

# 2019 Rulebook



## Southern California Youth Track and Field Conference

Revised 04-25-2019

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# TITLE 1: YOUTH TRACK PROGRAM

## ARTICLE 1 - COMPETITIVE SEASON

### SECTION 1.01 SEASON

The Southern California Youth Track and Field Conference (SCYTFC) competitive season shall be defined as starting with the first day of practice and shall conclude with the Southern California Youth Championship meet. Each Association's (Association to include the terms, team and club) team-organized and/or coach-supervised practice is limited to eight hours per week. No Association's team-organized and/or coach-supervised practice session shall exceed two hours. This shall not limit any athlete's workout on an individual basis. However, it does limit all team-organized and/or coach-supervised practice sessions.

### SECTION 1.02 SCHEDULE

The Conference Board of Directors, hereafter referred to as SCYTFC BOD, is responsible for preparing the schedule of competition for each season. The SCYTFC BOD shall publish the schedule prior to the next competitive season.

### SECTION 1.03 SEASON FORMAT

The competitive season shall consist of a series of meets among the member associations. However, it is also permissible if one or more associations affiliated with the Southern California Youth Track and Field Conference (SCYTFC) and the Ventura County Youth Track Conference (VCYTC) come together to perform invitational meets. The Varsity Championship meet is for those athletes who meet or exceed the qualifying published standard, or who are "called up" to participate in the meet if it is required that more athletes are needed to ensure an event has the required minimum number of athletes to complete the event schedule. The Junior Varsity Championship meet is for those athletes who do not meet or exceed the qualifying published standard. The Southern California Youth Championship meet is for those athletes who have qualified for or have been "called up" to participate in the meet. The participating athletes in the Southern California Youth Championship meet will be comprised of seeded athletes of the SCYTFC and the VCYTC.

### SECTION 1.04 SCHEDULE REQUIREMENTS

The SCYTFC BOD shall construct the season schedule according to the following:

- a. Meets shall be scheduled on Saturdays; however, under special circumstances (e.g., rain, availability issues, and the Southern California Youth Invitational), some meets may be held on Sundays.
- b. The first meet of the season shall be scheduled not later than the first Saturday in April.
- c. The schedule shall be constructed so each Association has the same total number of meets. However, due to scheduling conflicts, venue issues, etc., this is not always possible. Therefore, the number of meets hosted by each Association shall be distributed as equitably as possible;
- d. There shall be only one Varsity Championship meet, and it shall be scheduled on a different day than the Junior Varsity Championship meet; and
- e. In addition to the above, the SCYTFC BOD shall make every reasonable attempt to schedule the same number of home and away meets for each Association and to avoid "byes" or open Saturdays in the schedule.

## SECTION 1.05 DATE OF FIRST PRACTICE

The date of the earliest practice will be set by the SCYTFC BOD.

## ARTICLE 2 - AGE GROUPS AND DIVISIONS

Youth competitions typically take place in two-year age divisions. The exception is the Gremlin division which includes a three-year age span. The age divisions and competition years are:

Age Division	2019	2020	2021	2022	2023
8 and Under (Previously Gremlin)	2011-2013	2012-2014	2013-2015	2014-2016	2015-2017
9-10 (Previously Bantam)	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
11-12 (Previously Midget)	2007-2008	2008-2009	2009-2010	2010-2011	2011-2012
13-14 (Previously Youth)	2005-2006	2006-2007	2007-2008	2008-2009	2009-2010
15-16 (Previously Intermediate)	2003-2004	2004-2005	2005-2006	2006-2007	2007-2008
17-18 (Previously Young)	2001-2002	2002-2003	2003-2004	2004-2005	2005-2006

The age group placement of an athlete shall be determined by year of birth. A boys' division and a girls' division shall be available for each age group. Competitors must compete in their own division with the following exceptions: Intermediate Girls/Intermediate Boys and Young Women/Young Men may combine events and Youth Girls/Boys may run on Intermediate Girls/Boys Relays.

## ARTICLE 3 - AAU/USATF PARTICIPATION

None of the rules herein shall be interpreted to exclude any SCYTFC member Association athlete from entering competition in sanctioned AAU/USATF meets, either on an individual basis (as an unattached athlete) or as a member representing a SCYTFC Association if it is a AAU/USATF affiliate, or as a member of the designated Southern California Youth Track & Field Conference post season team.

Athletes should be aware of USATF restrictions regarding switching from one Association to another in making a decision to run in a status other than unattached. Title 8 of this rulebook provides further discussion of the Conference post season policy. If a conflict between a Conference meet and a USATF and/or AAU meet arises, the Conference meet shall have priority. The USATF and AAU program shall be viewed as secondary to and an extension of the Conference program. An athlete who attends USATF or AAU meets in conflict with scheduled Conference meets (without the prior approval of their Association and SCYTFC BOD) will not receive credit for participating in the outside meets; therefore, they may not complete the required minimum number of Conference meets to be eligible to compete in the SCYTFC Varsity or Junior Varsity Championship meets or the Co-Conference Championship.



## **ARTICLE 4 - ATHLETE ELIGIBILITY**

### **SECTION 4.01 AGE**

All athletes must be youths within the age groups described herein.

### **SECTION 4.02 MEMBERSHIP**

All competitors shall be registered/certified members of a Conference Association prior to competing in any meet. A registered member is a member whose name appears on the official roster of the Association as a member is good standing for which they wish to compete and for whom dues have been paid and all required documents are provided to the Conference. No athlete may compete unattached.

### **SECTION 4.03 REGISTRATION PROCEDURES**

Each Association will provide a roster of all properly enrolled athletes to the Conference Secretary by the due date that was set by the SCYTFC BOD and pay all conference fees. A "properly enrolled athlete" is defined as one whose legal guardian(s) have completed and signed the official Conference registration forms and satisfied the registration requirements of his/her association. An Association may utilize an electronic registration system that utilizes an electronic signature. As long as the Conference registration forms are complete, an electronic signature will be considered valid. The SCYTFC BOD will set the Conference registration/certification date/s and no athlete may be added after the Secretary has certified all athletes on this date/s. A secondary date may be added if required and available to the certifiers. If athletes are added at the secondary date an additional fee of \$10 will be added to the certification fee. No Association shall enroll any athlete after close of final certification without SCYTFC BOD approval by 2/3 vote. Associations may submit their rosters via mail, email, or in person.

### **SECTION 4.04 AGE CERTIFICATION**

Each competitor shall, at the time of registration or upon demand of the SCYTFC BOD, produce proof of the year of birth for the purpose of proper division placement. Acceptable forms of proof of age are: 1) certified birth certificate or photocopy of same; 2) foreign birth document; 3) military birth certificate; 4) valid California Identification Card; or 5) passport or other legally recognized age verification. No hospital birth certificates, school IDs or home birth certificates are acceptable forms of birth verification.

### **SECTION 4.05 HIGH SCHOOL ATHLETES**

Athletes who are members of a high school track & field team are ineligible for regular season SCYTFC participation. High school age athletes who are not members of a high school track & field team may join an Association in the SCYTFC.

## **ARTICLE 5 - VARSITY STANDARDS**

### **SECTION 5.01 CONFERENCE-VARSITY STANDARDS**

The SCYTFC BOD shall bi-annually review, update and maintain qualification standards in each event (except relays) for all age groups and divisions.

### **SECTION 5.02 VARSITY QUALIFYING STANDARDS CHART**

For Varsity Standards, please see [Appendix](#).

## **ARTICLE 6 - RULEBOOK AUTHORITY**

This Rulebook is the authoritative document governing SCYTFC.

## **ARTICLE 7 - RULE REVISIONS**

### **SECTION 7.01 AUTHORITY**

All revisions to this Rulebook shall be by vote of the SCYTFC BOD.

### **SECTION 7.02 ANNUAL REVIEW**

The SCYTFC BOD shall review the rules and make revisions, if deemed necessary, when needed. The review shall include all rules in all sections and the appendices herein.

## **TITLE 2: MEET PROCEDURES**

### **ARTICLE 1 - HOST ASSOCIATION RESPONSIBILITIES**

#### **SECTION 1.01 PRIMARY RESPONSIBILITY**

The host Association shall bear the primary responsibility for the proper preparation and conduct of the meet. Any responsibility not specifically placed on the visiting Association(s) shall be the responsibility of the host Association.

#### **SECTION 1.02 EQUIPMENT AND SUPPLIES**

The host Association shall provide all necessary equipment and supplies required for the meet including, but not limited to, high jump standards, landing mats, cross bars, shot puts, measuring tapes, results forms, starting guns and blanks, zone flags, stop watches, starting blocks and hurdles.

#### **SECTION 1.03 RESULTS**

The host team shall provide all results and supporting media as collected in a timely manner not to exceed 72 hours. Any disputes are not to exceed 48 hours after posting.

### **ARTICLE 2 - VISITING ASSOCIATION(S) RESPONSIBILITIES**

#### **SECTION 2.01 ASSISTANCE**

The visiting Association(s) shall assist the host Association as requested.

### **ARTICLE 3 - MEET STARTING TIME**

The standard starting time for all regular season meets is 8:30 a.m., not to preclude meets outside the standard time. Standard starting time for the Varsity and Southern California Youth Championship meets is 9:00 a.m. At all meets, the first call is to occur a half-hour prior to the official start of the meet.

### **ARTICLE 4 - POSTPONEMENTS AND DELAYS**

Any scheduled meet that cannot be held at the scheduled date and time may be rescheduled with the mutual consent of the Associations involved. Meets shall not be rescheduled to conflict with other scheduled meets. If the Associations involved cannot mutually agree on the reschedule, the meet shall not be held. There shall be no obligation to complete one meet before the next meet is held.

### **ARTICLE 5 - EVENT CALLS**

#### **SECTION 5.01 NUMBER/TYPE**

The host Association shall make, through their Announcer, three calls prior to the start of each age group division in each event. The calls shall be referred to and announced as, "first call," "second call," and "third and final call."

#### **SECTION 5.02 TIMING OF CALLS**

The standard calls shall be made so that the first call is 30 minutes prior to the start of the event, the second call is 15 minutes prior to the start, and the third and final call is 10 minutes prior to the start of the event. The time intervals listed shall be the minimal intervals required as except as agreed upon during the pre-meet coaches meeting. All field event athletes must be released at the beginning of the third and final call to staging. An athlete who fails to arrive after all competitors have received their hip tags may not be seeded into that event.

### **SECTION 5.03      COMBINING CALLS**

Calls for different age group divisions for the same event may be combined. Combining any of the three required calls for the same age group division event shall not be done.

## **ARTICLE 6 - DISPUTES/APPEALS/PROTESTS**

### **SECTION 6.01      PROCEDURES**

Any disputes, appeals or protests regarding any aspect of a race, field event or relay shall be handled in the following manner:

1. Within 30 minutes of the disputed incident, the disputing party must contact either their division coach, team head coach, or a team board member of the affected athlete.
2. The head coach will then contact the head coach of the other involved Association(s), if applicable, and refer the parties to the Referee with a \$50 cash fee.
3. The Referee will then refer the matter to the Jury of Appeals.

### **SECTION 6.02      JURY OF APPEALS**

All decisions of the Jury of Appeals shall be final as to the outcome or scoring of the event in question.

### **SECTION 6.03      USE OF VIDEO, AUDIO OR PHOTOGRAPHIC DEVICES**

Any and all video, audio or photographic recordings may be used to settle the dispute.

### **SECTION 6.04      OTHER DISCIPLINARY ACTIONS**

Any actions involving discipline, suspension or removal of an offending party or athlete(s) shall be handled by the SCYTFC BOD and their decision shall be final.

## **ARTICLE 7 - TAGS**

### **SECTION 7.01      USE**

Each competitor shall have an identifying event tag, competitor number, or "sticker". No tags are required for a seeded meet.

### **SECTION 7.02      RELAY EVENTS**

Only one event tag shall be required for a relay team. The anchor position or fourth runner must have the tag for the team.

### **SECTION 7.03      PREPARATION**

The competitor tags shall be printed through Meet Manager software or equivalent except for relay stickers.

## **ARTICLE 8 - TEAM ENTRY LIMITATIONS**

### **SECTION 8.01      TEAM ENTRIES**

There shall be no limitation on the number of entries, either in total or in any age group division.

### **SECTION 8.02      SEASON MEET REGULATIONS**

1. A competitor in the 8 and under (previously Gremlin) age group may participate in a maximum of any three events; 9-10 (previously Bantam) through 13-14 (previously Youth) may participate in a maximum of four events with a maximum of three individual events. 15-16 (previously Intermediate) and 16-17 (previously Young) athletes may participate in a maximum of any four events\*.
2. A non-certified athlete is not permitted in any SCYTFC function, other than an invitational.

3. All heats will be seeded fastest to slowest. In the Southern California Youth Invitational, Junior Varsity, Varsity and Southern California Youth Championship meets, there are no limits to the number of competitors from a given Association that are allowed to start in any event.
4. The following events shall constitute the track and field program.

**a. 8 and under (previously Gremlin) Classification (5-8)\***

<b>Boys</b>	<b>Girls</b>
100 meter dash	100 meter dash
200 meter	200 meter
400 meter	400 meter
800 meter	800 meter
1500 meter run	1500 meter run
400 meter relay (4 x 100)	400 meter relay (4 x 100)
running long jump	running long jump

**b. 9-10 (previously Bantam) Classification\***

<b>Boys</b>	<b>Girls</b>
100 meter dash	100 meter dash
200 meter	200 meter
400 meter	400 meter
800 meter	800 meter
1500 meter run	1500 meter run
400 meter relay (4 x 100)	400 meter relay (4 x 100)
1600 meter relay (4 x 400)	1600 meter relay (4 x 400)
running high jump	running high jump
running long jump	running long jump
6-lb. shot put	6-lb. shot put

**c. 11-12 (Previously Midget) Classification\***

<b>Boys</b>	<b>Girls</b>
80 meter hurdles-30"	80 meter hurdles-30"
100 meter dash	100 meter dash
200 meter	200 meter
400 meter	400 meter
800 meter	800 meter
1500 meter run	1500 meter run
3000 meter run	3000 meter run
400 meter relay (4 x 100)	400 meter relay (4 x 100)
1600 meter relay (4 x 400)	1600 meter relay (4 x 400)
running high jump	running high jump
running long jump	running long jump
6-lb. shot put	6-lb. shot put

**d. 13-14 (Previously Youth) Classification\***

<b>Boys</b>	<b>Girls</b>
100 meter low hurdles-33"	100 meter low hurdles-30"
100 meter dash	100 meter dash
200 meter hurdles-30"	200 meter hurdles-30"
200 meter	200 meter
400 meter	400 meter
800 meter	800 meter
1500 meter run	1500 meter run
3000 meter run	3000 meter run
400 meter relay (4 x 100)	400 meter relay (4 x 100)
1600 meter relay (4 x 400)	1600 meter relay (4 x 400)

running high jump  
 running long jump  
 4-kg. shot put

running high jump  
 running long jump  
 6-lb. shot put

**e. 15-16 (Previously Intermediate) and 17-18  
 (Previously Young) Classification\***

**Boys**

110 meter hurdles-36" for Intermediates  
 110 meter hurdles-39" for Young Men  
 100 meter dash  
 200 meter hurdles-30"  
 200 meter  
 400 meter  
 800 meter  
 1500 meter run  
 3000 meter run  
 400 meter relay (4 x 100)  
 1600 meter relay (4 x 400)  
 running high jump  
 running long jump  
 Int. 4-kg./YM-12 lbs. shot put

**Girls**

100 meter hurdles-33"  
 100 meter dash  
 200 meter hurdles-30"  
 200 meter  
 400 meter  
 800 meter  
 1500 meter run  
 3000 meter run  
 400 meter relay (4 x 100)  
 1600 meter relay (4 x 400)  
 running high jump  
 running long jump  
 4-kg. shot put

**SECTION 8.03 DIVISIONS NAME ADJUSTMENT**

\*Where for the sake of brevity Gremlin, Bantam, Midget, Youth, Intermediate and Young continue to be referenced within this document, the actual age divisions are officially 8 and Under, 9-10, 11-12, 13-14, 15-16, 17-18 so as to correlate to AAU and USATF standards.

