

RULE V – YOUTH TRACK AND FIELD

ARTICLE I – ELIGIBILITY

SECTION A – AGE DIVISIONS

1. There are four age divisions for both boys and girls. Participants must be 6 by the age control date: age on December 31, current year.
 - a. 8 & Under
 - b. 10 & Under
 - c. 12 & Under
 - d. 14 & Under
2. Allow within district lines for individuals to compete in the nearest or adjoining departments with the following restrictions:
 - a. Home county or agency has no track and field program.
 - b. No recruiting by the adjoining agency.
 - c. Cannot cross district lines
 - d. Host agency endorsed participant
 - e. Cannot pass over a program to participate in another agency.
 - f. Must participate in the sport program in the Host agency program.
 - g. If a participant lives in an “A” class county, they cannot compete in “B/C” county. They must compete in the nearest “A” county. “B/C” may compete up in “A”.
 - h. Host agency must notify the District Athletic Chair with list and home county of each crossover participant. The district must forward info to the State Host and Athletic Chair.
 - i. Participants must be approved by District Athletic Chair and any and all protest of crossovers must be done prior to district competition. Once approved, they are legal throughout District and State.
 - j. To allow a participant to compete for the same team in GRPA that they do year round, as long as it is a GRPA agency team. The participant must have an AAU membership card at participant check-in. A 90 day turnover period would be required for AAU membership and meet AAU guidelines.
3. Youth coaches must be certified by one the following programs: NYSCA, ACEP, GHSA, or USA TRACK
4. Any player or coach ejected from a game for unsportsmanlike conduct will be suspended for one game, in addition to the game from which ejected; or, in the case of an individual event within a meet or match, for the duration of that event. (Upon the discretion of the meet director and/or referee.)

SECTION B – ENTRIES

1. In the State Meet an agency may not submit more than three entries per event in each age division, but only one 4 X 100 relay and one 4 X 400 relay. (APPROVED RULING: A district, by majority vote and consent of at least one of its State Athletic Committee Members, may decrease or increase the number of entries in district level competition.)

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2. A district not conducting a district track and field meet may allow one agency to represent its district at the State Meet with no more than two entries.
3. Individual competitors may not be entered in more than three individual events, two field and one running or vice versa, plus the 2 relays in that age division.
4. Three entries per district to the State Meet. In all events, a maximum of three entries will be accepted in any classification. **Any ties at the district or agency competition must be decided before entries are sent to the state host.** Four or more entries will not be accepted by the state host.
5. In relays, two alternate runners can be listed and they are the only ones who can substitute in case of injury or sickness.

ARTICLE II – REGULATIONS

SECTION A – GOVERNING RULES

1. GRPA will not utilize starting blocks.
2. The National Federation (National Alliance Edition) Track and Field Rules is the official guide for GRPA meets, with exceptions as may be stated in this manual.
3. All participating agencies are required to attend one of the statewide track meetings/webinars to cover the rules and regulations for the state track meet. Agencies that do not attend must pay a fine of \$200 to the GRPA office. It is “**Strongly Recommended**” that both an agency member and track coach from each agency or team attends a track meeting/s/webinar to ensure that all necessary parties are clear on any rule changes or clarifications.
4. Have host produce a Power Point that highlights guidelines for track participation and display power point on GRPA website 60 days in advance of track meet or have someone tape a video that is put on the GRPA website and have it displayed on the website
5. Per the “Return to Play Act of 2013”, effective January 1, 2014, all agencies are required to provide concussion education material to all youth participants and their parents. The verification of compliance to this law is affirmed by the signature of the agency director on the GRPA roster.
6. All head and assistant coaches that are coaching youth teams participating in all levels of GRPA Athletics must have undergone a criminal background check through their Department. By signing the teams GRPA roster, the Department Director or their designee attests that this has taken place.
7. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. The use of audio or visual recording devices is not allowed in resolution of protested matters.

SECTION B – EVENTS

1. Events in each age division are:

<u>Event</u>	<u>Age Group</u>	<u>Description</u>
50 Meter	8U, 10U	Preliminaries & Finals
100 Meter	All	Preliminaries & Finals
200 Meter	All	Preliminaries & Finals
400 Meter	All	Preliminaries & Finals (8 & Under will be a final)
800 Meter (<i>staggered start</i>)	All	Finals Only
1600 Meter (<i>waterfall start</i>)	10U, 12U, 14U	Finals Only
3200 Meter (<i>waterfall start</i>)	12U, 14U	Finals Only
4x100	All	Finals Only
4x400	10U, 12U, 14U	Finals Only
Standing Long Jump	All	Finals Only
Softball Throw	All	Finals Only
Shot Put	10U, 12U, 14U	Finals Only
Mini-Javelin	8U, 10U, 12U, 14U	Finals Only
<i>8U-12U = 300 grams; 14U = 600 grams</i>		
Discus	12U, 14U	Finals Only
Running Long Jump	All	Finals Only
High Jump	10U, 12U, 14U	Finals Only

2. The order of events at the State Track Meet is as follows:

- a. Friday – 4:30 PM Host Welcome and Parade of Athletes
- b. Friday – 5:00 PM – Events will begin.

