

## **Track and Field Rules 2024-2025**

**Meet Rules:** If a rule is not specifically addressed herein, NFHS (“Federation”) rules apply. In the event of a conflict between sets of rules, these rules control.

1. Coaches may verbally encourage runners from the infield or stands. Coaches may not run alongside or “pace” a runner.
2. A contestant can compete up a maximum of 2 grade levels, but cannot compete down.
  - a. This rule applies to all meets, whether sponsored by CYM, any parish/school, or an outside/private group.
3. A violation of Rule 1 or 2 in any meet results in the disqualification of the individual or relay team.
4. Individuals must be listed on the official CYM online roster in order to compete in an event. In the event an unlisted individual competes, the team may be sanctioned by the CYM Director of Youth Sports or the CYM Track Coordinator, including, but not limited to, forfeiture of any individual or team awards for that event, a ruling of ineligible for Championships, or suspension of the head coach.
5. 3<sup>rd</sup> and 4<sup>th</sup> grade participants – all 3<sup>rd</sup> and 4<sup>th</sup> graders must be listed on the official team roster for Carnival Relays, all CYM Parish/School sanctioned meets and CYM Championships. However, if a parish or school holds an event specifically for 3<sup>rd</sup> and 4<sup>th</sup> graders (where they are not running as a 5<sup>th</sup> or 6<sup>th</sup> grader), the meet director is free to allow participants to run without being listed on the team roster, as long as CYM Form A has been completed and provided to the director.
6. The cleared adult/player ratio must be maintained at all times
7. Participating in or scheduling a meet in conflict with another CYM meet is prohibited.

### **Non-CYM teams:**

1. Non-CYM teams are limited to 2 parish/school-sponsored meets per season.
2. Invitations are at the discretion of the host parish/school, subject to the 2-meet limit.
3. If an individual is a member of a CYM team as well as a non-CYM team, the individual must participate with the CYM team for all CYM and parish/school meets.

Pursuant to Athletic Handbook, individuals may not participate on a high school team and a CYM team in the same sport and same season.

4. A non-CYM team participating in a CYM meet must provide proof of liability insurance to the meet director prior to participating.
5. Non-CYM teams may not participate in Carnival Relays or CYM Championships.

### **Carnival Relays**

1. Events for Carnival Relay are determined by grade and gender. Generally speaking the events will be 4x100, 4x200, Sprint Medley (400,100, 100 and 200) and 4x400 relay. We will also have all three field events – long jump, high jump and shot put.
  - a. Group I: 3<sup>rd</sup> & 4<sup>th</sup> grades will participate in 4x100 and 4x200, but not in Sprint or Distance Medley, unless substituting for another member from their team. (Group IA will be Girls & Group IB will be Boys)
  - b. Group II: up to and including 5<sup>th</sup> graders
  - c. Group III: up to and including 6<sup>th</sup> graders
  - d. Group IV: up to and including 7<sup>th</sup> graders
  - e. Group V: up to and including 8<sup>th</sup> graders
2. Participants may compete in 2 relay events and 1 field event. The 2 relay events must be different events, and cannot be the same event at multiple grade levels.
3. Times for all running events will round any hundredth to the next tenth.
4. Each parish/school may enter a maximum of 2 boys teams and 2 girls teams per relay event, except that there is no limit to the number of teams that can be entered into Group A.
5. Field events will be long jump, high jump and shot put. Field events are team events consisting of 2 contestants, who will each make 3 attempts at the event. The team score will be the sum of the best individual scores.
  - a. Each parish/school may enter a maximum of 1 boys team and 1 girls team in the following groups:
    - i. Long jump – Groups II-V

- ii. High jump – Groups IV & V
  - iii. Shot put – Groups IV & V
6. There will be no team scoring for Carnival Relays.

**CYM Championships:**

1. Eligibility – individuals must compete in a minimum of 3 CYM-sanctioned events in order to be eligible for Championships.
2. Events for CYM Championships are determined by grade and gender. Groupings will follow those listed under Carnival Relays section with the exception that Group I (A & B) will not be included.
3. Times for all running events will round any hundredth to the next tenth. Questions regarding times may be submitted by a head coach, and will be reviewed by the Track Coordinator and/or CYM Director of Youth Sports, at which point CYM will make a final decision on allowing the time.
4. A contestant may participate in 1 sprint, 1 relay and 1 field event.
5. Sprint events include 100 meter, 200 meter, 400 meter, 800 meter and a 1 mile race. The 1 mile race will be the same as all other events for a 4 groups.
  - a. Each team may enter 2 contestants per event.
  - b. The 100 meter race may have semi-finals, and finals for the top 8 runners from semi-finals.
  - c. Sprint runners will be entered unseeded unless we can identify a qualifier race in a meet announced at the pre-season coaches' meeting, in which case that time may be used.
6. Relay events include 400 meter (4x100) and 800 meter (4x200) for Groups II-IV. Each parish/school may enter 1 relay team per group per gender
  - a. There are no qualifying races for relays. Coaches may enter a relay time using times from practices or races in other meets.
7. Field events include long jump (all groups), high jump (groups IV and V) and shot put (groups IV and V). Field events in Championships are individual events and not team events as in Carnival Relays.

- a. Each team may enter 2 contestants per event.
8. Scoring – 10 points for 1<sup>st</sup> place, 8 points for 2<sup>nd</sup> place, 6 points for 3<sup>rd</sup> place, 4 points for 4<sup>th</sup> place, 2 points for 5<sup>th</sup> place, and 1 point for 6<sup>th</sup> place. There is no doubling of points for relays. Scoring will be separate for Division I and Division II (meaning that each division will have the ability to earn 31 points)
  9. Teams will be divided into 2 divisions for Championships based on the number of individuals on the team roster.
    - a. Divisions will be set after CYM locks rosters. If there is an even number of teams, the split will be half less 1 for Division 1, and the remainder in Division 2. If there is an odd number of teams, the split will provide for 1 more team in Division 2 over Division 1.
    - b. If there are 2 or more teams tied for the final Division 1 slot, all will be assigned to Division 1.
    - c. A team assigned to Division 2 may elect to move up by giving notice to CYM within 1 week of Divisions being set.

**Equipment:**

1. Uniforms – all team members should wear the same color shirts. Track shorts and shoes are recommended.
2. It is recommended, but not required, for any contestant wearing dental appliances or braces to wear a mouth guard.
3. Teams provide their own batons for relay events.
4. Boys shot put is 8 pounds. Girls shot put is 6 pounds.
5. Jewelry may be worn, but should be taped to the body or otherwise safely secured.