**SECTION 8.04 ORDER OF EVENTS AND SCHEDULE**

a) Field events will begin at the standard start of meet and run concurrently unless combined.

**HIGH JUMP**

Bantam Girls  
 Bantam Boys  
 Midget Girls  
 Midget Boys  
 Youth Girls  
 Youth Boys  
 Intermediate Girls & YW  
 Intermediate Boys & YM

**LONG JUMP**

Gremlin Girls  
 Gremlin Boys  
 Intermediate Boys & YM  
 Intermediate Girls & YW  
 Midget Girls  
 Midget Boys  
 Youth Girls  
 Youth Boys  
 Bantam Girls  
 Bantam Boys

**SHOT PUT**

Youth Boys  
 Youth Girls  
 Intermediate Girls & YW  
 Intermediate Boys & YM  
 Bantam Girls  
 Bantam Boys  
 Midget Girls  
 Midget Boys

b) Running events will begin at the standard start of the meet. The normal order of competition will be Gremlin Girls, Gremlin Boys, Bantam Girls, Bantam Boys, Midget Girls, ... through to Young Men. Deviations to this order are shown in the order of the events which follows:

Hurdles (prelim [heats])  
 3000 meter  
 3000 meter  
 3000 meter  
 3000 meter  
 3000 meter  
 3000 meter

Varsity and Southern California Youth Championship only  
 Midget Girls  
 Midget Boys  
 Youth Girls  
 Youth Boys  
 Intermediate Girl & Young Women  
 Intermediate Boy & Young Men

110 meterhurdles	Young Men and Intermediate Boys
100 meterhurdles	Youth Boys
100 meterhurdles	Young Woman and Intermediate Girls
100 meterhurdles	Youth Girls
80 meterhurdles	Midget Girls
80meterhurdles	Midget Boys
(4x100)400 meter relay	Gremlin Girls
(4x100)400 meter relay	Gremlin Boys
(4x100)400 meter relay	Bantam Girls
(4x100)400 meter relay	Bantam Boys
(4x100)400 meter relay	Midget Girls
(4x100)400 meter relay	Midget Boys
(4x100)400 meter relay	Youth Girls
(4x100)400 meter relay	Youth Boys
(4x100)400 meter relay	Intermediate girls & Young Women
(4x100)400 meter relay	Intermediate Boy & Young Men
100 meter(prelim[heats])	Varsity and Southern California Youth Championship only
1500 meter	Gremlin Girls
1500 meter	Gremlin Boys
1500 meter	Bantam Girls
1500 meter	Bantam Boys
1500 meter	Midget Girls
1500 meter	Midget Boys
1500 meter	Youth Girls
1500 meter	Youth Boys
1500 meter	Intermediate Girl & Young Women
1500 meter	Intermediate Boy & Young Men
400 meter	Gremlin Girls
400 meter	Gremlin Boys
400 meter	Bantam Girls
400 meter	Bantam Boys
400 meter	Midget Girls
400 meter	Midget Boys
400 meter	Youth Girls
400 meter	Youth Boys
400 meter	Intermediate Girl & Young Women
400 meter	Intermediate Boy & Young Men
100 meter	Gremlin Girls
100 meter	Gremlin Boys
100 meter	Bantam Girls
100 meter	Bantam Boys
100 meter	Midget Girls
100 meter	Midget Boys
100 meter	Youth Girls
100 meter	Youth Boys
100 meter	Intermediate Girl & Young Women
100 meter	Intermediate Boy & Young Men
800 meter	Gremlin Girls
800 meter	Gremlin Boys
800 meter	Bantam Girls
800 meter	Bantam Boys
800 meter	Midget Girls
800 meter	Midget Boys
800 meter	Youth Girls
800 meter	Youth Boys

800 meter	Intermediate Girl & Young Women
800 meter	Intermediate Boy & YoungMen
200 meterhurdles	Youth Girls
200 meterhurdles	Youth Boys
200 meterhurdles	Intermediate Girls & Young Women
200 meterhurdles	Young Women & YoungMen
200 meter (prelim [heats])	Varsity and Southern California Youth Championship only
200 meter	Gremlin Girls
200 meter	Gremlin Boys
200 meter	Bantam Girls
200 meter	Bantam Boys
200 meter	Midget Girls
200 meter	Midget Boys
200 meter	Youth Girls
200 meter	Youth Boys
200 meter	Intermediate Girl & Young Women
200 meter	Intermediate Boy & YoungMen
(4x400) 1600 meter relay	Bantam Girls
(4x400) 1600 meter relay	Bantam Boys
(4x400) 1600 meter relay	Midget Girls
(4x400) 1600 meter relay	Midget Boys
(4x400) 1600 meter relay	Youth Girls
(4x400) 1600 meter relay	Youth Boys
(4x400) 1600 meter relay	Intermediate Girl & Young
Women (4x400) 1600 meter relay	Intermediate Boy & YoungMen
200 meter finals (for 200 meter races with prelims)	Varsity and Southern California Youth Championship only

- c) In all meets, the Meet Director shall permit the combining of age groups where it will enhance the administration of the meet. (This rule will generally only be utilized in events such as the 200 meter hurdles, 3000 meter, 1500 meter, 800 meter and high jump). Midget through Young Men/Woman by gender can be combined in the 3000 meter run up to 30 athletes with either a waterfall start (up to 15 athletes) or using two alleys (16 and over).

#### **SECTION 8.05 SOUTHERN CALIFORNIA YOUTH INVITATIONAL (SCYTFC-VCYTC) MEET**

- d) All rules will follow SCYTFC and VCYTC rulebooks; unless, specifically stated in this section which takes precedent. For all years ending in an even number (0,2,4,6,8), the VCYTC rulebook will be followed. For all years ending in an odd number (1,3,5,7,9), the SCYTFC rulebook will be followed.
- e) Each Association will be charged a fee of \$10 per athlete to compete in the meet. Any net proceeds from this meet will be equally split between SCYTFC and VCYTC. The SCYTFC split of net proceeds will go towards the general fund.
- f) Gremlins cannot compete at this meet.
- g) Unattached athletes are permitted to compete at this meet. A parent or guardian signed meet waiver and meet fees must be submitted by the entry deadline for participation.
- h) This meet is pre-seeded in advance of the meet with deadline entry dates
- i) The maximum number of events is: two individual events and one relay or one individual event and two relays. Over events will result in disqualification of athlete and marks of record for this meet.

- j) Relay Rule – Every Association must submit three “club trained” zone judges, plus one alternate or a total of four judge names prior to the meet to the joint conference Meet Directors. The joint Meet Directors will select three from each Association. Only the Head Zone Judge may speak to the athletes before the race and indicate how the acceleration and passing zones are indicated. The Head Zone Judge (flag holder) must state to the athletes the following, “the little triangle to the big triangle is the acceleration zone . The first big triangle to the next big triangle is the passing zone. The baton must be passed inside the passing zone.” If asked any questions by the relay athletes, the Head Zone Judge may only respond by saying, “do what your coach has taught you to do.” No zone judge may judge their own team in a lane assigned; if necessary, the zone judge must switch lanes with another zone judge in order to comply with the rule. Prior to relay all zone judges shall meet with the Meet Director in order to review relay rules and zone judging methodology.
- k) Coaching is allowed outside of track/field fence and/or barriers at venue as long as that coaching does not interfere with any meet officials or other athletes at discretion of the Referee and Meet Director/s. Coaches/parents will get one warning regarding event or meet interference or conduct. At the second offense they will be removed from the area for the remainder of the meet. It will be up to the club president to enforce and remove the offending party.
- l) No coaches or parent volunteers are allowed on the infield of the track/field fence and/or event area barrier at venue, unless they are volunteering for a specifically assigned responsibility and/or event. Further, while volunteering no coaching is allowed. No coaching includes the attainment of marks, as in high jump on the apron or long jump on the runway.
- m) If a meet official discovers either interference or coaching within the track/field fence and/or event area barrier the following will occur:
  - 1<sup>st</sup> Offense - The coach or parent volunteer is requested to leave infield immediately and not return.
  - 2<sup>nd</sup> Offense - The coach or parent volunteer is requested to leave the stadium immediately until the meet is finished. If the coach or parent volunteer does not comply, the Conference/Association must suspend the coach or parent volunteer for 2 weeks/2 meets either in that season and/or the following season.
  - 3<sup>rd</sup> Offense – A \$250 fine will be assessed to be paid by the Association to the SCYTFC.
- n) The two conferences will alternate timing duties with VCYTC taking even years and SCYTFC taking odd years; the backside 100's will be run by the non-lead year conference respectively.
- o) All Associations must perform assigned jobs and volunteer duties as well as set-up and breakdown at this meet or a \$250 fine will be imposed by the joint conference presidents to the Association not volunteering.
- p) For long jump (LJ) and high jump (HJ), the number of attempts will be reduced from four to three. The legal allowed number of attempts for this meet is three. Maximum warm ups are two jumps.
- q) High jump starting heights will be BG 3', MG 3'4", YG/IG 3'8", YW 4'6", BB 3', MB 3'4", YB/IB 3'8", YM 5'6" d. The following opening heights for this meet are indicated in the current SCYTFC rulebook. The bar may be lowered in HJ at the discretion of the HJ Judge.
- r) Shot put: Once the officials close a division/gender; the event will not be reopened. Maximum warm-ups are 3 throws.
- s) For the long-distance races, the 800, 1500 and 3000 meter runs will be run. The start for the 800, 1500 and 3000 meter runs will be a two-alley start if 16 or more runners are competing.
- t) Each Association will be allowed three relay teams per age/gender division.

**SECTION 8.06 VARSITY CHAMPIONSHIP:**



- a. A Varsity Championship meet will be held on a Saturday and location to be determined by the SCYTFC BOD. The Varsity Seeding Meeting will be set by the Conference on a day before the JV Meet, and no changes will be accepted after the agreed upon date and time. All Associations are expected to assist in the meet management as assigned prior to the meet by the Varsity Director. Failure to provide help or assistance will result in a \$250 fine for the meet.
- b. To qualify for entry into the Varsity Championship meet, an athlete must fulfill the following requirements:
  - i) Have participated in at least half of the Conference meets. If this is an odd number of meets, the requirement will be rounded down to the next lower whole number. The SCYTFC President may revise this further on a Conference-wide level in the event of extenuating circumstances.
  - ii) Have a recorded mark in the entered event as good as or better than the qualification standard for the age/gender group.

OR

Be a member of a relay team, in which case individual members need not have achieved a qualifying standard in an individual event.

OR

Be "called up" during the Varsity Championship seeding meeting to ensure "full competition".

- c. The Varsity Championship seeding meeting will be scheduled by the Conference President and will be held prior to the meet. Varsity qualifiers must declare their intent at this seeding meeting. If it becomes clear that there will not be full competition in a Varsity Championship event, the Conference may invite additional athletes in that event who did not qualify in order to ensure full competition. The invited athletes will have the next fastest times, higher heights or furthest distances in the Conference. If such an athlete accepts the invitation to compete in the Varsity Championship, that athlete cannot compete in the Junior Varsity Championship meet.
- d. All athletes who have qualified--i.e., met or exceeded a Varsity qualifying standard--in an event are invited to compete in the Varsity Championship meet in that event, regardless of whether the number of qualified athletes exceeds "full competition" for that event (see below). If an athlete qualifies for the Varsity Championship in any individual event, that athlete may not compete in the Junior Varsity Championship in any event.
- e. "Full competition" in the Varsity Championship meet is defined as one athlete per lane of the track used for that meet--i.e., if it is a nine-lane track, nine athletes in each event may compete; except the 800 meter, 1500 meter and 3000 meter, full competition is defined as 12 athletes regardless of the number of lanes on the track.
- f. A competitor in the Gremlin age group may participate in a maximum of any three events. Bantam through Youth groups can run in three individual events plus one relay, or two individual events plus two relay events. Intermediate and Young Women/Men may participate in a maximum of any four events.
- g. Each Association will be allowed to have two Gremlin coaches with the athletes on the infield. No coaching is allowed; the Gremlin coaches are to provide assistance to the athletes in getting to staging and the start line or event on time.

- h. Order of Varsity Championship Running/Events - See [Appendix](#). In the 80 meter, 100 meter, 110 meter and 200 meter hurdles and 100 meter and 200 meter running events, if more athletes qualify in the meet than provided lanes at the meet venue, there will be preliminary heats with a final race as provided in Section 8.04 Order of Events and the Appendix. All other events will be run as final race(s) or flight(s). So, if more athletes have qualified for the final race, all timed final races or flights will be equally distributed in heats from the fastest athletes seeded in heat one, and so on (heats will not be serpentine.) If there are an odd number of athletes, then heat one will have the larger number of fastest athletes in that timed flight. Top marks of any combined flights place from 400 meter and above.
- i. Relays – each Association in the Conference will receive one lane for their relay A team and will be seeded by their best recorded mark of the season. If an Association does not fill their lane or there are additional lanes available, then the next lane(s) will be filled by a lottery pick at the seeding meeting for any B or C teams until full competition is reached. For only the Varsity and Southern California Youth Championship relays, a JV athlete can fully participate in the JV Championship meet and can also participate in only the Varsity and Southern California Youth Championship meet relays, but no individual events. This will ensure full competition of SCYTFC relay teams in the Varsity and Southern California Youth Championship meets.
- j. Relay Rule – Every club must submit three “club trained” zone judges, plus one alternate or a total of four judge names prior to the meet to the joint conference meet directors. The joint meet directors will select three from each Association. Only the Head Zone Judge may speak to the athletes before the race and indicate how the acceleration and passing zones are indicated. Head Zone Judge (flag holder) must state to the athletes the following, “the little triangle to the big triangle is the acceleration zone . The first big triangle to the next big triangle is the passing zone. The baton must be passed inside the passing zone.” If asked any questions by the relay athletes, the Head Zone Judge may only respond by saying, “do what your coach has taught you to do.” No zone judge may judge their own team in a lane assigned; if necessary, the zone judge must switch lanes with another zone judge in order to comply with the rule. Prior to relay, all zone judges shall meet with the Meet Director in order to review relay rules and zone judging methodology.
- k. If an Association or coach does not agree with a judgment or a disqualification rendered during the event, the Association has 30 minutes to file a protest pursuant to Title 2, Article 6 with the Meet Director. A \$50 cash fee/protest must be paid in advance and the appeal will be reviewed by the Meet Director and Jury of Appeals once the protest has been filed and heard. The decision by the Director/Jury of Appeals is binding and final. If the protest is upheld, the \$50 fee/protest will be returned to the protester.
- l. Coaching is allowed outside of track fence and/or barriers at venue as long as that coaching does not interfere with any meet officials or other athletes. Coaches/parents will get one warning regarding event or meet interference or conduct. At the second offense they will be removed from the area for the remainder of the meet.
- m. No coaches or parent volunteers are allowed on the infield of the track/field fence and/or event area barrier at venue, unless they are volunteering for a specifically assigned responsibility and/or event. Further, while volunteering no coaching is allowed. No coaching includes the attainment of marks, as in high jump on the apron or long jump on the runway.
- n. If a meet official discovers any coaching within the track/field fence and/or barriers at venue the following will occur:
  - 1<sup>st</sup> Offense - The coach or parent volunteer is requested to leave infield immediately and not return.
  - 2<sup>nd</sup> Offense - The coach or parent volunteer is requested to leave the stadium immediately until the meet is finished. If the coach or parent volunteer does not comply, the Conference/Association must suspend the coach or parent volunteer for two weeks/two meets either in that season and/or the following season.
  - 3<sup>rd</sup> Offense – A \$250 fine will be assessed to be paid by the Association to the SCYTFC.
- o. All field events will begin at 9:00 a.m. and run concurrently.

**HIGH JUMP**

Bantam Girls  
 Bantam Boys  
 Midget Girls  
 Midget Boys  
 Youth Girls  
 Youth Boys  
 Intermediate Girls & YW  
 Intermediate Boys & YM

**LONG JUMP**

Gremlin Girls  
 Gremlin Boys  
 Intermediate Girls & YW  
 Intermediate Boys & YM  
 Midget Girls  
 Midget Boys  
 Youth Girls  
 Youth Boys  
 Bantam Girls  
 Bantam Boys

**SHOT PUT**

Youth Boys  
 Youth Girls  
 Intermediate Girls & YW  
 Intermediate Boys & YM  
 Bantam Girls  
 Bantam Boys  
 Midget Girls  
 Midget Boys

- p. Conduct of the meet is the responsibility of the President who may name a committee to provide assistance. All competing Associations are to supply adults for meet official duties. A host Association may be designated if the league members deem this appropriate.