3. **Any change to the event order by the State Host must be approved by the State Athletic Committee no later than their March meeting.**

Friday Night Running Events – Approximately 4 Hours

<u>Event</u>	<u>Class</u>	<u>Description</u>
4x100	BC	Final – 8 races
1600	BC	Final – 8 races
50	BC	Prelim – 8 races
400	BC	Prelim – 12 races
100	BC	Prelim – 16 races
200	BC	Prelim – 16 races
4x400 (10U & Older)	BC	Final – 6 races

Saturday Morning Running Events – Approximately 4 Hours

<u>Event</u>	<u>Class</u>	<u>Description</u>
3200	A/BC	Finals Only – 9:30am (<i>during field events</i>)
4x100	A	Final – 8 races
1600	A	Final – 6 races
50	A	Final – 8 races
400	A	Prelim – 12 races
100	A	Prelim – 16 races
200	A	Prelim – 16 races
4x400 (10U & Older)	A	Final – 6 races

Saturday Afternoon Running Events – Approximately 3.5-4 Hours

<u>Event</u>	<u>Class</u>	<u>Description</u>
50	A/BC	Final – 8 races
400	A/BC	Final – 20 races
100	A/BC	Final – 16 races
800	A/BC	Final – 16 races
200	A/BC	Final – 16 races
4x400 (8U ONLY)	A/BC	Final

4. Awards are to be presented immediately following each event final.

SECTION C – SPECIAL PROVISIONS

There is no mandatory participation requirement for any GRPA sport.

1. Relay teams in district level competition who qualify for the State Meet should run in the State Meet except in case of injury.
 - a. Relay teams will be assigned lanes by random selection prior to the start of the meet.
 - b. International exchange zones in 4x100 relay.
 - c. Relay members must be on roster and in same age group.
 - d. Names of relay entries must be submitted to the state host prior to the state entry deadline with the understanding they can be changed prior to their competition due to their illness or injury.
 - e. Two alternate runners can be listed for each relay and they are the only ones that can substitute in case of injury or sickness.
2. If there is a tie by two or more competitors they will then draw lots for medal or other awards and privileges (unless other provisions have been made.)
3. In the event of a tie at any height or distance in the finals of a field event, places shall be awarded as follows:
 - a. For places in jumping for height (high jump):
 - b. The competitor with the lowest number of trials for the height at which the tie occurs shall be awarded at the highest place.
 - c. If the tie still remains, the competitor with the lowest total number of misses throughout the competition (up to and including the height last cleared, shall be awarded the higher place.
 - d. If after the above a tie still remains, the competitor with the lowest total number of trials (whether successful or not) throughout the competition up to and including the highest height cleared, shall be awarded the higher place.
 - e. If the tie remains after applying all of the above and:
 - i. If it concerns first place, the competitors tying shall have one more attempt for the height at which they failed, and if no decision is reached, the bar shall be lowered or raised by intervals of one inch in the high jump, and each competitor shall try once at each height until the winner is determined.
 - ii. If it concerns any place other than first, the competitors shall be awarded the same place in the competition and medals, ribbons, awards or privileges determined by lot as in ties for track events.
 - f. No misses shall be charged to a competitor for a pass height.

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- g. In all field events, each competitor will take alternative trials in successive order by entry list (i.e., no competitor will be allowed to take three successive trials).
- h. A run by or run up is not a try if done within the time frame.
 - i. For places determined by distance (standing long jump, running long jump, softball throw and shot put):
 - 1. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the competitor whose second best performance is better than the second best performance of any other competitor tied for that particular place.

- 4. Each competitor shall be allowed three trials in the finals of all field events (two at each height in the high jump). All state level field events are finals. All field events shall be run in a manner as not to allow an individual to use all their tries in succession, unless they were at another event and all others have completed their tries. If they must try in succession, they will be allowed up to two minutes rest between tries.

