



PRINCE GEORGE'S COUNTY BOYS AND GIRLS CLUB, INC.
7833 Walker Drive, Suite 430, Greenbelt, MD 20770
Web site: www.pgcbgc.com

Phone: (301) 446-6800
Fax: (301) 446-6801
TTY: (301) 699-2544

Byron Thompson
(301) 446-6818
Sports Coordinator
Byron.Thompson@pgparks.com

Lawrence H. Sedgwick, Jr.
(301) 446-6800
Executive Director
Executive.Director@pgcbgc.com

Annie Willis
(301) 446-6839
Administrative Support
Annie.Willis@pgparks.com

2023 TRACK RULES

For rules and information governing membership requirements, dues, ID cards, postponements, protests, waivers, Questionnaires, fees, rosters, forfeits, game officials, awards, billing fines, eligibility or playoffs refer to the PGCBGC Ground Rules and Definitions (REV. 09/22**).**

Important Notes: All coaches, including assistants, are required to have completed the sport appropriate ASEP course, Abuse Prevention Training (APT), and background check prior to the start of the season. Uncertified coaches will not be allowed to coach any sanctioned PGCBGC meets. Clubs competing with uncertified coaches will be forfeited. Coaches that have completed the requirements will be added to the Official PGCBGC Coaches List. Details for completing the requirements can be found at www.pgcbgc.com and clicking on "Coaches Corner".

- I. **AGE GROUPS**
Events for both boys and girls; (5-6), (7-8), (9-10), (11-12), (13-14), (15-16), (17-18) with age divisions based on the age the child as of **January 1, 2023**.
- II. **QUESTIONNAIRES** -- Due on April 10, 2023
- III. **ROSTERS**
Refer to Ground Rules (**Rev. 09/22**) and the following:
 - A. Questionnaire Due Date: April 10, 2023
 - B. Roster close Date: May 19, 2023
 - C. All players on rosters must present an approved form of ID as outlined in the PGCBGC Ground Rules

OVER

IV. TRACK PROCEDURES

- A. A child may be entered in only four (4) events, including relays.
- B. Authorized persons are Judges, Timekeepers and Scorekeepers.
- C. A youth may participate in an older age group. If this occurs in an individual event, that athlete must participate in the older age bracket the entire meet. Younger athletes may move up without penalty for RELAYS ONLY.
- D. **A Sticker System will be used. All clubs are required to bring preprinted stickers with Childs first and last name, Age Group, Club, and Event. Blank Stickers will be available.**
- E. In order to have speedy and orderly meets the following rules will be strictly enforced:
 - 1. Coaches will not be allowed in restricted areas.
 - 2. Legitimate track shoes (1/4" spikes) are optional.
 - 3. Some type of shoes must be worn (no barefoot).
- F. **No Girls will be allowed to compete with the boys.**
- G. **No Boys will be allowed to compete with the girls.**

V. CONDUCT

Conduct is the coach's responsibility. ONLY authorized personnel will be allowed on the field. Any ineligible person on the field will result in forfeiture. A designated area will be assigned to each club, and it is the coach's responsibility to keep their team in this area.

VI. POSTPONEMENTS

In case of rain or wet field, the RAINDATE will be **TBD**.

VII. INELIGIBLE PLAYERS

- A. Refer to PGCBGC Ground Rules (Rev. 09/22).
- B. An ineligible member in any event will result in forfeiture and further disciplinary action may be taken.

VIII AWARDS

No team trophies will be awarded. Medallions will be given for 1st, 2nd, 3rd place in each event.