**SECTION 8.07 JUNIOR VARSITY CHAMPIONSHIP**

- a. A Junior Varsity Championship meet will be held on a Saturday and location to be determined by the SCYTFC BOD. All Associations are expected to assist in the meet management as assigned prior to the meet by the Junior Varsity Director. Failure to provide help or assistance will result in a \$250 fine for the meet.
- b. To qualify for entry into the Junior Varsity Championship meet, an athlete must fulfill both of the following requirements:
- i) Have participated in at least half of the Association's Conference meets. If this is an odd number of meets, the requirement will be rounded down to the next lower whole number. The President may further revise the required number of meets on a Conference-wide level in the event of extenuating circumstances.
  - ii) Have not achieved an event-qualifying Varsity standard.
- c. A competitor in the Gremlin age group may participate in a maximum of any three events; Bantam through Youth can participate in three individual events plus one relay, or two individual events plus two relay events. Intermediate, Young Women/Men may participate in a maximum of any four events.
- d. Each Association will be allowed to have two Gremlin coaches with the athletes on the infield. No coaching is allowed; the Gremlin coaches are to provide assistance to the athletes in getting to staging and the start line or event on time.
- e. Running events will be conducted as final flights as shown in the [Appendix](#).
- f. Field events will begin at 8:30 a.m. (except for high jump which will start at 8:15am) and run concurrently unless combined.

**HIGH JUMP**

Bantam Girls  
 Bantam Boys  
 Midget Girls  
 Midget Boys  
 Youth Girls  
 Youth Boys  
 Intermediate Girls & YW  
 Intermediate Boys & YM

**LONG JUMP**

Gremlin Girls  
 Gremlin Boys  
 Intermediate Girls & YW  
 Intermediate Boys & YM  
 Midget Girls  
 Midget Boys  
 Youth Girls  
 Youth Boys  
 Bantam Girls  
 Bantam Boys

**SHOT PUT**

Youth Boys  
 Youth Girls  
 Intermediate Girls & YW  
 Intermediate Boys & YM  
 Bantam Girls  
 Bantam Boys  
 Midget Girls  
 Midget Boys

- g. Conduct of the meet is the responsibility of the President who may name a committee to provide assistance. All competing Associations are to supply adults for meet official duties. A host Association may be designated if the conference members deem this appropriate.
- h. Relay Rule – Every club must submit three “club trained” zone judges, plus one alternate or a total of four judge names prior to the meet to the Meet Director. The Meet Director will select three from each Association. Only the Head Zone Judge may speak to the athletes before the race and indicate how the acceleration and passing zones are indicated. The Head Zone Judge (flag holder) must state to the athletes the following, “the little triangle to the big triangle is the acceleration zone . The first big triangle to the next big triangle is the passing zone. The baton must be passed inside the passing zone.” If asked any questions by the relay athletes, the Head Zone Judge may only respond by saying, “do what your coach has taught you to do.” No zone judge may judge their own team in a lane assigned; if necessary, the zone judge must switch lanes with another zone judge in order to comply with the rule. Prior to relay, all zone judges shall meet with the Meet Director in order to review relay rules and zone judging methodology.
- i. If an Association or coach does not agree with a judgment or a disqualification rendered during the event, the Association has 30 minutes to file a protest pursuant to Title 2, Article 6 with the Meet Director. A \$50 cash fee/protest must be paid in advance and the appeal will be reviewed by the Meet Director and Jury of Appeals once the protest has been filed and heard. The decision by the Director/Jury of Appeals is binding and final. If the protest is upheld, the \$50 fee/protest will be returned to the protester.
- j. Coaching is allowed outside of track fence and/or barriers at venue as long as that coaching does not interfere with any meet officials or other athletes. Coaches/parents will get one warning regarding event or meet interference or conduct. At the second offense they will be removed from the area for the remainder of the meet.
- k. No coaches or parent volunteers are allowed on the infield of the track/field fence and/or event area barrier at venue, unless they are volunteering for a specifically assigned responsibility and/or event. Further, while volunteering no coaching is allowed. No coaching includes the attainment of marks, as in high jump on the apron or long jump on the runway.
- l. If a meet official discovers any coaching within the track/field fence and/or barriers at venue the following will occur:
  - 1<sup>st</sup> Offense - The coach or parent volunteer is requested to leave infield immediately and not return.
  - 2<sup>nd</sup> Offense - The coach or parent volunteer is requested to leave the stadium immediately until the meet is finished. If the coach or parent volunteer does not comply, the Conference/Association must suspend the coach or parent volunteer for 2 weeks/2 meets either in that season and/or the following season.
  - 3<sup>rd</sup> Offense – A \$250 fine will be assessed to be paid by the Association to the SCYTFC.

#### **SECTION 8.08 SOUTHERN CALIFORNIA YOUTH CHAMPIONSHIP (CCC)**

- a. A Southern California Youth Championship meet will be held on a Saturday and location to be determined by the joint conference Board of Directors. All Associations are expected to assist in the meet management as assigned prior to the meet by the SCYTFC Meet Director. Failure to provide help or assistance will result in a \$250 fine for the meet.
- b. All rules will follow SCYTFC and VCYTC rulebooks unless specifically stated in this section which takes precedent. For all years ending in an even number (0,2,4,6,8), the VCYTC rulebook will be followed. For all years ending in an odd number (1,3,5,7,9), the SCYTFC rulebook will be followed.

- c. The top four finishers from each conference's Varsity Championship meet are invited to the Southern California Youth Championship meet. If the Southern California Youth Championship meet is held on a 9-lane track, an additional athlete will be added to all events. If the meet is held on a 10-lane track, two additional athletes will be added to all events. The added athletes will have the next fastest times, higher heights or furthest distances, regardless of conference. If any Southern California Youth Championship qualifier declares, prior to the Southern California Youth Championship seeding meeting, that they will not be competing in one or more of their scheduled events, the conference may invite the next fastest, furthest and highest place finisher(s) in all running and field events.
- d. In the 800, 1500, and 3000 meter runs, the number of qualified runners shall be sixteen athletes, the top eight finishers from each conference. The start for the 800 and 3000 meter runs will be a two-alley waterfall.
- e. Each Association will be allowed to have two Gremlin coaches with the athletes on the infield. No coaching is allowed; the Gremlin coaches are to provide assistance to the athletes in getting to staging and the start line or event on time.
- f. SCYTFC and VCYTC will equally split all meet expenses including, but not limited to, rental of the track, timing of the meet, two red coats, medals, etc. Both conferences will participate in fund raising activities. Proceeds from concessions, programs, and t-shirt sales will help offset meet expenses and any net proceeds will be split equally between SCYTFC and VCYTC. Net proceeds shall be used at the discretion of each conference. SCYTFC split of net proceeds will go toward post season track and field funding.
- g. A competitor in the Gremlin age group may participate in a maximum of any three events; Bantam through Youth can run in three individual events plus one relay, or two individual events plus two relay events. Intermediate, Young Women and Young Men may participate in a maximum of any four events. After the Varsity Championship, each Association may designate two alternates for each relay team advancing to the Southern California Youth Championship meet, providing that they: have met minimum participation requirements during the regular season and have not competed on another relay team in the same event at the Varsity Championship meet. For only the Varsity and Southern California Youth Championship relays, a JV athlete can fully participate in the JV Championship meet and also relay events in the Varsity and/or Southern California Youth Championship meets, but no individual events. This will ensure full participation of SCYTFC relay teams in the Varsity and Southern California Youth Championship meets.
- h. Relay Rule – Every Association must submit three “club trained” zone judges, plus one alternate or a total of four judge names prior to the meet to the joint conference Meet Directors. The joint Meet Directors will select three from each Association. Only the Head Zone Judge may speak to the athletes before the race and indicate how the acceleration and passing zones are indicated. The Head Zone Judge (flag holder) must state to the athletes the following, “the little triangle to the big triangle is the acceleration zone . The first big triangle to the next big triangle is the passing zone. The baton must be passed inside the passing zone.” If asked any questions by the relay athletes, the Head Zone Judge may only respond by saying, “do what your coach has taught you to do.” No zone judge may judge their own team in a lane assigned; if necessary, the zone judge must switch lanes with another zone judge in order to comply with the rule. Prior to relay all zone judges shall meet with the Meet Director in order to review relay rules and zone judging methodology.
- i. If an Association or coach does not agree with a judgment or a disqualification rendered during the event, the Association has 30 minutes to file a protest pursuant to Title 2, Article 6 with the Meet Director. A \$50 cash fee/protest must be paid in advance and the appeal will be reviewed by the Meet Director and Jury of Appeals once the protest has been filed and heard. The decision by the Director/Jury of Appeals is binding and final. If the protest is upheld, the \$50 fee/protest will be returned to the protester.
- j. All field events will begin at 9:00 a.m. and run concurrently.

## HIGH JUMP

Bantam Girls  
Bantam Boys  
Midget Girls  
Midge Boys  
Youth Girls  
Youth Boys  
Intermediate Girls & YW  
Intermediate Boys & YM

## LONG JUMP

Gremlin Girls  
Gremlin Boys  
Intermediate Girls & YW  
Intermediate Boys & YM  
Midget Girls  
Midget Boys  
Youth Girls  
Youth Boys  
Bantam Girls  
Bantam Boys

## SHOT PUT

Youth Boys  
Youth Girls  
Intermediate Girl & YW  
Intermediate Boy & YM  
Bantam Girls  
Bantam Boys  
Midget Girls  
Midget Boys

See Appendix for order of running events.

- j. Coaching is allowed outside of track fence and/or barriers at venue as long as that coaching does not interfere with any meet officials or other athletes. Coaches/parents will get one warning regarding event or meet interference or conduct. At the second offense, they will be removed from the area for the remainder of the meet.
- k. No coaches or parent volunteers are allowed on the infield of the track/field fence and/or event area barrier at venue, unless they are volunteering for a specifically assigned responsibility and/or event. Further, while volunteering no coaching is allowed. No coaching includes the attainment of marks, as in high jump on the apron or long jump on the runway.
- l. If a meet official discovers any coaching within the track/field fence and/or barriers at venue the following will occur:
  - 1<sup>st</sup> Offense - The coach or parent volunteer is requested to leave infield immediately and not return.
  - 2<sup>nd</sup> Offense - The coach or parent volunteer is requested to leave the stadium immediately until the meet is finished. If the coach or parent volunteer does not comply, the Conference/Association must suspend the coach or parent volunteer for 2 weeks/2 meets either in that season and/or the following season.
  - 3<sup>rd</sup> Offense – A \$250 fine will be assessed to be paid by the Association to the SCYTFC.

## TITLE 3: MEET OFFICIALS

### ARTICLE 1 - MEET DIRECTOR

The Meet Director oversees all phases of meet operations. The Meet Director shall insure that the facility is prepared, necessary equipment and supplies are available, and all requisite meet officials are available, instructed and assigned for each activity. The Meet Director shall be responsible to see that the meet is conducted in an efficient and timely manner. The Director shall be required to establish a Jury of Appeals before the start of each meet and appoint a Referee.

### ARTICLE 2 - REFEREE

The Referee serves as an extension and at the discretion of the Meet Director. The Referee is appointed by and works under the authority of the Meet Director to ensure that the rules and competition regulations are observed (Titles 5-7) and shall decide upon specific matters which arise during the meet. The Referee supervises relay zone judges and lane corner judges. The decisions of the Referee may be challenged by the Jury of Appeals and overridden by the Meet Director. The Referee has the authority to warn any competitor for acting in an unsporting or improper manner (see Title 5, Articles 3) and may recommend disqualification subject to the discretion of the Meet Director.

### ARTICLE 3 - JURY OF APPEALS

The Jury of Appeals shall consist of the Meet Director (or designate) and one official from each Association in the meet.

## **ARTICLE 4 - TIMER/SCORER**

The Timer/Scorer shall use Meet Manager or equivalent and shall instruct the Finish Line Judge.

## **ARTICLE 5 - FINISH LINE JUDGE**

The Finish Line Judge oversees the finish line and shall be responsible to record on conference-approved forms the finish places. The Meet Director or Referee shall designate a lap counter to be responsible for calling aloud the laps remaining to the competitors.

## **ARTICLE 6 - HEAD OF AWARDS**

The Timer/Scorer is responsible for recording the results of the Southern California Youth Invitational, Varsity, Junior Varsity and Southern California Youth Championship meets and for distributing same to the Head of Awards for preparing and distributing awards.

## **ARTICLE 7 – STAGER**

The Stager is responsible for organizing all of the competitors in a running event into the proper age group divisions, determining the number and composition of flights, and assigning lanes. He/she is also responsible for sending the competitors to the starting line.

## **ARTICLE 7 - ANNOUNCER**

The Announcer is responsible for giving the proper announcements as defined in Title 2, Article 5 to aid the competitors in reporting to their events.

## **ARTICLE 8 - STARTER**

The Starter has jurisdiction over the activities at the starting line. The Starter shall make certain that all athletes receive a fair start in the race. The Starter shall be the exclusive judge of whether or not any competitor commits a "false start" (starting violation). The Starter may use an Assistant Starter. The Assistant Starter shall work at the direction of the Starter. The primary duty of the Assistant Starter shall be to observe the start and recall the race should a starting violation occur. The Assistant Starter may also assist the Starter in final lane assignments or reassignments, starting block placement, and insuring against unnecessary delays at the starting line.

## **ARTICLE 9 - HEAD FIELD EVENT JUDGE**

There shall be one official designated at each field event site as the Head Field Event Judge. The Head Field Event Judge shall be responsible for the supervision and proper conduct of the event at that site. He/she shall insure that the judging, measuring, and recordings are performed according to these rules. The Head Field Event Judge shall, at the conclusion of each age group division competition, review the results for completeness, accuracy, and legibility. He/she shall determine the finish placement of all athletes entered and transmit those results to the Timer/Scorer.

## **ARTICLE 10 - RELAY ZONE JUDGES**

There shall be at least two relay zone judges located at each of the three relay exchange zones. There shall be one official designated at each zone as the Head Zone Judge. He/she should have a single two-colored flag to be used for two purposes: first, to indicate that the competitors at his/her zone are ready for the race to start and second, to indicate whether legal or illegal passes were observed in that zone after all runners have exchanged batons. In instances where a collision occurs, the relay zone judge must determine the spot of the collision, and which team was legally occupying that lane, in order to determine which team committed the infraction. Zone judges are cautioned that the position of the baton during an exchange is what determines a legal pass, not the bodies or feet of the competitors. At the Southern California Youth Invitational, Varsity, Junior Varsity and Southern California Youth Championship meets, each Association shall provide four knowledgeable officials to serve as a zone judge. There will be at least eight officials at each zone: two at the beginning of the acceleration zone, four at the beginning of the passing zone, and two at the end of the passing zone.

## **ARTICLE 11 - OTHER MEET OFFICIALS**

The Meet Director shall ensure that sufficient adult meet officials and workers are available so as to provide an orderly and efficient meet.

## **ARTICLE 12 - COMBINING POSITIONS**

The host Association shall, if possible, assign a different individual to each of the positions listed in this section. If the number of knowledgeable individuals does not permit separate assignments, the host Association, through the Meet Director may combine key official duties as necessary.

As a guideline only, it is suggested that the following positions may be combined:

- (a) Meet Director and Referee
- (b) Finish Coordinator and Recorder

## **TITLE 4: SCORING RESULTS, AWARDS, RECORDS**

### **ARTICLE 1 – ASSOCIATION/TEAM SCORING**

There will be no Association/team scoring.

### **ARTICLE 2 - RESULTS**

#### **SECTION 2.01 RESPONSIBILITY**

The host Association shall keep a record of the results in all events in all divisions or insure that the information is delivered to the responsible party.