- a. Starting Heights for high jump are as follows:

<u>Boys</u>		<u>Girls</u>	
10U	3'0"	10U	3'0"
12U	3'4" 4'0"	12U	3'4" 3'6"
14U	3'8" 4'6"	14U	3'8" 4'0"

- 5. In the high jump, the bar shall be raised in 2" increments until only 4 jumpers are left, then raised by 1" increments until a winner. The jumpers must attempt to jump within 30 seconds after their name is called or a try will be charged.
- 6. In all track events, two false starts shall constitute disqualification of the runner guilty of the infraction.
- 7. Shot Put Rules
 - a. The shot shall be put from the shoulder with one hand only and the competitor shall not allow the shot to pass behind or below the shoulder during the attempt. No harness or mechanical device attached to the hand or arm shall be used. Taping the wrist, palm or back of the hand is permissible. It is also permissible to tape only two fingers, provided they are adjoining and taped tightly together. However, there shall be no connecting tape device nor covering between the fingers and palm or back of the hand, or between the fingers and the wrist.
 - b. The put must be made from the circle. It is a foul if the competitor, after stepping into the circle, fails to pause before starting his put, or touches the circle, (not including the inner face of the stop board or the band if one is used) or the ground outside the circle, or the top of the stop board with any portion of his or her body or apparel before the put is marked. It is also a foul if the shot falls outside of the sector, or if the competitor, after having completed his or her put, does not leave the back half of the circle.
 - c. A foul put is not measured but is counted as a trial. Measurement is from the nearest edge of the first mark made by the shot to the point on the inside of the stop board nearest such a mark.
 - d. All participants will throw the same shot put.

8. Standing Long Jump

- a. A competitor may (1) rock forward and backward lifting heels and toes alternatively from the surface but may not lift either foot completely from the ground nor slide it along in any direction of the ground; (2) both feet must be parallel to each other and equal distance from the scratch line before jumping; (3) both feet must leave the ground at the same time.
- b. The jumper shall take off from behind the scratch line. If the jumper's shoe extends over the scratch line or makes a mark in front of it, the jump shall not be measured, but shall count as a trial.
- c. Each jumper is entitled to three jumps. Each jump shall be recorded. The contestant with the longest jump will be considered the winner.
- d. The standing long jump will be done in sand. Each legal jump shall be measured from the scratch line or its extension to the point touched by the person or apparel of the jumper which is nearest the scratch line.

9. Softball Throw

- a. Ball throwing competition may be conducted with a rubber, leather, or synthetic cover 11" softball shall be used for all throws. All participants will use the same type of ball as furnished by the host.
- b. The throw may be from either a stand or with a run-up.
- c. Stepping over or on the line constitutes a foul. A contestant is permitted one run-up without releasing the ball. Failure to release the ball on a second run-up shall constitute a trial.
- d. Each thrower will be allowed three trials. The longest throw will be considered the winner.

10. Javelin

- a. Each contestant is entitled to one practice throw and three recorded throws.
- b. Javelins with plastic bodies and rubber tips will be utilized.
- c. Age groups 7-8, 9-10 and 11-12 will utilize a 300 gram javelin.
- d. The 13-14 age group will utilize a 600 gram javelin.
- e. Contestants will use implements provided by the meet host and will not use their personal implements.
- f. A contestant may not touch the throw line (white line on ground to throw from). If a contestant touches the line or goes over the line, either during the attempt or in the follow through of the attempt, the attempt will be recorded as a scratch.
- g. If the javelin after thrown first touches the ground outside of the designated side boundaries, the attempt shall be recorded as a scratch.
- h. Measurements will be taken from the edge of the throw line closest to the contestant. The mark will be placed where any portion of the javelin first touches the ground. The measurement will be made from the back portion of the throw line where the contestant made the throw, which means the measuring tape may be stretched diagonally to record the attempt if the attempt was not straight.
- i. The contestant with the furthest recorded attempt will be considered the winner. In the event of a tie between furthest attempts, the second furthest attempt amongst those tied will be used as a tiebreaker. If the contestants are still tied after the second furthest attempt, the third furthest

attempt shall be used as a tiebreaker. If the contestants are still tied after all three attempts, the will both be deemed the winner.

- j. Measurements will be recorded in feet and inches and will be measured and recorded to the closest $\frac{1}{4}$ inch.

