front. ***Bare midriffs are not permitted. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.***
- All athletes must have the CYO Emblem on their uniform either sewn or stenciled.
- Compression shorts or tights are permissible when worn under shorts.
- If undergarments such as T-shirts, body suits, etc. are worn in such a manner that it will be exposed, by athletes participating in individual

events, it shall be of a single color. Multiple manufacturer logos/trademarks/references are permitted on visible undergarments.

- If undergarments such as T-shirts, body suits, etc. are worn in such a manner that it will be exposed, by athletes participating in relay events, it shall be of a single color and the same color for each relay team member.
- Chains, earrings, other jewelry, glitter, face paint or other inappropriate items *such as strings bands on wrists or ankles, hair clips, bobbi pins, or beads may not be worn during competition.*
- An American flag and or a commemorative/memorial patch not to exceed 2 by 3 inches and with the approval of the CYO may be worn on each of the uniform apparel provided neither the flag or patch interferes with the visibility of the team's name.
- During inclement weather a commissioner, meet director or head official may choose to relax the uniform rule.

COACHES RESPONSIBILITIES

- *Coaches are required to wear the credentials at all contests*
- *Coaches are to meet with Site Director upon arrival to turn in officials' fees and receive instructions for the day.*
- Coaches are responsible for the supervision of their team before, *during and after* the contest.
- *Coaches are responsible for the clean-up of their team area after the meet.*
- Coaches should be prepared to provide at least one competent official at each competition.
- At each contest and practice, coaches are to have in their possessions; an official team roster, a copy of each players Preparticipation Form and Emergency Medical Authorization Form, and a first aid kit.

MEET PARTICIPATION FORMS

Coaches are to have the Meet Participation Form complete and turned into the site director five (5) minutes prior to the start of the contest.

PARTICIPATION

- Each player must be treated with dignity regardless of their ability.
- A player on a CYO team may not participate on any other track & field team during the CYO season. For purposes of defining eligibility, a player may not be on another team from the published CYO roster due date and the completion of the team's final game.
- Participants may only play and be rostered on one CYO team in the same sport in the same school year.
- Each eligible player must compete in at least one event per regular season meet.
- *Mandatory participation applies to all meets.*
- Athletes may compete in a division with older athletes (move-up) but, may never drop down to compete with younger athletes.
- Athletes may only compete in one (1) division per meet.
- If a coach will not play a player because of missed practice, unsportsmanlike conduct, academics or injury, the coach must inform the official before the start of the meet and indicate such on the Meet Participation Form.
- Violation of these rules will result in a warning, followed by a forfeit with possible disciplinary action toward the coach.
- Players must participate in at least one (1) regular season meet prior to their participation in a CYO qualifying meet, league championship or Diocesan Championship Meet. Participation in Sanctioned event meets does not satisfy the regular season meet participation requirement.
- Event Participation
 - Regular Season Meets
 - A player may compete in no more than four (4) events during the meet. Participants may compete in two (2) running, one (1) field and one (1) relay event, or one (1) running, two (2) field and one (1) relay event.
 - A player may compete on a mixed grade relay team. The team must compete in the division of the oldest participant.

- ***Doubling in the 1600M and 800M is permitted by Junior Varsity and Varsity athletes. (This means that a 6th grader or under running as a 7th or 8th grader cannot double in these events.) These participants must have at least a 25 minute rest period between events and is limited in participation to a total of three (3) events in the meet***
 - Championship Meets
 - A player may compete in no more than three (3) events during the meet. Participants may compete in one (1) running, one (1) field and one (1) relay event.
 - A player may not compete on a mixed grade relay team unless an open relay event is held at the meet.

GAME & TIME LIMITATION

- No meet will start after 8:00 PM, and all games must stop at 9:00 PM.
- Practice session must be completed by 9:00 PM.
- No CYO Meets (Season or Sanctioned Events) may be held Holy Thursday, Good Friday, Holy Saturday or Easter Sunday.