### **ARTICLE 3 - AWARDS**

#### **SECTION 3.01 REGULAR SEASON COMPETITION**

There are several options to recognize an athlete's performance during the regular season:

- a) Place ribbons can be awarded to the first through eighth positions in each heat or field event.
- b) Associations can limit option a) to the Gremlin division.
- c) Associations can award ribbons to the first through eighth positions overall for each event.
- d) Associations can award ribbons for an athlete's final time or mark.
- e) Associations can award ribbons for an athlete's personal best.
- f) Associations can leverage a combination of the above options.



### **SECTION 3.02 SOUTHERN CALIFORNIA YOUTH INVITATIONAL MEET**

Medals will be awarded to the first through third place finishers in each event. Fourth through ninth places shall receive ribbons.

### **SECTION 3.03 JUNIOR VARSITY CHAMPIONSHIP MEET**

Medals will be awarded to the first through ninth place finishers in each event.

### **SECTION 3.04 VARSITY CHAMPIONSHIP MEET**

Medals will be awarded to the first through ninth place finishers in each event (can be limited by the number of lanes at venue).

### **SECTION 3.05 SOUTHERN CALIFORNIA YOUTH CHAMPIONSHIP MEET (CCC)**

Athletes participating in the Southern California Youth Championship meet will be awarded medals for the first through third place finishers for all events other than the 800 meter, 1500 meter and 3000 meter races who will be awarded medals for the first through sixth places. The fourth through ninth place finishers, and seventh through ninth place finishers in the 800m, 1500 meter, 3000 meter races, shall receive ribbons. The relay teams will also receive medals for the first through third place finishers including two additional medals for the relay team alternates (no more than two alternates).

## **ARTICLE 4 - RECORDS**

Record-breaking performances will recognize the winner in the running events, and other place finishers who are recorded with identical times. The record is valid even though it is made during a preliminary heat and regardless of whether the competitor wins a place in the final event. In the field events, a record will be recognized for each contestant when two or more ties at the record height or distance even though the points and places in the event are determined by the Olympic method (run-off etc.) for breaking ties. A record in the field events is valid even when it is made in a preliminary heat. All SCYTFC records must be recorded and maintained in SCYTFC meets for the Southern California Youth Invitational, Varsity, Junior Varsity and Southern California Youth Championship meets, and can only be set at those meets.

## **TITLE 5: COMPETITORS AND COACHES**

### **ARTICLE 1 - RESPONSIBILITY TO REPORT**

#### **SECTION 1.01 REPORTING**

The competitor is solely responsible to report promptly at the third and final call for any event he/she is entered. Competitors shall report to the staging area for all running events, including relays. Competitors shall report to the field event site for field events. The competitor shall be responsible to report regardless of the calls made or heard, the facility limitations including the public-address system, or the timing of the meet. Each competitor shall inform him/herself as to the progress of the meet and report for events they are entered.

### **ARTICLE 2 - ATHLETE'S EQUIPMENT**

#### **SECTION 2.01 UNIFORM**

- a) The competitor shall wear the uniform that is issued or approved by his/her Association. A uniform top is required for all competition. The uniform shall not contain any commercial messages or endorsements of any kind. Manufacturers' logos placed on the garment at the time of manufacture shall be acceptable.
- b) The uniform shall be clean, designed and worn so as not to be objectionable to the Referee. It shall be made of a material that is not transparent even if wet.
- c) If other clothing is worn, it must be worn under the uniform top.

- d) All members of a relay team shall wear a top of the same color and design. This rule shall be interpreted so as to allow the "year to year" variances that may occur in Association supplied uniforms.
- e) The competitor shall be required to wear shoes during the competition.
- f) Gremlin age group divisions shall not wear spiked shoes. Spiked shoes are defined as shoes capable of holding spikes whether or not the spikes are used.
- g) Spiked shoes shall be optional in all age group divisions, except Gremlins who may not wear spiked shoes. Spiked shoes shall not be worn in the shot put.
- h) Spiked shoes shall be removed when not actually in competition except when the competitor is going directly from one event to another.
- i) The maximum thickness of the sole of the shoe shall not exceed one half inch and shall not contain any spring, lift or other mechanical device that offers a material aid to the competitor.
- j) The sole and/or heel of the shoe may have grooves, ridges, indentations, or protuberances provided these features are constructed of the same or similar material to the sole itself.
- k) The maximum number of spikes allowed is seven per shoe; all of which must be located in the fore foot. Host Associations shall have the authority to determine the type and length of spike allowed on their home facility.

### **ARTICLE 3 - ATHLETE'S CONDUCT**

Unsportsmanlike conduct is conduct that is offensive, unethical, dishonorable or violent in nature. It includes action and/or language that will bring discredit to the individual or his/her Association. Disrespectfully addressing an official, using profanity, criticizing an opponent or an official, and destruction of the facility or any equipment (personal or otherwise) are examples of unsportsmanlike conduct. Unacceptable conduct includes willful failure to follow the directions of a meet official, rude and/or obnoxious behavior, or criticizing a teammate. The penalty for unsportsmanlike conduct is disqualification from further participation in the meet including any event in which the individual is involved or had just completed at the time of the infraction. The Meet Director shall judge whether the conduct is grievous enough to disqualify the athlete for the entire meet, the single event or last/prior event competed in by the athlete or issue a warning. A second warning will result in meet disqualification.

### **ARTICLE 4 - COACH'S CONDUCT**

- a) Coaches shall conduct themselves in a manner that is exemplary before the athletes at all times.
- b) All coaches and assistant coaches and others to be defined will be required to complete a mandatory background check prior to working with children to be completed every year, if they are continuously volunteering or as requested by the Conference. The background check must be done so as to be within a 12-month period to encompass both seasons if the coach or volunteer is active in both seasons or immediately prior to the active season.
- c) Coaches shall not use profane language or consume alcohol at any meet site before, during, or after the competition. Smoking or other use of tobacco and alcohol is not allowed at the meet site.
- d) Coaches shall avoid agitated confrontations with meet officials and other adults at the meet. Proper appeals process shall be used for protests and disputes (Coaches shall be allowed in the immediate area of competition unless requested by the Meet Director or Field Event Judge to remove themselves from the area. If requested to leave, a coach shall immediately comply.
- e) The Meet Director or Referee shall have the authority to disqualify a coach, or other adult, from further participation in the meet. If sufficient justification exists, the Meet Director may request that the offending adult be removed from the meet site. In extreme cases, the meet may be stopped, and the police called.

## **ARTICLE 5 - CONDUCT OF PARENTS AND OTHER ADULTS**

Unsportsmanlike conduct is conduct that is offensive, unethical, or dishonorable in nature. It includes action and/or language that will bring discredit to the individual or to the individual's Association. Disrespectfully addressing an official, using profanity, criticizing an opponent or an official, and destruction of the facility or any equipment (personal or otherwise) are examples of unsportsmanlike conduct.

The penalty for unsportsmanlike conduct on the part of an adult is banishment from site of the meet for the remainder of the day. If compliance with such a penalty is not voluntary, it may be necessary to stop the meet until the offending adult departs. Announcing the reason for the stoppage would provide further incentive. The next step would be to call the civil authorities. In an instance where it is necessary to call the police, the individual involved will be banned from all Conference activity for the balance of the calendar year and all of the following calendar year.

## **ARTICLE 6 - STEPS OF DISCIPLINE**

- a) Any individual adult (coach, Association or SCYTFC Board member, parent, etc.) who strikes another person, or makes physical contact with another person in an aggressive, intimidating, threatening, or assaulting way during a Conference event (which shall include traveling to and from the event) shall be banned from all Conference activities (this includes individual Association activities) for the balance of the calendar year, and for the complete calendar year following the incident. Banned shall be defined as not attending any Conference or Association sponsored activity in any capacity (even as a spectator), including Association practices, any and all meets, and participating as or with the Association. If an athlete strikes another person or makes physical contact with another person in an aggressive, intimidating, threatening, or assaulting way during a Conference event, he/she shall be banned from all Conference activities (this includes individual Association activities) for the balance of the calendar year.
- b) In the event a banned parent or legal guardian refuses to abide by the terms of banishment, his/her registered child will be banned from all Conference activities for the balance of the calendar year.
- c) The SCYTFC BOD shall meet as soon as possible following an incident as described in Title 5, Article 6, but no later than ten days after the incident.
- d) Should an individual commit a second infraction, he/she shall be permanently banned from the Conference with no method of reinstatement.

## **TITLE 6: RUNNING EVENTS**

### **ARTICLE 1 - FACILITY DESCRIPTION**

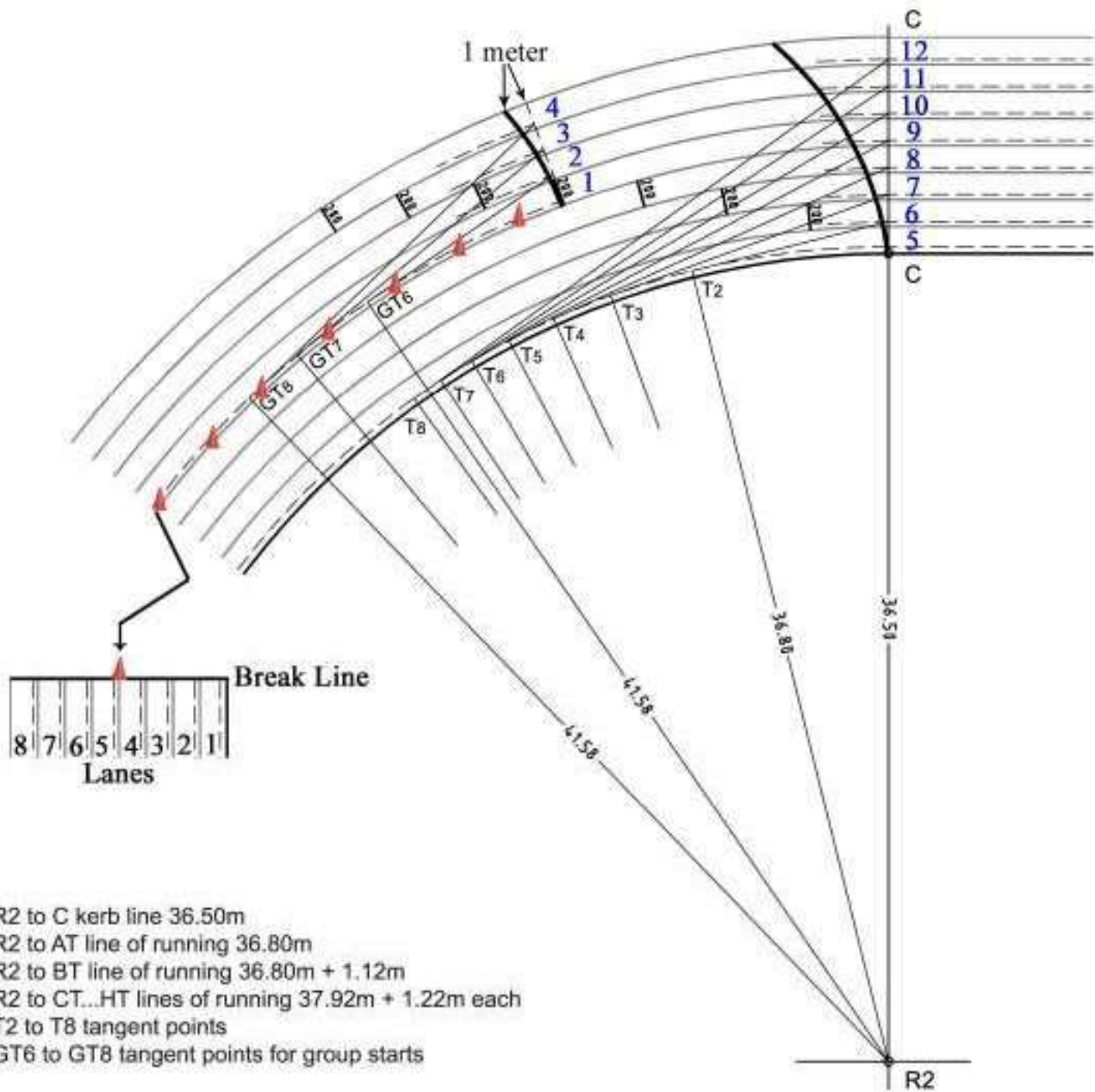
Please refer to [Appendix](#) of this rulebook for a description of the track facility and markings.

### **ARTICLE 2 - METHOD OF CONDUCTING EVENTS**

- a) The following events shall be conducted entirely in lanes:
  - 1. 80 meter hurdles / 100 meter hurdles / 110 meter hurdles / 200 meter hurdles
  - 2. 100 meter dash / 200 meter dash / 400 meter dash
  - 3. 4x100 meter relay
- b) The 200 meter dash and 200 meter hurdles shall be run around one curve.

- c) The 4x400 meter relay shall be run with a three-turn stagger and the first leg shall be run in lanes. The first leg shall be run in lanes until the baton has passed the finish line. The second runner must then cut in to lane one after the 100 meter corner as soon as it can be done safely. The third and fourth runners may run in lane one at any time provided they don't interfere with other runners. If a track is measured in yards, then a two-turn stagger is permissible.
- d) The 800 meter run shall preferably be run in lanes around one curve and the competitors allowed to "break" for lane one at the start of the back straight-away. If the track is not surveyed for a one-turn stagger, a waterfall (curved) start can be used. With a curved starting line, competitors shall not be assigned lanes and shall be allowed to "break" for lane one as soon as it can be done safely. Note: a non-lane distance race can be stopped if a runner falls within the first 100 meters.
- e) The 1500 meter and 3000 meter runs shall not be run in lanes. A waterfall (curved) start shall be used. Athletes should be cautioned to "break" for lane one safely.
- f) For the 800 and 3000 meter runs, a double-alley start is recommended when there are 12 or more athletes. The athletes are divided into two groups: with one group (inside alley) of approximately 65 percent of athletes on the regular arched start line with the fastest athletes inside to outside; and the other group (outside alley) on a separate arched start line with the fastest athletes inside to outside. The outside alley group shall run as far as the end of the first bend of the outer half of the track. A balance of 65 percent and 35 percent should be used up to the maximum limit allowed in these events; for example, in an 800 meter run (3 athletes x 8 lanes = 24 maximum athletes), there should be 16 athletes in the inside alley and 8 athletes in the outside alley.
- g) For the 800 meter, 1500 meter, and 3000 meter runs, when there are 16 or more athletes in a race, a double-alley start is required.

Two Alley Start Diagram



Source: Swedish Athletic Federation

**ARTICLE 3 - FORMING RACES (STAGING)**

**SECTION 3.01 STAGER**

The Stager shall be responsible for forming races, assigning lanes, and combining races.

The Stager will attempt to organize the athletes in order of the best times in the current season.

### **SECTION 3.02 RACE MAXIMUMS**

The Stager shall not place more than the following number of competitors in the events noted:

Lane Races (except 800 meter)	One entry per usable lane
100 - 400 meter sprints and hurdles	Per maximum lanes on track
800 meter run (not run in lanes)	Two entries per lane plus one
800 meter run (double alley)	Two entries per lane
1500 meter run	Two entries per lane plus one
3000 meter run	30 entries

All athletes must come to staging with a competitor tag. Any athletes with no time or mark (NT) will be seeded after the athletes with times and marks. No athlete can be added to the event once the Stager has numbered the athletes and/or athletes have been entered into the timing system.

## **ARTICLE 4 - THE START AND STARTING**

### **SECTION 5.01 CONTROL OF THE START**

The Starter shall have exclusive control of the start of all races and the Starting line and immediate area.

All decisions regarding false starts and fair starts shall be made by the Starter and shall be final and without appeal. The Starter may be assisted by a second Starter. The Assistant Starter shall have the same authority to recall races as the Starter. In all cases, the Assistant Starter shall work at the direction of the Starter.

### **SECTION 5.02 PRACTICE STARTS**

Practice starts in conjunction with the Starter's commands shall not be allowed. Practice starts not in conjunction with the Starter's commands shall be allowed.

### **SECTION 5.03 PISTOL START**

All races shall be started by the report of a pistol or device that can fire twice without requiring reloading, and which is capable of triggering the timing equipment. A "snapped cap" (a misfire) does not indicate a start. As a guideline, the report of the pistol should be loud and equally distinguishable to all competitors to be started. This should be tested when starting at a maximum stagger start such as the 400 meter dash and under the maximum ambient (e.g., crowd) noise present.