11. Places will be determined by second or third place throws or jumps if the first ones is a tie.

ARTICLE III – EQUIPMENT

SECTION A – APPROVED EQUIPMENT

1. Shoes are mandatory for all track and field events. Shoes must comply with USA Track and Field rules as stated in Section 6 A-1a (may not exceed $\frac{1}{4}$ " metal spikes). If discovered in the bullpen with illegal shoes, a warning will be given. Shoes identified as illegal at the finish line will cause disqualification of the participant from that event.
2. Equipment to be provided by the Host Agency for GRPA Track and Field Meets shall include the following:
 - a. Scorer's table located in an area favorable to the meet officials and conducive to accurate and timely recordings and results and posting events. It is recommended that a loud public address system be available.
 - b. A 6-lb. shot put.
 - c. Javelins
 - i. Must have plastic bodies and rubber tips will be utilized.
 - ii. Age groups 8U-12U will utilize a 300 gram javelin.
 - iii. The 14U age group will utilize a 600 gram javelin.
 - d. Hammer Throw/Discus
 - e. Rakes, measuring instruments, and if necessary a modified take-off board designed or marked according to regulation, but closer to the jumping pit for younger age divisions in the broad jump event.
 - f. In the softball throw – six softballs are required. The specifications are: a rubber, leather, or synthetic cover 11" softball. A visible tape with the feet and inches marked on it must be stretched on the ground to measure the distances of all competitors.
 - g. Standards and, if necessary, modified standards designed or constructed according to regulations to allow jumpers in younger age divisions to jump at lesser heights than the usual minimum of four feet found on most regulation standards, crossbars and landing pits filled with soft material other than sand or sawdust and modified as necessary to allow younger age divisions to reach at least the height of the landing pit in the high jump.
 - h. Track event equipment: starting pistol with .22 or .32 caliber black powder cartridges, one or more whistles for the chief finish judge and starter or clerk of the course, stopwatches (minimum six to eighteen with extras in case of malfunction), legal batons for relays and any other necessary equipment. Optional equipment would include finish yarn, and judges' stand and lane indicators. One .22 or .32 caliber pistol will be used for starts.
 - i. Timing:
 1. Fully-automatic electronic timing shall be required for State level Track competition, and is highly recommended for District competition. Times shall be

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reported to two decimal places only (100ths of a second). Times shall be listed in hundredths only. All state records shall be reported to the hundredth of a second with no rounding off.

2. Back-up timing systems shall be available at all times when electronic timing is being used. Stopwatches (minimum six to eighteen with extras in case of malfunction) This could consist of (a) a manual backup built into the timing system plus one watch per lane or (b) three watches per lane. A minimum of one across-the-board finish judge or picking judge shall be used at all times with either backup system.

SECTION B – UNIFORM REQUIREMENTS

1. Agency team members, including all boys and girls, should wear like jerseys. Agency boys' team must be dressed alike and the girls must be dressed alike from the waist up. No other youth sports organization patches will be allowed on uniforms in GRPA tournaments. Penalty – Illegal Equipment
 - a. Coaches and non-player personnel must be attired in a manner that puts GRPA and its member agencies in a positive light. Tournament Directors, Officials, and GRPA State Athletic Committee members reserve the right to remove those from the contest who do not adhere to the standards set forth by the GRPA State Athletic Committee.
 - i. Managers, coaches, or team scorers who coach the bases must be attired in staff shirts or jerseys that are identical in style and color with each other.
2. It is mandatory that team members be in uniform while actually competing in events. (APPROVED RULING: It is conceivable that an agency with limited supply of same color jersey could continuously exchange these jerseys prior to the start of an event, but such a practice shall not be allowed during the conduct of an event among competitors still actively jumping, throwing, or running).
3. No jewelry is allowed. (A watch is not considered jewelry and may be worn)

SECTION C – AREA REQUIREMENTS

Effective 2004, the track shall be eight lanes, (*see below) but the length of the track is often influenced by the available space, but a 1/4-mile or 400 meter track is standard. It has two straight sides and two curved ends. The length of the straight sides is approximately the same length as the curved ends. Field events are usually conducted inside the oval track and non-competing participants, coaches, attendants, and spectators are provided an assembly area outside the track.

NOTE: The putting circle for the shot put event shall have an inside diameter of seven feet. The circumference shall be marked with a metal, wood or plastic band which shall not rise more than 3/4" above the level of the circle or if the circle has a surface of concrete, asphalt, wood or other hard material, a painted line two inches wide may be substituted for the band. A concrete surface with a 1/64" roughness is recommended. A stop board (4" height and 4 1/2" width and 4' length) shall be firmly fixed at the front inner edge of the circle, which should be the boundary lines extended.

ARTICLE IV – MEETS AND AWARDS

SECTION A – STATE

1. All entries to the State Meet must be done by the District Host.
2. NOTE: Participants in relays can be changed between preliminary and finals if an injury occurs in the relays only.
 - a. During the State Track Meet, there must be two bullpens (either one for A and one for B/C or one for track and one for field events).