EVENTS

- Individual Running Events
 - 1600 Meter Run
 - 800 Meter Run
 - 400 Meter Dash
 - 200 Meter Dash
 - 100 Meter Dash
- Relay Running Events (fly/accelerations zones are not permitted)
 - 4x100 Meter Relay
 - Grade Medley Relay
 - First leg of 100M run by an athlete in 5th grade or under.
 - Second leg of 100M run by an athlete in 6th grade or under.
 - Third leg of 200M run by an athlete in 7th grade or under.
 - Fourth leg of 400M run by an athlete in 8th grade or under.
 - Other Relays may be organized using the distances of the individual running events at Sanctioned Event Meets.

- Individual Field Events
 - Long Jump
 - Standing Jump
 - High Jump
 - Shot Put
 - Discus (Junior Varsity and Varsity Only)
- ***Order of running events for the Diocesan Championship Meet***
 - ***100 Meter Dash***
 - ***200 Meter Run***
 - ***400 Meter Run***
 - ***800 Meter Run***
 - ***1600 Meter Run***
 - ***4 x 100 Meter Relay***

COMPETITION RULES

- Running Events
 - The Start
 - At the start of each race the athlete is to comply with the starters commands, have all body parts in contact with the track surface behind the starting line and remain motionless once in the set position.
 - The starting commands of races with opening legs of less than 800 meters shall be; “On your marks.” - “Set.” – Fire of the starting device.
 - The starting commands of races with opening legs of more than 800 meters shall be; “On your marks.” – Fire of the starting device.
 - Athletes will be permitted one false start. If a second occurs the athlete will be disqualified.
 - The Finish
 - The competitors place in the order that their “torso” as distinguished from the head, neck, arms, legs, reaches the finish line.
 - Individual Events
 - When a race is run in lanes competitors are expected to run the entire race in the lane assigned. A competitor will be considered out of their lane when;

- Without being fouled while running a curve, steps on or over the inside lane line for three or more consecutive steps.
- While running on a straightaway or on a curve, runs in an adjacent lane and interferes with another competitor.
- He/She does not finish the race in the assigned lane or if a member of a relay team does not pass in the assigned lane.
- He/She takes one or more steps inside the assigned lane before the break line.
- When a race is not run in lanes a competitor shall not deliberately run on or inside the track curb/line. A competitor shall move toward the inside or outside provided he/she is one full running stride (approx. 7 feet) ahead of the competitors whose path is crossed.
- Relay Events
 - Gloves are not permitted.
 - The baton must be handed, not thrown from the competitor to the succeeding teammate. After passing the baton the relieved competitor should stand still in their lane until the track is clear.
 - While waiting for the baton each outgoing competitor shall take a position so that both feet are entirely within the passing zone. Acceleration zones may not be used in any relay event.
 - The baton shall not be thrown in anger or celebration following the finish of any relay. Violations will result in disqualification.
 - Dropped batons
 - If the baton is dropped within the exchange zone in a legitimate attempt to pass the baton, either competitor may retrieve it provided they do not interfere with an opponent and it is retrieved within the limits of the original exchange zone extended across the track.
 - If the baton is dropped outside the limits of the exchange zone or rolls outside the limits of the zone, the baton must be retrieved by the competitor who dropped it.