### **SECTION 5.04 STARTING COMMANDS**

The starter shall use the following commands regardless of age of the competitors or starting position used by the competitors:

- a) For races up to 400 meters and any relay with the first leg of 400 meters or less, two commands shall be used in the order and manner shown prior to firing the gun:  
"ON YOUR MARKS" -- At this command, the runners will immediately and without delay take their positions behind the starting line. They shall remain steady and quiet until the Starter gives the next command.  
"SET" -- At this command, the runners shall at once and without delay, assume their full and final set position. When all competitors are set and motionless, the Starter shall fire the pistol. The interval between the "SET" command and the firing of the gun shall be approximately one to two seconds. If any competitor is in motion after the "SET" command, the Starter shall not fire the gun.
- b) For races of 800 meters or longer, one command shall be used prior to firing the gun: "RUNNERS SET"

It is suggested for races of 800 meters and longer, and not run in lanes, that the competitors are positioned approximately one meter behind the starting line. At the "RUNNERS SET" command the runners move up to the starting line and are prepared for the firing of the gun.

For races where the conditions prevent athletes from hearing verbal commands – i.e., significant distance between the Starter and runners and/or significant ambient or crowd noise, the Starter may use a whistle in lieu of the verbal commands.

Once the runners are in position, the Starter shall ask the timers if they are ready prior to the "RUNNERS SET" command. At the "RUNNERS SET" command, the Starter shall raise the gun hand as a further alert to the timers. The hand shall remain over the Starter's head until after the gun is fired.

### **SECTION 5.05 RACE INSTRUCTIONS**

The Starter shall be responsible for giving the competitors instructions prior to the Start of the race. The instructions must include the following:

- a) Confirmation of the race and the distance.
- b) The starting commands to be used, verbal or whistle.
- c) A reminder of requirement to run in lanes; or for races not run in lanes, a reminder when the runner may move to lane one.
- d) Where the finish line is, and where runners may "cut in" if applicable.
- e) For the 4 x 400 meter relay, the exchange zones and rules should be explained.
- f) For 4 x 100 meter relays, the number one, number two, and number three runners must be instructed that they must stay in their lanes after the exchange until after the Head Zone Judge raises a flag to indicate that all runners have completed their exchange.

The Starter may include any other instructions useful to the proper conduct of the event.

### **SECTION 5.06 STARTING VIOLATIONS**

It shall be considered a "false start" by a competitor if he/she:

- a) Fails to comply promptly with the commands of the Starter.
- b) Intentionally distracts opponents.
- c) Has any part of his/her body in contact with the Starting Line or running surface beyond the line when the gun is fired.
- d) Fails to remain motionless after assuming the "SET" position prior to the gun being fired.
- e) Leaves their mark with hand or foot after the "SET" command but before the gun is fired.
- f) If using a crouch start, does not have both hands in contact with the ground.
- g) If using starting blocks and a crouch start, does not have both feet in contact with the blocks.

Upon any starting violation, the Starter shall warn the responsible competitor and explain the violation. Upon a second violation by the same competitor, that competitor shall be disqualified from the race and removed from the race. The violations need not be for the same reason nor sequential if more than two violations have occurred in the start of the same race.

NOTE: In practice, when one or more competitors makes a false start, others are inclined to follow and, strictly speaking, any competitor who does so has also made a false start. The Starter should charge the competitor or competitors who, in his/her opinion, were responsible for the false start. This may result in more than one competitor being charged with a false start. All competitors who are charged with a false start must be informed that they are out of the competition if they commit another. If the unfair/false start was not due to any competitor, no competitor shall be charged.

If the first leg of a relay team is disqualified at the start, the entire relay team is disqualified.

## **SECTION 5.07 UNFAIR AND RECALLED STARTS**

If the Starter has fired the gun and a starting violation has occurred, or if in the Starter's opinion an unfair start has occurred, he/she shall recall the race with a second firing of the gun.

The Starter may stop the starting sequence at any time prior to firing the gun by ordering the competitors to, "stand up." After a brief period of adjustment, the Starter must again start the sequence as prescribed above.

## **SECTION 5.08 STARTING POSITIONS**

A competitor may use a standing start or a crouch starts with or without starting blocks (provided that starting blocks are allowed). When the competitor uses a crouch start, both hands must be in contact with the track surface in the "SET" position. If starting blocks are used with a crouch start, both feet must be in contact with the starting blocks.

## **SECTION 5.09 STARTING BLOCKS**

Starting blocks may only be used in any race up to and including the 200 meter dash or any relay leg where the first leg is 400 meters or less; however, starting blocks in the 400 meter dash may only be used in the Varsity and Southern California Youth Championship meets.

Starting blocks shall not be used in races longer than 400 meters.

Use of starting blocks is allowed for any competitor in the races noted, provided the competitor possesses sufficient knowledge and ability to use them. The Starter shall have the authority to deny the use of blocks to any competitor who, in the Starters opinion, is unsafe in their use of the blocks, or unduly delays the progress of the start because of the use of blocks.

Starting blocks must be positioned entirely in the competitor's assigned lane. No part of the blocks may touch or overlap the starting line. No springs, hand grips or supports are allowed.

The host Association shall have the right to approve starting blocks used on their track.

## **ARTICLE 5 - RUNNING INFRACTIONS ("FOULS")**

It shall be counted as an infraction (or "foul") if the competitor:

- a) Jostles, cuts across, or obstructs another competitor so as to impede the other runner's progress. Actual contact is not necessary; any action that causes another runner to break stride or lose momentum is sufficient.
- b) Veers to the right or left so as to impede a challenging runner and forces the challenging runner to run a greater distance.
- c) Voluntarily leaves the track, and presumably the race, and later returns to continue the race.
- d) Tries to force his/her way through two other competitors and makes direct contact so as to impede the progress of either.
- e) Steps on the curb (or curb line if painted) purposely to shorten the course or gain an advantage.
- f) Is assisted by a non-competing member, coach, or another participating member by pacing, coaching, (not to include calling out time), or by other material means.
- g) When the competitor is not materially assisted and the only offense is that a non-participant in the race is running alongside or coaching, the participating athlete shall not immediately be disqualified. The non-participant shall be first warned and, if he/she continues or is guilty of a second occurrence, then participating athlete shall then be disqualified.
- h) Joins hands or clasps another runner at any time during the race.



- i) In a race run in lanes, the runner runs in a lane other than the one assigned to him/her. Running in another lane for two strides or less on the straight-away shall not constitute an infraction if no material advantage is gained.
- j) In a race run in lanes, the runner runs on a curve on or to the left of the left lane line for three or more steps. This rule shall not apply if the competitor ran outside the lane because he/she was fouled by another competitor. It shall not be an infraction (foul) if the runner runs on or over the right lane line provided no other foul takes place and the runner in the other lane is unaffected.
- k) In a race run partially conducted in lanes, the competitor breaks from his/her assigned lane prior to the break line.

Except as noted above, the penalty for any of the above infractions is disqualification from the event. No prior warnings shall be required.

## ARTICLE 6 - TIMING AND THE FINISH

### SECTION 7.01 FINISH LINE

The finish line shall be plainly and visibly marked on the track. It shall be marked so that it is a minimum of 5.08 centimeters (two inches) wide and extends unbroken across all lanes of the track. The marked line shall be made such that it is outside the course of the race. The actual finish shall be the edge of the finish line that is closer to the start.

### SECTION 7.02 FINISH LINE CONTROL

The Head Finish Coordinator shall have jurisdiction over the activities at the finish line. The decisions of the Timer and Head Finish Coordinator shall be final, and without appeal, except for by actions of the Referee and Jury of Appeals (if used).

### SECTION 7.03 METHOD OF TIMING

The official time of a race starts with the deployment of the Starter's pistol or device.

The time of a race stops when any part of the competitor who is being timed reaches the finish line with his/her torso (the part of the body between the shoulder line and the crotch that does not include the head, neck, arms, legs or feet). The host Association shall ensure that there is sufficient timing capability to time each competitor in the race. If sufficient timing capability is not available, the number of competitors in the race shall be reduced by forming additional races.

### SECTION 7.04 FINISH PLACEMENT

The finishing order of the competitors shall be determined by the order in which any part of their torso reaches the finish line first.

### SECTION 7.05 RECORDING TIMES

Times shall be recorded for all runners entered in the race. A time shall be defined as a "hand time" if the time is not started automatically by the Starter's gun. A system that stops a time automatically but is not started automatically is a "hand time." Hand times shall be recorded to the tenth (1/10) of a second even if the watch displays the time to one hundredth of a second.

Times that have been taken in hundredths shall be rounded to the next longer tenth, for example, 12.21 would be rounded to 12.3 seconds.

### SECTION 7.06 HURDLE PLACEMENT/ORDER OF EVENTS

The hurdles shall be placed so that the turn over force (resistance) is less toward the finish line and such that the base of the hurdle is on the side of the approach of the runner.

The hurdles shall be located on the track in the following order of events:

RACE	DIVISION	FLTS	HURDLE HT	TO FIRST	BTW HURDS	LAST TO FINISH
110m	Intermediate B	10	36"	13.72m	9.14m	14.02m

110m	YM	10	39"	13.72m	9.14m	14.02m
100 M	Youth Boys	10	33"	13 M	8.5 M	10.5 M
100 M	YW & Inter. Girls	10	30"	13 M	8.5 M	15 M
100 M	Youth Girls	10	30"	13 M	8.5 M	15 M
80 M	Midget Girls	8	30"	12 M	7.5 M	15.5 M
80 M	Midget Boys	8	30"	12 M	7.5 M	15.5 M
200 M	YG, YB, IG, IB, YW, YM	5	30"	20 M	35 M	40 M

## **SECTION 7.07 HURDLE INFRACTIONS**

It shall be an infraction ("foul") and the competitor disqualified from the race if he/she:

- a) Advances or trails a leg or foot alongside or below the top horizontal plane of the hurdle at the instant of clearance.
- b) Runs around or under a hurdle.
- c) Runs over a hurdle not in his/her lane.
- d) Impedes another runner even if no lane violation is evident or takes place.
- e) Deliberately knocks down any hurdle by hand or foot.
- f) Does not attempt to clear each hurdle (just knocks them down).
- g) Except as noted above, the knocking down of one or more hurdles does not disqualify the athlete.

In addition to the above infractions that are specific to the Hurdles, the General Running event infractions shall also apply.

## **ARTICLE 7 - RELAY RACES**

### **SECTION 8.01 RELAY RACES DEFINED**

Relay races are races between teams, each of which consists of four competitors, not one of which may run more than one distance (leg). All legs of the relay must be the same distance. Each leg is run in succession by carrying a baton in the hand and passing it to the next leg. The final leg carries the baton across the finish line. Competitors must compete in their own division with the following exceptions: Intermediate Girls/Intermediate Boys and Young Women/Young Men may combine events and Youth Girls/Boys may run on Intermediate Girls/Boys Relays.

The Relay events are:

- (a) 4x100 meter relay
- (b) 4x400 meter relay

### **SECTION 8.02 EXCHANGE ZONE DEFINED**

The exchange zone shall be 20 meters (65'8") long and formed by lines drawn 10 meters (32'10") on either side of the exchange zone center line. The line drawn prior to the exchange zone center line is the exchange zone beginning line; the line drawn after the exchange zone center line is the exchange zone end line. In the 4x100 meter relay, the exchange zone center lines are exactly 100 meters apart (on the track). The exchange zone center line for the first zone is 100 meters from the starting line for that lane. The exchange zone center line for zone two is 200 meters from the starting line for that lane and is also the starting line for the 200 meter dash. The exchange zone center line for zone three is 300 meters from the starting line for that lane and is also the starting line for the 100 meter races (if the 100 meter races are run from that location at the facility). The center line for the 4x400 meter relay is the finish line. There is only one zone for the 4x400 meter relay.

### **SECTION 8.03 ACCELERATION ZONE DEFINED**

In the 4x100 meter relay, there shall be a distinctive mark placed on the track in each lane in each zone which is 20 meters (65'8") prior to the exchange zone center line. The distance between this acceleration zone mark and the exchange zone beginning line shall be called the "acceleration zone " or "fly zone." The purpose of this zone is to allow the outgoing runner to accelerate to sprinting speed for the baton exchange.

There shall not be an acceleration zone used in the 4x400 meter relay.

### **SECTION 8.04 RELAY BATON SPECIFICATIONS**

The baton is the implement that is used in a relay race and is handed by each runner to a succeeding teammate. The baton shall be a smooth, hollow tube, circular in section and made of wood, metal, or other rigid material that is made in one piece. The baton shall be not less than 280 millimeters (11.02 inches) or more than 300 mm (11.81") in length. Its weight shall be not less than 50 grams (1.764 oz) and its circumference shall be from 11.43 cm to 12.7 cm (4.5" to 5"). The use of tape or any other material on the baton is prohibited.

### **SECTION 8.05 POSITION OF RUNNERS**

In the 4x100 meter relay, the receiving runners may not be positioned outside of (prior to) the acceleration zone mark or over the exchange zone end line at any time during the race without legal possession of the baton. In the 4x100 meter relay, the outgoing runner may take his/her position on the track in his/her assigned lane and commence running at any point between the acceleration zone mark and the exchange zone end line. In the 4x100 meter relay, the runner who has completed his/her run and handed the baton to the outgoing runner must remain in his/her lane until the zone judge has raised a flag to indicate that all of the hand-off exchanges have occurred, valid or invalid/disqualified. Leaving the lane before the Head Zone Judge raises a flag will result in disqualification. In the 400 meter relay, the outgoing runner shall not position him/herself outside the exchange zone until in legal possession of the baton. In the 4x400 meter relay, only two runners from the same team may be on the track at the same time; one of the two runners must be in the exchange zone.

### **SECTION 8.06 LANE REQUIREMENT**

In the 4x100 meter relay, the entire race must be run in lanes. All exchanges in the 4x100 meter relay shall occur in lanes. All members of the same team must occupy the same lane. In the 4x400 meter relay, the first leg shall be run in lanes and the first exchange shall be made in lanes. In the first exchange, teammates shall occupy the same lane as the starting runner for that team. In the 4x400 meter relay, the second and third exchanges shall be made in the same relative position as their incoming teammate; the leaders will pass in lane one, the second-place team in lane two, etc. When no interference is possible, teams may move to the next available inside lane.

### **SECTION 8.07 CARRYING THE BATON**

The baton shall be carried in the hand of the runner.

### **SECTION 8.08 MARKERS**

Competitors shall be allowed to place check marks or markers in their lane only. Any markers used must be immediately removable (before the next race), and not damaging in any way to the track surface. Athletic tape is recommended. The host Association shall have the right to specify the type of mark or markers used on the track.

### **SECTION 8.09 LEGAL PASS**

The passing of the baton must take place within the exchange zone in any relay. The pass shall be judged by the position of the baton and not the hands, arms, legs, feet, or body of the competitors. The pass shall be judged as starting when first touched by the outgoing runner. A pass shall not be legal if started before the baton is fully and completely over the first exchange zone line. The pass shall be judged as complete when the baton is solely in the hand of the outgoing runner. A legal pass must be complete before any part of the baton is over the last exchange zone line. The baton must be handed, not thrown, by each runner to the succeeding runner. After passing the baton, the runner must remain in his/her lane until the zone judge raises a flag to indicate the validity of all passes and to indicate that all passes have been completed.

### **SECTION 8.10 DROPPED BATONS**

If the baton is dropped outside the exchange zone, the runner who dropped it must retrieve it. If the baton is dropped within the exchange zone, either runner may retrieve it provided it is retrieved within the limits of the exchange zone. Runners may leave their lane without disqualification to retrieve a dropped baton provided no other runner or team is impeded or fouled. A member of a relay team may not run outside the exchange zone for the purpose of taking the baton from a faltering or fallen teammate.

#### **SECTION 8.11 AFTER PASSING THE BATON**

The incoming runner shall jog or stand still in his/her lane after passing the baton until all teams have exchanged batons, the competition has safely passed, and the zone judge has raised his/her flag to indicate all runners are clear. Leaving the lane prior to the zone flag being raised will result in disqualification.