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- b. Use two different color ID bibs (on chest), one for each classification.
3. In each preliminary (qualifying heats) running event in each age division, except the 800-meter and the 1600 meter runs, there will be two or three heats in the State meet. Lane assignments will be determined by the host, with equal first and second place entries in each heat if possible. The State Host Agency and State Athletic Committee Chair shall make heat assignments as deemed necessary.
4. The 200 meter dash will be run on a curve, the 800m will use a staggered start, and the 1600m will use a waterfall start.
5. Each District's Meet Director (designated Tournament Director) is responsible for submitting state entries prior to the State Meet to be in the hands of the State Host by 5:00 PM Tuesday. Entries shall consist of the following information.
 - a. District
 - b. Age Division, Sex, Event
 - c. Place in District, First and Last Name, Agency, Time-Distance-Height
6. Awards- Medals will be awarded for 1st – 3rd place and ribbons awarded for 4th – 8th place. State meet host must provide an awards podium for 1st-8th place. "A", "B/C" Meet: Awards will be given to the top eight finishers in each event from the finals. Awards given are per state awards contract and cannot be substituted or changed. If emergencies arise then the state athletic committee chair in consultation with the GRPA Executive Director will determine what course of action to take.
7. Medals to be given for each place shall have red, white, and blue drape in plastic cases with clear lid. Award cases and ribbons **MUST** be labeled by place and must have swimmers name, place, time and date (HY-TEK Meet Manager can produce and stick label on back cover or ribbon tab).

EXAMPLE:

Second District: 10 year old girls, 50 meter dash
1st – Canya Comegetme, Sigsbee, 7.5 seconds.
2nd Ima Gonnagetu, Whoville, 7.6 seconds.
3rd Shesa Prettygirl, Willacoochee, 7.7 seconds.
4th Hesa Richboy, Funston, 7.8 seconds.
5th Itsa Gonnarain, Unsocial Circle 7.9 seconds.
6th Ucan Runfast, Gratis, 8.0 seconds.
7th Swing Andamiss, Dudley, 8.1 seconds.
8th U.R. Outtahere, Dawgville, 8.2 seconds.

Allow results from preliminaries to be used to determine final times for events that are cancelled in finals. If finals have begun, the final times in events that have been completed would count. However, if due to inclement weather or any other reason that an event cannot be completed in finals, times achieved in prelims will be considered timed finals.

ARTICLE V – OFFICIALS

SECTION A – HOST

1. The Host shall provide a minimum number of competent adults in accordance with Rule II, Article IV to serve as:
 - a. Meet Director
 - b. Starter
 - c. Clerk of the Course

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- d. Head Finish Judge-Timer and Finish Judge-Timers (lane inspectors)
 - e. Head Field Judges (for each field event competition)
 - f. Scores
 - g. other assistant officials are not required, but are recommended as specified in Rule II, Article IV
2. The Host shall be responsible for providing areas and equipment, electronic timing system, releasing publicity, and organizing competition for the meet.

SECTION B – OFFICIALS

1. The State Athletic Committee shall serve as the Games Committee (Jury of Appeals), and the Chair or his assigned representative shall serve as Referee for the State Meet. Each District Commissioner is encouraged to provide a similar authority for district meets.
2. Host must provide a minimum of 3 qualified officials by NFHS, GHSA, USTAF, or AAU to monitor all exchange zones during relays.

SECTION C – COMPETITIONS AND ATTENDANTS

Attendants, coaches, spectators, parents or persons not designated as meet officials shall not accompany a competitor to the starting line or during a race. Any competitor will be disqualified if, in the opinion of the judges or meet officials, he or she has in any way been aided by a coach, teammate or anyone connected directly or indirectly with the team concerned. Such aid would include running alongside a teammate, being stationed at various points near the track, or located near any field events for the purpose of aiding or coaching the competitor after the race or field event has started. The degree of enforcement shall be announced by the Meet Director prior to the Meet.

ARTICLE VI – PROTESTS AND APPEALS

Protests and appeals are authorized only under the stipulations found in this manual.

For more information regarding protests and appeals, see: Rule I, Article IV, Section C-12. For more information on protest committee organization and responsibility, see Rule II, Article I, Section A.

ARTICLE VII – DEFAULTS

Any default that is not reported to the State Host at least three days prior to the State Meet will result in that agency being fined \$10.00 per person, this shall be per meet not per event. No alternatives or changes are allowed at the Meet. [Relay team counts as one default. Youth are fined but not suspended.] Note: No alternative or changes are allowed at the State Meet.

NOTE: The top eight over all times from the preliminary heats will advance to the finals.

NOTE: Subject to change by Host to adjust heats.