

PLAYER ELIGIBILITY

- Players must be in the 5th or 6th grade for the 2023-2024 school year.
- At any time during the season, Kids, Incorporated may request proof of eligibility.

EQUIPMENT

- Players must wear their assigned Kids, Incorporated t-shirt.
- Tennis shoes are required. No metal/steel spikes are allowed.
- Jewelry or hair accessories of any kind are not permitted, with the exception of plain bobby pins.
- Hard or plaster casts are not permitted.

MEET RULES

- Each meet will have five individual running events and three relay events. There will be no field events.
- Each participant may run in a maximum of four races.
- Relay events will consist of four participants per team.
- Teams may enter a maximum of six participants in the individual running events and up to three teams in each relay event.
 - a. Depending on the number of heats per relay event, there is a possibility some teammates will run against each other.

EVENTS

- Events will be ran in the following order:
 - a. 100-meter dash
 - b. 800-meter relay
 - c. 400-meter dash
 - d. 400-meter relay
 - e. 800-meter dash
 - f. 200-meter dash
 - g. 75-meter dash
 - h. 1600-meter relay
- Each event will be ran in the following order:
 - a. 5th grade girls
 - b. 5th grade boys
 - c. 6th grade girls
 - d. 6th grade boys

ADDITIONAL RULES

- Kids, Incorporated staff, meet directors, and meet volunteers are allowed on the inside of the track. Everyone else must stay outside of the track so that the meet directors and meet volunteers can have a clear view of the races.
- Coaches, runners, or spectators who intentionally or unintentionally interfere with a race will cause disqualification of their team for that particular race.

ADDITIONAL RULES CONT.

- Individuals and/or teams are subject to being disqualified in a particular race when any of the following occur:
 - a. Throwing or tossing the baton.
 - b. Runners running out of their assigned lane.
 - c. Runners colliding and affecting a runner's ability to continue or affecting the race results.
 - d. A second false start violation.

COACHES

- The head coach is responsible for:
 - a. The physical and mental well-being of all children while entrusted to their care.
 - b. Maintaining an adequate level of discipline on his or her team.
 - c. The conduct and control of their team's fans and spectators.
 - d. Ensuring minimum races for all runners.
- All assistant coaches must be listed on the roster and have a background check on file. If no background check is on file, the coach will be removed from the sideline.
- Should head coaches or their assistant coaches violate any Kids, Incorporated playing rules or directives, they may be subject to disciplinary actions.

CODE OF CONDUCT

- The Code of Conduct applies to parents, coaches/volunteers, spectators, parents, contracted employees, officials, and professional staff.
- Profane, obscene, abusive, degrading/threatening language, gestures and/or taunting in the presence of anyone attending a Kids, Incorporated event is prohibited.
- Do not handle a child/participant in an aggressive or abusive manner.
- Any act of violence is prohibited.
- Accept the decision of the game officials as being fair and called to the best of their ability.
- Do not knowingly permit an ineligible player to play in any game.
- Please use good sportsmanship.
- The use of drugs, alcohol, vaping, or tobacco in any form is not permitted while attending any Kids, Incorporated event.
- No firearms or weapons will be permitted at any Kids, Incorporated event.

AT ANY TIME, AT THE SOLE DISCRETION OF KIDS, INCORPORATED, VIOLATION OF THE CODE OF CONDUCT IS SUBJECT TO SUSPENSION OR EXPULSION FROM OUR PROGRAM.

CONCUSSION PROTOCOL

In the event that an injury occurs during a Kids, Incorporated sponsored activity, and where a possible head injury is involved, the Kids, Incorporated office should be notified immediately. Generally, our paid officials will contact our Director of Programs, Jerry Branch, should an event of this nature occur.

Kids, Incorporated will require a "Permission To Return" document from a licensed, medically-trained professional, before allowing the player to participate in future scheduled activities.

If you have any questions about this policy, please contact Jerry Branch at 806-376-5936.