#### **SECTION 8.12 RELAY INFRACTIONS ("FOULS")**

It shall be an infraction and the entire relay team disqualified if any member of the team:

- a) Passes the baton outside the exchange zone.
- b) Recovers a dropped baton illegally.
- c) Carries the baton in any manner other than in the hand.
- d) The last runner finishes without the baton.
- e) After passing, leaves his/her lane before the zone judge raises a flag to indicate that all passes have occurred.
- f) Assumes a position at any time during a relay race run in lanes that breaks the plane of the adjacent lane and interferes with an opponent.
- g) In the 4x100 meter relay, takes a position on or before the acceleration zone mark or past the last exchange zone end line during the race without the baton.
- h) In the 4x400 meter relay, takes a position on the track outside the exchange zone without the baton.
- i) In the 4x400 meter relay, the second runner (leg) moves to lane one before the baton is over the finish line.
- j) Does not pass the baton by handing it to a teammate.
- k) Throws the baton following the finish of the race.
- l) A member runs more than one leg.

In addition to the above infractions that are specific to the Relays, the General Running event infractions shall also apply.

## **TITLE 7: FIELD EVENTS**

### **ARTICLE 1 - FIELD EVENTS - GENERAL**

#### **SECTION 1.01 WEIGHTS OR AIDS**

The competitors shall use no artificial weights or aids.

#### **SECTION 1.02 CHECK-IN, EVENT PRIORITY/"CHECKING OUT"**

Athletes will report promptly to the Field Event Judge at the location of the field event when the event is called.

Competitors shall be allowed to temporarily leave the competition ("check out") by requesting from the Field Event Judge that he/she be excused for the purpose of competing in another event. See Section 3 paragraph 2.27 for a discussion of the use of surrogates to report to running events for field event athletes so as to allow them to remain at the field event as long as possible before leaving to run.

Competitors shall not check out for another event until the third call for the other event. Competitors shall have five minutes to return to the event after competing in the other event. In the case of conflicting event schedules, the following priorities apply:

- (a) Third call on any running event.
- (b) High Jump attempts
- (c) Other field events

If the competitor does not notify the event judge, he/she is "checking out," the competitor shall forfeit all attempts for which he/she has been called and was not present. Credit will be given for all completed attempts and remaining attempts will be allowed if the competitor returns before competition has ended.

Event officials shall not be required to hold open an event past the time limit for closing the event to accommodate "checked out" athletes for any reason.

### **SECTION 1.03 WARM UP TRIALS**

The competitors shall be allowed three warm up trials prior to competing in the event, except that Gremlins are allowed two warm-up trials (Gremlins do not participate in the high jump nor the shot put). In the high jump and the shot put if an athlete "checks out" prior to completing all of his warm-up trials, he is permitted, at the discretion of the field event Head Judge, to finish his warm-ups when he returns to the event.

### **SECTION 1.04 COACHES AND OTHERS IN THE COMPETITION AREA**

Gremlin Coaches only shall be allowed in the competition area on a noninterference basis. At the event official's request, the coach shall remove him/herself from the area. Bantam, Midget, Intermediate, Youth & YM/YW coaches shall only be allowed in the competition area except during Invitational and Championship meets. Non-coaching adults, non-participating athletes, and spectators shall not be in the immediate area of competition. Spectators may position themselves to observe the competition in any way the facility allows that does not interfere with the competition.

### **SECTION 1.05 MEASURING TAPES AND DEVICES**

Commercially made measuring tapes of either steel or fiberglass shall be used to measure in the field events. Measuring devices other than measuring tapes, such as the Datum Line recorder, shall not be used.

### **SECTION 1.06 MEASURING**

All field events shall be conducted, measured, and recorded in Imperial Units (feet and inches). For the long jump and shot put, the assistant judges shall hold the tape in such a way that the reading will be at the takeoff board or circle so that the contestant will immediately know the result of his effort to the nearest 1/4 inch. All attempts that are not failed attempts shall be measured. Failed attempts ("fouls") shall not be measured.

### **SECTION 1.07 RECORDING**

The event officials shall record the result of all attempts.

### **SECTION 1.08 ORGANIZING COMPETITION**

Competitors in the same age group division shall compete at the same time. Competition in an age group division may be organized using several methods. The following are suggestions: For high jump, it is desirable that all of the athletes in an age group jump together as the bar is raised. Jumping several heats would require more time because of the need to carefully measure the bar each time it is raised.

### **SECTION 1.09 NUMBER OF TRIALS**

HIGH JUMP: A maximum of three trials at one height.

LONG-JUMP: A maximum of four trials, except that Gremlin athletes are allowed three trials.

SHOT PUT: A maximum of four trials.

If, in the sole opinion of the head event official, a competitor was interfered with during his/her trial, the head event official may grant a re-trial.

### **SECTION 1.10 TIME LIMIT FOR TRIALS**

Except as modified in the high jump competition, a competitor shall have ninety seconds from the time his/her name is called to initiate an attempt that is carried through to completion. If the competitor does not initiate his/her trial within 90 seconds, it shall count as a failed attempt.

### **SECTION 1.11 TIME LIMIT FOR EVENT**

The event officials shall not be required to "hold open" an age group division competition longer than 10 minutes after the last competitive trial of the present athletes, or 10 minutes after the completion of a different event for which the athlete was excused (checked out). Any competitor who has not resumed his/her trials by that time shall forfeit any remaining trials whether checked out to another event or not. In the high jump event at the Southern California Youth Invitational meet and the Varsity, Junior Varsity and Southern California Youth Championship meets, athletes may complete their jumps at the current height, and if the excused athlete has cleared the height, the bar may be raised and the athletes present may attempt that height. Then the bar must be held until the excused athlete returns. At all other meets, the bar may continue to be raised, and it can be lowered to accommodate returning athletes after the main group has completed their jumps.

### **SECTION 1.12 BEST EFFORT**

A competitor shall be credited with his/her best effort on any fair trial for finish placement.

### **SECTION 1.13 PASSING AN ATTEMPT**

A competitor may request to "Pass" a trial. A "Pass" is defined as not desiring to take that trial. In long jump and Shot Put a pass acts as a jump or put of 0.00 inches. Each Passed attempt shall count as a trial and shall be recorded on the Event Results Sheet as a "P".

### **SECTION 1.14 ORDER OF COMPETITORS**

The order in which the competitors take their trials shall be determined by the head event judge at that event site. The head event Judge may alter the order of competition in order to accommodate athletes who compete in other events. Any reasonable request from a coach or athlete to alter the order of competition may be honored by the head event judge if it does not otherwise violate these rules. In order to accommodate athletes returning from other events, the head event judge may permit an athlete to take his/her trials in succession.

## **ARTICLE 2 - HIGH JUMP**

### **SECTION 2.01 FACILITY AND EQUIPMENT**

The high jump facility consists of a run up area and the landing pit. Equipment used includes the landing mats, standards to hold the cross bar, and the cross bar.

The landing pit shall be not less than 16 feet wide by 12 feet deep. It is preferable that the pit be constructed of 24 inch foam rubber mats covered by a single piece "top" or cover designed for that purpose and secured to the foam mats.

The cross bar shall be not less than 13' 1" (3.98 m) nor more than 13' 2 1/2" (4.02 m) in length. It shall be at least .984 inches (25 mm) but not more than 1.181" (30 mm) in diameter.

The cross bar may be constructed of only fiberglass or composite solid material and must be circular in cross section. Triangular or square cross bars shall not be used. Metal and wooden cross bars shall not be used. The cross bar shall not weigh more than 4.4 pounds (2 kg).

The ends of the cross bar shall be constructed such that a flat surface exists for the purpose of placing the bar on the supports on the uprights. The use of Noftziger rings to provide the flat surface is permitted. The flat surface that rests on the supports must be smooth and not covered with tape, or any other material that has the effect of increasing the amount of friction required to move the bar.

Any style of uprights or posts may be used provided they are rigid and capable of being adjusted to the starting heights and increments used in the youth program. They must also have a flat surface to support the cross bar, which should be rectangular planes approximately 1 1/2 inches by 2 3/8 inches. The surface upon which the bar rests must not be covered with tape, rubber or any other material that has the effect of increasing the amount of friction required to move the bar.

A level take-off area that is solid must be provided. The entire run-up area should be level and without hazards (long grass, pot holes, etc.). A solid surface (such as "all weather" rubberized material), which does not cause slippage when spiked shoes are used, is preferred.

The Meet Director shall ensure sufficient area exists for the run-up area for both left and right-hand approaches to the bar. The uprights must be placed with the rectangular surfaces such that the longer dimension shall point toward the opposite upright. The uprights shall be a minimum of twelve (12) feet apart. The cross bar shall not touch any part of the uprights except the rectangular surfaces.

### **SECTION 2.02 MEASURING**

The height of the cross bar shall be measured prior to the first attempt of each age group competition and at each successive change in the height of the bar. The height of the bar shall be measured at the lowest point (the center) of the bar when it is placed on the standards. The measurement shall be taken on a line that is vertical (perpendicular) to the bar and ground. All measurements are to be made in the Imperial system using feet and inches, measured to the nearest inch. The bar shall be replaced each time it is dislodged in exactly the same position. It is recommended that the officials mark the bar as to which side is front and/or "up" to aid in replacing the bar.

### **SECTION 2.03 RECORDING**

The result of each trial at each height shall be recorded as follows:

- (a) Successful attempts shall be recorded as a "0".
- (b) Failed attempts, or "misses", shall be recorded as "X".
- (c) Passed attempts shall be recorded as a "P".

### **SECTION 2.04 ORDER OF COMPETITION**

The order of Age Group Competition shall be as follows:

For One Pit:	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
For Two Pits:	Pit #1 - BG, MG, YG, IG, YW Pit #2 - BB, MB, YB, IB, YM

### **SECTION 2.05 NUMBER OF ATTEMPTS**

Each competitor shall be given a total of three attempts at each height. A competitor may pass at any time to a greater height but will be out of the competition after three successive misses regardless of the height attempted.

### **SECTION 2.06 TIME LIMIT FOR ATTEMPTS**

A competitor shall have a total of 90 seconds from the time his/her name is called to initiate an attempt. If an attempt that is carried through to completion is not begun within the 90 seconds, it shall be counted as a failed attempt ("miss").

When there are three or fewer competitors remaining in the competition, the time limit shall be extended to two minutes to initiate an attempt.

### **SECTION 2.07 MARKERS**

Each competitor shall be allowed to place up to three markers (3" in length) in the run-up area. All markers must be removed immediately after competition and must not damage the apron surface. Athletic tape is recommended.

### **SECTION 2.08 RESOLVING TIES**

If a tie exists for any finish place, it shall be resolved as follows:

- (a) The competitor with the fewest attempts at the tied height shall win the place. If both have the same number of attempts at that height, then,
- (b) The competitor with the fewest number of misses (failures) up to and including the last three misses in the competition shall get the tied place (passes do not count as misses). If both competitors have the same number of misses in the competition and are still tied, then,
- (c) A tie for the place shall exist at all regular season meets and the Junior Varsity Championship meet.
- (d) To break first place ties at the Varsity Championship meet only, there shall be a jump-off to be conducted as follows: The tied competitors shall be given an attempt at the next height attempted above the tying height. If no decision is reached, the bar shall be lowered (if all have failed) or raised by one (1) inch (if two (2) or more have cleared). Each competitor will be allowed one (1) jump at each height until the tie is decided. No passing is allowed during a jumpoff.

There is one possible exception to this process: If one or more of the competitors must leave the jump-off due to third call in a running event, the high jump official may declare a tie.

**Example # 1 (at the Junior Varsity Championship, dual or tri meet):**

**X=Failure 0=Cleared P=Pass**

Name ↓	Height and Performance						Total Failures	Total Attempts	Jump Off			Final Place
	Height→	3' 6"	3' 8"	3' 10"	4'	4' 2"			4' 4"			
Bill	0	X	0	X 0	X X X		5	8				<b>1</b>
Sam	X 0	0	P	X 0	P	X X X	5	8				<b>1</b>
Ed	P	X 0	X 0	X 0	X X X		6	--				<b>3</b>

**Example # 2 (at the Varsity Championship meet):**

**X=Failure 0=Cleared P=Pass**

Name ↓	Height and Performance						Total Failures	Total Attempts	Jump Off			Final Place
	Height→	3' 6"	3' 8"	3' 10"	4'	4' 2"			4' 4"	4'4"	4'3"	
Bill	0	X	0	X 0	XXX		5	8	X	0	0	<b>1</b>
Sam	X 0	0	P	X 0	P	XXX	5	8	X	0	X	<b>2</b>
Ed	P	X 0	X 0	X 0	XXX		6	--				<b>3</b>

**SECTION 2.09 UNSUCCESSFUL ATTEMPTS (FOULS)**

It shall count as a failed attempt (or "miss") if the competitor:

- (a) Fails to initiate a completed attempt within 90 seconds of being called. (Two minutes with three or fewer left in the competition.)
- (b) In an attempt, breaks the plane of the cross bar with any part of his/her body including hands, arms, feet, head or uniform.
- (c) Dislodges the bar. It is still counted as a miss if the bar is dislodged even after the competitor has left the pit or if the attempt was aborted.
- (d) Does not take off on one foot.
- (e) "Somersaults" over the bar.



## SECTION 2.10 BAR PROGRESSION FOR DUAL, TRI, SOUTHERN CALIFORNIA YOUTH INVITATIONAL AND JUNIOR VARSITY CHAMPIONSHIP MEETS

The following table lists the opening heights for each age group.

BG	BB	MG	MB	Y/IG, YW	Y/IB, YM
3' 0"	3' 0"	3' 4"	3' 4"	3' 8"	3' 8"

The bar shall be raised in two (2) inch increments until the bar is at Varsity height. Then it shall be raised in one (1) inch increments until one (1) competitor remains. When one (1) competitor remains in competition, the bar shall be raised by any increment that the competitor requests, but not less than 1/4 inch.

## SECTION 2.11 BAR PROGRESSION FOR, VARSITY AND SOUTHERN CALIFORNIA YOUTH CHAMPIONSHIP MEETS

The starting height for the bar shall be two (2) inches below the varsity height. This is regardless of the mark of the lowest seeded competitor. The starting heights are shown in the following table:

BG	MG	YG	IG	YW	BB	MB	Y/IB	YM
3' 4"	3' 10"	4' 2"	4' 2"	4' 2"	3' 4"	3' 10"	4' 6"	5' 0"

The bar shall be raised in two (2) inch increments until four (4) or fewer competitors remain in the competition. Then the bar shall be raised in one (1) inch increments. When one competitor remains, the bar may be raised in any increment the athlete may specify, but no less than 1/4 inch.

### SECTION 2.12 PASSING AN ATTEMPT

The competitor may request to "pass" a certain height. A "pass" is defined as not desiring to jump. The competitor may indicate to the official that no attempt is desired at the current height. If this indication is not made specifically by the competitor, it shall be assumed that the "pass" indication is for this attempt only and that the competitor shall be called in his/her proper turn before the bar is raised to the next height. Each passed attempt shall be recorded. In the case that the competitor has indicated passing to the next height, all three attempts at the current height shall be recorded as "P"s. A "passed" attempt shall not be charged as a miss or as a trial for purposes of breaking any ties that may result.

### SECTION 2.13 ELIMINATION FROM COMPETITION

A competitor is eliminated from further competition when he/she has failed on three successive attempts. These successive failures are usually at the same height, but if a competitor misses at one attempt and then passes to the next height, two successive misses at that height combined with the previous miss will eliminate the athlete from competition. Each cleared attempt entitles the competitor to three more attempts at higher heights.

### SECTION 2.14 LOWERING THE BAR

During regular season and the Junior Varsity Championship meets, the officials may lower the bar to accommodate athletes returning after being "checked out" to another event.

At the Southern California Youth Invitational, Varsity Championship, and Southern California Youth Championship meets, the bar may not be lowered except for the procedure for breaking a first-place tie. Athletes may leave the high jump at third call for a running event but must return within five minutes after conclusion of the event to continue the competition.