- Field Events
 - General Rules
 - A competitor shall be charged with an unsuccessful attempt if he/she does not initiate and complete or pass within one (1) minute of being called.
 - At the conclusion of an event the area will be closed. One warning will be issued to those in a closed area, second will result in disqualification from the meet.
 - Determining places (except high jump) – The competitor with the best distance shall be given the higher place. If competitors have the identical best-distance then the higher place is given to the competitor whose second-best performance is better. If still tied then consider third-best performance.
 - Shot Put
 - The full 360-degree spin technique is not permitted.
 - Taping any part of the hands or fingers is not permitted unless there is an open wound. Taping the wrist is permitted.
 - Gloves are not permitted.
 - A legal put shall be made after entering the circle the athlete pauses and puts from the shoulder with one hand only, so that during the attempt the shot does not drop behind or below the shoulder.
 - It is a foul if the competitor; fails to pause before starting the put, once in the circle – touches the circle or the ground outside the circle during the put, allows the shot to drop below the shoulder during the put, touches the top or end of the stopboard before the put is marked, puts the shot so it lands outside the sector lines, is not under control before exiting the back half of the circle, leaves the circle before the shot has landed and the judge calls mark, fails to complete an attempt within one minute.
 - Measure the put to the nearest lesser $\frac{1}{4}$ inch, from the nearest edge of the first mark made by the shot to the inside edge of the stopboard nearest to the mark along the extended radius of the circle.

superior position (no somersault), in the process of landing or leaving the pit – touches the ground outside the landing nearer to the foul line than the nearest mark made in the landing pit, fails to complete an attempt within one minute.

- The judges shall hold the tape so that all measurements are read from the takeoff board. Measure the jump to the nearest lesser $\frac{1}{4}$ inch from a point along the foul line (or extension) perpendicular to the point in the pit touched by the competitor or apparel of the jumper nearest the foul line.

○ High Jump

- The competitor may attempt to clear the bar in any manner, provided the takeoff is from one foot.
- The competitor will be eliminated as soon he/she has reached the assigned number of consecutive misses.
- The competitor that has passed three (3) consecutive heights may be permitted one warm-up jump without the crossbar in place. The warm-up must occur at the height change.
- It is a foul if the competitor; displaces the bar in an attempt to clear it, touches the ground or landing area beyond the plane of the crossbar without clearing the bar, After clearing the bar contacts the uprights and displaces the bar or steadies the bar, fails to go over the bar, fails to complete an attempt within one minute.
- The crossbar and standards should be marked so that they may be replaced in the same manner for each competitor. Measurements should be made from a point on the takeoff plane to the lowest point on the upper side of the crossbar.
- Determining places;
 - The competitor with the fewest number of trials for the last height successfully completed shall be awarded the higher place.
 - If the tie still remains the competitor with the fewest total number of unsuccessful trials throughout the competition up to and including the height last cleared shall be awarded the higher place (passed trials do not count as misses).

- If the tie remains and does not involve first place the competitors shall be awarded the same place.
 - If the tie remains and involves first place the competitors shall make one more attempt at the last failed height, if no decision is reached the bar is lowered by one-inch intervals until cleared, and then raised at one-inch intervals until a winner is determined. Each competitor is given one attempt at each height in a jump-off. Passes are not permitted in jump-offs
- Discus
- All practice and competitions of the discus event are to occur in a cage that meets National Federation specifications.
 - The full 360-degree spin technique is permitted.
 - Taping any part of the hands or fingers is not permitted unless there is an open wound. Taping the wrist is permitted.
 - Gloves are not permitted.
 - A legal throw shall be made after entering the circle the athlete pauses and throws with one hand only.
 - It is a foul if the competitor; fails to pause before starting the throw, once in the circle – touches the circle or the ground outside the circle during the throw, throws the discus so it lands outside the sector lines or hits the cage or something outside the sector lines, is not under control before exiting the back half of the circle, leaves the circle before the throw has landed and the judge calls mark, fails to complete an attempt within one minute.
 - Measure the put to the nearest lesser whole inch, from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle nearest to the mark along the extended radius of the circle.
 - The throwing sector of 34.92 degrees is now required for the discus events
Setting the sector – the sector is an isosceles triangle having 2 equal sides with the base of triangle always .6 of the length of each side
- From the center of the 8-2½ Discus circle mark off a boundary line of 20 meters (Mark #1).

- From that mark. Measure toward the other outer boundary line a distance of 12 meters and make another mark (Mark #2).
- From the center of the Discus circle, measure the other outer boundary line 20 meters. Align (Mark #2) with this measurement and the result is a 34.92 degree sector.

(Revised January, 2008)