The competitors must have properly checked out with the high jump officials. At regular season and the Junior Varsity Championship meets, the bar shall not be lowered for any one not properly checked out. If not properly checked out, on their return they may rejoin the competition at the current height as if they had "passed" all attempts for which he/she was called and was not present.

At regular season and Junior Varsity Championship meets, the officials have the discretion not to lower the bar while the current competition is underway. After the completion of competition for the affected age group, the bar may be lowered to the lowest height necessary to resume competition for the returning jumpers. The bar shall be raised by the standard increment, with other returning jumpers joining the competition at their proper height.

## **ARTICLE 3 - LONG JUMP**

### **SECTION 3.01 FACILITY AND EQUIPMENT**

- (a) The long jump facility consists of a runway upon which there is a "take-off board" and a landing pit.
- (b) The runway may be of indefinite length with the minimum length from the take-off board suggested at 120 feet. The minimum width suggested is 42 inches. The surface should be firm and capable of withstanding the use of spiked shoes without damage.
- (c) The take-off board should be a wooden board the full width of the runway and from eight to 24 inches in width. It should be painted white and have its top surface level with the runway surface. It should be anchored securely and not move during competition. On all weather surfaces, a painted line may suffice for the wooden board.
- (d) The high school board is located so that the "scratch line" is approximately seven feet from the landing pit. This distance is excessive for the skill level of most SCYTFC athletes and temporary boards should be used.
- (e) The edge of the board that is closer to the landing pit shall be known as the "scratch line" or "foul line." For definition and judging purposes, it shall be defined as having no width and extending infinitely in either direction from the runway.
- (f) The suggested dimensions of the landing pit are nine feet wide and 15 feet long. It shall be filled with sand or other material that will cushion the landing of the athletes and retain definitive marks of their landing. It shall be as free of foreign objects as possible.

### **SECTION 3.02 MEASURING**

On fair jumps, each competitor shall be credited the distance measured on a straight line perpendicular to the "scratch line," between the "scratch line" and the mark in the landing pit closest to the "scratch line."

The mark in the landing pit may be made by any part of the body including the hands, arms, or clothing of the competitor.

The officials shall hold the tape so that the distance is read at the "scratch line."

All measurements are to be made in the English system and rounded down to the nearest quarter inch. Example: A measurement that is easily more than 10'5" shall not be rounded up to 10'5¼" unless the measurement shows that it has met or exceeded 10'5¼".

### **SECTION 3.03 RECORDING**

Each athlete will be given three practice attempts, (two if Gremlin), and four recorded meet trials or attempts, (three if Gremlin), in all our meets (except where otherwise noted). Failed attempts or "fouls" shall be recorded as an "F" or "foul" on the field events sheet.

### **SECTION 3.04 ORDER OF COMPETITION:**

The order of age group competition for regular season and Junior Varsity meets shall be as follows:

For One Pit	GG, GB, YW/IG, YM/IB, MG, MB, YG, YB, BG, BB
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If the track and field stadium should have only one pit, each division shall have an open pit for 75 minutes or one hour and 15 minutes (Gremlins, Bantams, Youth/Intermediate, etc.) per division. Starting open pit for Gremlins would be 8:30 to 9:45; Young Men & Women/Intermediate Boys & Girls 9:45 to 11:00; Midgets 11:00 to 12:15; Youth Girls & Boys 12:15 to 1:30; and Bantams 1:30 to 2:45.

For Two Pits	GG, GB, YW/IG, YM/IB, MG, MB, YG, YB, BG, BB
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If a track and field stadium should have two pits, then the time of competition will be called in order by the long jump judges running each pit based upon the above chart in order.

The order of competition for the Southern California Youth Invitational meet shall be per the Meet Director, although the standard order for this meet is as follows:

Timed Open Pit Format (Athletes are to start and finish between the hours indicated)

8:30 am - 10:30 am

**BB** - ES-Pit 1, **BG** - ES-Pit 2

10:45 am - 12:30 pm

**MB** - ES-Pit 1, **MG** - ES-Pit 2

12:45 pm - 2:00 pm

**YB** - ES - Pit 1, **YG** - ES - Pit 2

2:15 pm - 3:00 pm

**YM/IB** - ES - Pit 1, **YW/IG** - ES - Pit 2

### SECTION 3.05 MARKERS

No markers of any kind shall be placed on the runway or in the landing pit.

Markers may be placed alongside the runway, but not on the runway. These markers must not damage the track or field alongside the runway, and must be removed immediately following the competition

It shall be permissible to have one measuring tape stretched alongside each runway used during the competition.

### SECTION 3.06 RESOLVING TIES

If a tie exists for any finish place, the second-best jump of the tied competitors shall be used to "break" the tie. If a tie remains after comparing the second-best jumps, the third jumps of the tied competitors shall be compared. At the Varsity Championship meet the fourth jumps may be used to break a tie too. If all jumps of the tied competitors are equal, a tie shall exist. All passes and fouls shall be jumps of 0.00 meters for the purpose of resolving any ties.

Ties shall not be resolved by "jump offs" or any type of further competition.

### SECTION 3.07 UNSUCCESSFUL ATTEMPTS (FOULS)

It shall count as a failed attempt (or "foul") if the competitor:

- (a) Fails to initiate a completed attempt within 90 seconds of being called for three athletes or less and two minutes for a group.
- (b) Runs past the "scratch line" or "scratch line" extended without initiating a jump.
- (c) His/her foot (shoe) is over the "scratch line."
- (d) Takes off outside the take-off board (to the left or right). This is not to be construed as prior to the board.
- (e) Lands with any part of his/her body outside the pit.
- (f) Touches the ground outside the landing pit nearer to the take-off board than the nearest mark made in the pit.

- (g) After landing, walks back through the pit and makes a mark closer to the takeoff board than the one made when landing.
- (h) "Somersaults" or fails to keep his/her head in the superior (up) position.
- (i) Failed attempts shall not be measured but shall be recorded and shall count as an attempt with 0.00 meters.
- (j) During competition the line judge (or their appointee) will notify the athlete of their foot take-off point on the runway, either by placing a foot at the spot or by placing a cut out on the point of take off. It is the athletes' responsibility to look at the indicated spot for their knowledge.

### **SECTION 3.08      MULTIPLE TAKE-OFF BOARDS**

More than one take-off board may be used if necessary, to accommodate the varied skill levels of the athletes.

If more than one take-off board is used, the athlete must specify which board he/she is using to the official judging at the board BEFORE any attempt is made. This indication need only be made once to the official who then is responsible for judging at the proper board on successive attempts.

If the athlete decides to change his/her board during the competition, it may be done providing the official at the board is notified BEFORE the next attempt is made.

The event officials shall be required to put down only one temporary board at a time. After polling the competitors, the board shall be placed at the minimum distance from the pit that was requested. If the competitors are indecisive or any confusion exists as to placing the board, the temporary board shall be placed one foot (12 inches) from the edge of the sand in the landing pit.

### **SECTION 3.09      LEVEL SOFT SAND**

The sand in the landing pit shall be leveled after each attempt and shall be kept as free of foreign objects as possible.

The level of the sand in the landing pit shall be as near to the level of the takeoff board as possible. The sand should be soft to a depth of at least six inches (of turned sand).

## **ARTICLE 4 - SHOT PUT**

### **SECTION 4.01      FACILITY**

The shot put facility consists of a throwing ring, including the "stop board", and the landing area (or throwing sector).

The ring shall be made of metal, wood, or plastic that is painted white and sunk flush with the ground outside the ring. The width of the ring should be at least one inch. The ring shall have an inside diameter of seven feet measured from the inside edge to the opposite inside edge of the ring.

The throwing surface of the circle shall be made of a hard-packed material that is firm and level inside the ring. The throwing surface should not be more than 3/4" below the top of the ring. The surface of the throwing area may be constructed of cement, asphalt, or similar material.

A line with a width of two inches shall be drawn theoretically through the center of the circle and extended a minimum of six inches on each side to designate the front and rear half of the circle. Although the line is laid out through the circle, only the extensions outside the circle shall be marked.

A white stop board made of wood or metal and shaped in an arc shall be placed so that the inner edge of the arc coincides with the inner edge of the circle in the throwing direction. The stop board shall be firmly fixed in this position.

The dimensions of the stop board shall be four feet in length along the inner surface, four inches in height, and four and one half inches in width.

Sector lines shall be marked in a 60-degree angle from the center of the throwing circle. The sector lines shall be two inches in width and extend in straight lines from the edges of the stop board (if the correct length board is used) outward for a minimum of 60 feet.

The sectors lines form the legal area for puts to be made such that the inner edge (toward the opposite line) actually bounds the legal sector, i.e., the lines are outside the legal area.

#### **SECTION 4.02 MEASURING**

The distance in the shot put shall be measured from the closest mark made in the landing sector by the put to the inner edge of the ring, or stop board, along a line from the mark to the center of the ring.

#### **SECTION 4.03 RECORDING**

Each athlete will be given 4 recorded meet trials or attempts in all of our meets. A failed attempt or "foul" shall be recorded as an "F" on the Field Events Results Sheet.

All measurements are to be made in the Imperial system and rounded down to the nearest quarter inch.

#### **SECTION 4.04 ORDER OF COMPETITION**

The order of Age Group Competition for all meets shall be as follows:

For One Pit:	YW, YM, IG, IB, YG, YB, BG, BB, MG, MB
For Two Pits:	Pit #1 – YW, IG, YG, BG, MG
	Pit #2 – YM, IB, YB, BB, MB

#### **SECTION 4.05 MARKERS**

No markers shall be used by athletes in the shot put event.

#### **SECTION 4.06 RESOLVING TIES**

If a tie exists for any finish place, it shall be resolved by comparing the second best puts of the competitors. If a tie remains after comparing the second best puts, the third best puts of tied competitors shall be compared. At the Varsity Championship meet, fourth puts can also be used to break the tie. If all puts of the tied competitors are equal, a tie shall exist. For purposes of breaking a tie, a foul shall be considered to have a distance of 0.00 feet.

Ties shall not be resolved by any type of further competition.

#### **SECTION 4.07 UNSUCCESSFUL ATTEMPTS (FOULS)**

It shall count as a failed attempt (or "foul") if the competitor:

- (a) Fails to initiate a completed attempt within 90 seconds of being called.
- (b) Fails to put the shot legally (reference ARTICLE 4.10 of this section).
- (c) During the act of putting the shot, steps on or over the ring or stopboard.
- (d) He/she may touch the inside edge of the ring or stop board. Arms and legs may penetrate the "plane of the circle," but may not touch the top of the ring, or the ground outside of the ring.
- (e) Fails to exit from the rear half of the ring. His/her first step outside the ring must clearly be behind the lines drawn halfway through the ring.
- (f) Puts the shot so that it fails to land within the throwing sector. The sector lines are defined as outside the legal throwing sector.
- (g) During the act of putting, touches the ground outside the ring.
- (h) Fails to start the act of putting from a stationary position.

- (i) Leaves the circle before the put has landed.

Failed attempts shall be recorded and count as an attempt.

### **SECTION 4.08 IMPLEMENT SPECIFICATIONS**

The shot put must be constructed to be a solid sphere of any metal which is not softer than brass or, may be constructed of a shell of such material and filled with lead or other material.

It must be spherical in shape with a completely smooth surface.

Shot puts designed for indoor use shall not be allowed. Indoor shot puts are defined as those constructed with leather, or other soft material, container filled with lead shot.

The age group divisions shall use the following weight shot puts:

BG, BB	6 pounds
MG, MB, YG	6 pounds
YB, IG, YW	4 kilograms
IB, YM	10 pounds

### **SECTION 4.09 IMPLEMENT USE**

The host Association shall be responsible for providing puts of the correct specifications.

Competitors may bring and use their own implements. However, any implement used in the competition shall lose its ownership identity for the duration of that age group competition and be available for use by any competitor upon request.

### **SECTION 4.10 LEGAL PUT DEFINED**

The put must be made from the shoulder with one hand only.

At the time the competitor takes a stance in the ring to commence a put, the shot shall touch or be in close proximity to the chin. The hand shall not drop below this position during the action of putting.

The shot must not at any time pass behind or below the line of the shoulders.

The put must commence from a stationary position.

### **SECTION 4.11 SUBSTANCE ON SHOES**

The competitor shall not put any substance of any kind on his/her shoes or on the ring for any reason.

### **SECTION 4.12 SUBSTANCE ON HANDS**

The competitor may place dirt or any other substance on his/her hands for the purpose of improving grip providing no other material advantage is gained.

### **SECTION 4.13 TAPING**

Tape may be applied to the competitor's wrist but may not be applied to the hand or fingers except to cover an open wound. The competitor must first show the open wound to the event judge before the tape is allowed on the hand or fingers.

## **TITLE 8: POST SEASON POLICIES**

### **ARTICLE 1 - USATF/AAU PARTICIPATION FOR TRACK AND FIELD ATHLETES**

#### **SECTION 1.01 USATF/AAU ELIGIBILITY**

USATF/AAU are nationally sanctioned organizations for youth track & field competition. USATF/AAU sanctioned meets occur before, during and after the SCYTFC regular meet season. All athletes who are members of the SCYTFC and VCYTC are eligible to compete in USATF/AAU sanctioned meets provided they meet the eligibility requirements of the USATF/AAU. Any current athlete in good standing with the SCYTFC or VCYTC may choose to participate in USATF/AAU sponsored track meets as a member of the SCYTFC / VCYTC official (California Comets) or elected post season team. Athletes may choose to participate as an unattached athlete, or they may choose to participate with another track and field club/organization.

### **Section 1.02 POST SEASON SESSION START/END**

Post season runs from the conclusion of Co-Conference Championship to the conclusion of the AAU and/or USATF Junior Olympics. There is an optional indoor season that takes place between November and the start of the outdoor season. This season should not conflict with an athlete's participation in the SCYTFC season. An athlete's participation in non-sanctioned SCYTFC and VCYTC events will not count towards any conference qualifications. The elected post season team will ensure that the SCYTFC is the primary track club during the regular track season and will not recruit and/or encourage athletes to participate in events that conflict with SCYTFC events.

## **ARTICLE 2 - USATF/AAU POST SEASON**

The post season team may be named the California Comets or the SCYTFC BOD may choose to designate an outside club or organization to serve as the post season team designee. The SCYTFC BOD will cast a vote no later than January of the current year if the desire is to use an outside club or organization as the post season designee. Athletes who plan to participate in post season activities may sign up with the post season team after the CCC meet.

### **SECTION 2.02 POST SEASON BOARD OF DIRECTORS**

At the beginning of the Track and Field Season (preferably before the first meet of the track and field season), the SCYTFC BOD shall decide if they want to oversee and administer the California Comets post season track and field team or designate an outside club or organization to handle the post season team. If the SCYTFC BOD chooses to assemble a California Comets team and oversee the operations of the California Comets team, then the following shall apply:

A Post Season Board of Directors (PS BOD) will manage the affairs of the post season team.

- a) The PS BOD will consist of five (5) members made up of SCYTFC members.
- b) The PS BOD will be made up of the Presidents from each conference, Post Season Coordinators from each conference, and a Member At Large who will be appointed by the SCYTFC President.

If the PS BOD chooses to appoint an outside club or organization to assemble and operate a post season team, then the following will apply:

- a) The designated post season team shall be appointed by the PS BOD before the first track and field meet begins.
- b) The designated entity shall be responsible for all responsibilities listed in Section 2.03.

### **SECTION 2.03 RESPONSIBILITIES**

It will be the responsibility of the designated post season team to:

- a) Provide proof of liability insurance to mirror the SCYTFC coverages.
- b) Obtain and provide meet information to the parents and athletes.
- c) Submit meet entry documents for all Comet or designated post season team athletes.
- d) Collect money for USATF/AAU meet entry fees from all Comet or designated post season team athletes.

- e) Set and collect application, meet, and uniform fees for all Comet or designated post season team athletes.
- f) Designate a meet coordinator to pick-up and distribute all meet materials at the USATF/AAU meets.
- g) Provide the SCYTFC BOD with the organization's action plan including a briefing (in writing) of all required fees, uniform design, team name, budget, and how any additional surplus money from the post season will be distributed. The SCYTFC BOD reserves the right to make changes to the plan and the designee will agree to abide by those changes made by the SCYTFC BOD.
- h) Resolve any and all conflicts and disputes that may arise between parents of athletes and coaches of the Comets during the post season.

#### **SECTION 2.04 COACHES**

Coaches for the Comets will be drawn from the teams of the SCYTFC in a quantity sufficient to ensure adequate supervision for all age groups involved.

- a) Any SCYTFC coach wishing to be considered for a post season coaching position will be reviewed by the Post Season Coordinators for consideration and approved by the PS BOD. The coaches shall oversee practices, meets, and form relay teams consisting of the fastest and best suited "available" athletes in the combined conferences. (An available athlete is one whose parents have committed the athlete to participate in all relay practices and races, qualifying up to and including Nationals, Junior Olympics Competitions.
- b) The coaches shall decide the make-up and alternates for relays, subject to review by the PS BOD.

#### **SECTION 2.05 PRACTICES**

- a) Practices shall be scheduled in a manner that accommodates the geographic breakdown of the combined conferences as determined by the PS BOD.
- b) Comets or designated post season relay teams must practice at least once per week as a unit in order to practice baton exchanges at rotating practice venues.
- c) Multiple venues may be used in order to allow all post season athletes with an opportunity to receive proper and effective coaching. Those venues will be determined by the coaches and administrators of the post season team.

#### **SECTION 2.06 POST SEASON VENUE/FINANCIAL ASSISTANCE**

- a) Competition by athletes in SCYTFC Track & Field or Cross Country in post season is purely optional
- b) The Conference and Associations will fund only the top eight athletes of all athletes who participate in the USATF / AAU attending the Nationals/Junior Olympics. Financial assistance and amount, if funds are available, will be an amount to be approved by the SCYTFC BOD annually. Financial assistance will only be provided to SCYTFC certified athletes that participated in the regular season in accordance with the SCYTFC Track & Field rules and compete on the California Comets or designated post season team.
- c) An athlete will only be considered for a post season stipend if they met the regular season requirements to participate in either a Junior Varsity or Varsity Championship meet.
- d) The Conference and Associations will fund only one SCYTFC California Comets, Cross Country National Team.
  - Only the top eight members of the team will receive a stipend for participation in a USATF / AAU Cross Country Junior Olympic championship meet regardless of the number of athletes who may join a team at any pre-qualification meet during the post season.



- The post season Comets team may elect to send athletes to both the USATF / AAU Junior Olympics events (if they qualify for both events), however, only the top eight runners will receive the stipend.
  - An athlete will only be considered for a post season stipend if they met the regular season requirements to participate in the Cross Country Championship meet.
  - For any post season expense to be considered reimbursable/payable by SCYTFC, it must first be reviewed and approved by the SCYTFC BOD and approved by a two-thirds vote prior to any post season operating expense being incurred.
  - Athlete's uniforms and travel expenses are born by the athlete.
- e) Any post season athlete who is not in good financial standing with the Conference's Post Season California Comets team will not be allowed to be entered/registered or move onto the USATF (National) Junior Olympic meet, until (all agreed on fees, etc.) debts are paid in full to SCYTFC prior to the USATF registration date for the USATF (National) Junior Olympic Meet.

### **ARTICLE 3 - POST SEASON VENUE**

Competition by athletes in SCYTFC Track & Field meets and for the Comets National Team in USATF or AAU National/Junior Olympics meets is purely optional, and participation outside of SCYTFC shall not be restricted by parents/athletes.

The Track and Field / Cross Country administrators may elect to participate in one or both of the Junior Olympic events held by USATF/AAU.

## **TITLE 9: SOUTHERN CALIFORNIA YOUTH TRACK & FIELD CONFERENCE CROSS COUNTRY PLAYING RULES**

### **ARTICLE 1 - GENERAL RULES**

These Rules are general guidelines for cross country for the Southern California Youth Track & Field Conference:

- (a) The Board will determine the schedule (dates/location) in the spring of each year.
- (b) The season will begin with the first practice around August first.
- (c) The first meet of the regular season will be in mid-September.
- (d) The regular season will conclude near the end of October or early November.
- (e) The season will consist of at least five regular season meets.
- (f) Pre and post season fundraiser meets may be organized.
- (g) Meets will generally be held on Saturdays.
- (h) Age group races may have the genders combined.
- (i) Place ribbons may be given to the first eight finishers in each age division.
- (j) Participation ribbons may be awarded to the rest of the finishers.
- (k) The last regular season meet will serve as the Championship meet.
- (l) For the Championship Meet, special medals or trophies will be awarded for the first three finishers in each age division and then regular medals or ribbons will be awarded for the next five finishers. Participation ribbons or medals may be given to all other finishers.

- (m) Association/team scoring and awards provided to the top three Associations/teams for each age division at the Invitational meet and Conference Finals. A first, second, and third place plaque or trophy to the top three Associations/teams with the three lowest scoring runners. If in the event of a tie for any place, the tie will be broken by the fourth-place finisher. Whereby, each athlete place is summed up resulting in the lowest score for first, second, and third place Associations/teams. An Association/team will consist of a minimum of three runners.

## ARTICLE 2 - AGE GROUP DIVISIONS

Youth competitions typically take place in two-year age divisions. These age divisions provide young athletes the opportunity to compete with other athletes of similar ability. The age divisions and competition years are as follows:

Age Division	2019	2020	2021	2022	2023
8 and Under (Previously Gremlin)	2011-2013	2012-2014	2013-2015	2014-2016	2015-2017
9-10 (Previously Bantam)	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
11-12 (Previously Midget)	2007-2008	2008-2009	2009-2010	2010-2011	2011-2012
13-14 (Previously Youth)	2005-2006	2006-2007	2007-2008	2008-2009	2009-2010
14-15 (Previously Intermediate)	2003-2004	2004-2005	2005-2006	2006-2007	2007-2008
16-17 (Previously Young)	2001-2002	2002-2003	2003-2004	2004-2005	2005-2006

## ARTICLE 3 - THE COURSE

The race shall be run over a course confined, to the extent possible, to open country, fields, parks, golf courses, and grasslands. The traversing of paved roads should be kept to a minimum. Courses should be designed to avoid very high obstacles, deep ditches, dangerous ascents or descents, or thick undergrowth. The path and direction of the course must be clearly marked, and turns must be gradual.

### SECTION 3.01 COURSE LENGTHS

- (a) Gremlins: Approximately 2000 meter
- (b) Bantams & Midgets: Approximately 3000 meter
- (c) Youth & Intermediates: Approximately 4000 meter
- (d) Young Men/Young Women: Approximately 4000 meter

### SECTION 3.02 COURSE MARKINGS

The course shall be properly measured along the shortest possible route that a runner may take and it must be marked clearly with a single white or colored line for directional purposes only such that runners cannot vary from the proper course.

### SECTION 3.03 THE START

The start should be marked in a straight line to allow all competitors an equal start and shall be located to provide a long straight route from the starting line to the first turn. A starting line will have small (box) areas anywhere from five to 10 feet wide. This area is called a starting box and each Association/team gets a box. Boxes shall be numbered from left to right facing the running area and positions will be drawn randomly at the coaches meeting. Based on the size of the boxes, the hosting club will determine the safe number of athletes from two to four on the front line with the remaining team members filling in behind in rows in each box. At the Invitational or Southern California Youth Invitational meet, boxes will be provided at both ends of the starting line designated for unattached and/or athletes not on a complete team. Only athletes are allowed in these boxes at the beginning of a race. A designated line or roped line will be located at the rear of the boxes paralleling the starting line and only coaches can stand behind this line and no other participants.

#### **SECTION 3.04 THE FINISH**

- (a) The **Finish Area** should be relatively close to the start of the race. It also shall be on fairly level ground and have a straightaway to the finish.
- (b) The **Finish Line** shall be wide enough to allow all competitors to safely cross and enter the chute. The finish line is at the mouth of the chute.
- (c) The **Finish Chute** is required to aid in meet administration and to provide accuracy and fairness to the competitors.

### **ARTICLE 4 - DUTIES OF MEET OFFICIALS**

#### **SECTION 4.01 MEET DIRECTOR**

The meet director is responsible for all aspects of the actual conduct of the meet on the course. This person must foresee all the needs of competitors, officials and spectators and ensure that all the technical details of the meet have been taken care of within the requirements of the rules. The meet director shall:

- (a) Organize and conduct the meet;
- (b) Provide and prepare the cross-country running course;
- (c) Appoint course monitors and referees;
- (d) Provide facilities and equipment;
- (e) Provide full and early information to all competing teams/associations;
- (f) Appoint and inform officials and prepare officials' materials;
- (g) Oversee the inspection of the course, start and finish;
- (h) Confer with all head officials before the meet to ensure that all are aware of their responsibilities;
- (i) Ensure that all rules are observed and render decisions on all technical aspects of the meet;
- (j) Have the authority to disqualify any competitor for improper conduct or apparel and decide on any protests;
- (k) Review final meet results, and
- (l) Provide the results to the President within one day of the finish of the meet.

#### **SECTION 4.02 COURSE MONITORS**

Course monitors shall:

- (a) Observe the conduct and course of the runners during the race and report any competitors who are in violation of the rules to the meet director;
- (b) Be positioned at various points on the course in order to observe all areas, especially at points where confusion may occur.

#### **SECTION 4.03 ANNOUNCER/CLERK OF COURSE**

The announcer shall:

- (a) Inform the competitors and spectators of special information related to the course and meet procedures;
- (b) Call the runners to the start;
- (c) Count the numbers of competitors of each race

#### **SECTION 4.04 STARTERS**

The head Starter shall be responsible for starting the race in a prescribed manner that ensures an equal and fair start to all participants. With the cooperation of the Assistant Starters, the following procedures shall be followed:

- (a) When all runners are lined up ready for the start, the Head Starter shall have a pistol and whistle and take a position in the middle of and in front of the starting line.
- (b) Give a brief and concise review of the starting commands and procedures to be used for the start with all competitors immediately before the race.
- (c) One whistle blast indicates “runners to the line” position. Starter, with a pistol in one hand, shall hold the pistol arm straight out from the shoulder at shoulder height pointing in the race direction. The position is to be held until all runners are on the line and steady.
- (d) In the “runner set” position, the pistol arm is raised slowly to straight overhead.
- (e) When all runners are steady, the pistol shall be fired.
- (f) The recall is indicated with the Head Starter or Assistant Starters firing the pistol a second time. If a runner falls within the first one-hundred meters due to contact with another runner, the race shall be recalled by a shot

#### **SECTION 4.05 JUDGES OF THE FINISH**

There shall be a head judge of the finish plus a designated number of additional judges as needed. The judges shall be assigned the following specific duties:

- (a) The head judge shall be positioned at one side of the finish line so as to view each competitor as they cross the finish line.
- (b) The finish chute officials shall be responsible for the actual placing of the runners in their appropriate order of finish as they enter the narrowing funnel into the chute as indicated by the head finish judge.
- (c) If age group races are combined, all competitors must be recorded by finish place order and then results will be separated by gender only after times have been recorded. This is to ensure that all competitors are correctly matched to their respective times.

#### **SECTION 4.06 TIMERS**

The head timer shall:

- (b) Be responsible for all phases of the finish times and results that require accurate timing;
- (c) Coordinate all timers, the timing of first place and the overall timing system (or systems) used in the competition;
- (d) Operate the primary timing system and ensure at least one back-up system per race.

#### **SECTION 4.07 TIME AND FINISH LINE RECORDERS**

The recorder shall:

- (a) Be responsible for recording the time of each runner at the finish line.
- (b) All competitor tags / labels shall have the following information: Association/team name, athlete’s name, age group and gender clearly marked.

- (c) If age group races are combined, all competitors must be recorded by finish place order and then results will be separated by gender only after times have been recorded to help match finishers to their respective times.
- (d) The competitor tags/labels shall be fastened to the results sheet in finish place order.

## **ARTICLE 5 - DISQUALIFICATIONS**

The Referee, after consulting with the meet director and appropriate officials, or the Meet Director shall disqualify a competitor who:

- (a) Gains an advantage by failing to complete the prescribed course;
- (b) Jostles, cuts across or obstructs another competitor so as to impede the other runner's progress. Direct contact is not necessary; any action that causes another runner to break stride or lose momentum is grounds for disqualification;
- (c) Veers to the right or to the left so as to impede a challenging runner or forces the challenging runner to run a greater distance;
- (d) Tries to force a way between two leading runners and makes direct contact so as to impede the progress of either;
- (e) Commits a flagrant foul; or
- (f) Is unduly aided by a coach, a teammate not in the race or a non-competitor associated with the team/association.

The Meet Director, Referee or course monitor will not rely on information provided by non-officials.

## **ARTICLE 6 - APPAREL**

The jersey or singlet worn by the members of a Association/team in cross country shall be basically identical for each member in color and style, and must be clearly visible throughout the race, i.e., worn as the outer garment if other apparel items are worn underneath by one or more team/association members. Because of the nature of cross country running, the preferences of individual athletes in certain weather situations will allow other apparel items to vary widely without penalty. Branded logos are permissible.

## **ARTICLE 7 - UNATTACHED RUNNERS**

Unattached athletes who meet conference age requirements may participate in a regular season cross country meets up to but not including the regular season championship meets. Unattached runners must pay SCYTFC a race fee of \$25. Unattached athletes must sign a liability waiver. Unattached runners may not participate in the Comets post season team.

## **ARTICLE 8 – POST SEASON UNATTACHED**

If an athlete is not selected for the post season Comets team, they may choose to run unattached wearing the Comets colors.

## **ARTICLE 9 – POST SEASON RUNNING FOR ANOTHER TEAM/ASSOCIATION**

No regular season athlete should choose to run for another team or conference in the post season if asked to run as a California Comet.

## **ARTICLE 10 - CHAMPIONSHIP MEET**

The Conference Champion Meet will rotate from each SCYTFC association home venue if feasible. The rotation begins with CAL in 2013 and then each year after to CC, SVRR, SCW, UTC, Lane 5, Flying Phoenix.

## **ARTICLE 11 - POST SEASON**

The official post season team of the Southern California Youth Track & Field Conference (SCYTFC) shall be the *California Comets*. Athletes competing in the SCYTFC Cross Country post season must compete in a minimum of four of the season's meets or half of the available season meets if a less than 6 meets are offered. An athlete's best four place finishes will be averaged to determine their seeding place order. Then the top eight will be invited to compete on the "A" team. In the event of a tie for eighth place, head to head competition from the last three meets shall be used to break the tie. All other athletes will be placed on subsequent teams.

## **ARTICLE 12 - NON-CONFERENCE TEAMS**

Non-conference Cross Country teams (non-voting) that would like to participate in SCYTFC meets must apply for a one-season membership at the March meeting. Approval requires a 2/3 vote of the Board. The Newbury Park Panthers are exempt.

## **ARTICLE 12 -POST SEASON VENUE**

Competition by athletes in SCYTFC Cross Country meets and for the Comets National Team in USATF or AAU National/Junior Olympics meets is purely optional, and participation outside of SCYTFC shall not be restricted by parents/athletes. In the August or September meeting, the SCYTFC BOD will determine by simple majority vote whether USATF or AAU National Championship meet will be attended for the coming cross country season each year. Any of the VCYTC (Newbury Park Panthers) Associations that participate in the SCYTFC Cross Country season can also vote at the August or September SCYTFC BOD meeting to determine the Cross Country National Championship meet. The Conference and Associations will support one SCYTFC national team (California Comets) at the national meet selected by the SCYTFC BOD's vote. Funding will only be provided to the SCYTFC Cross Country Post Season A team athletes that participate for the National/Junior Olympics each season.

## APPENDIX

\*Where for the sake of brevity Gremlin, Bantam, Midget, Youth and Young continue to be referenced within this document the actual age divisions are officially 8 and Under, 9-10, 11-12, 13-14, 15-16, 17-18 so as to correlate to AAU and USATF standards.

### VARSIITY CHAMPIONSHIP ORDER OF EVENTS

Hurdles	(prelim [heats])
3000 meter	(MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
110 meter hurdles	(YM, IB) - Final flights
100 meter hurdles	(YB, YW, IG, YG) - Final flights
80 meter hurdles	(MG, MB) - Final flights
400 meter/relays	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
100 meter prelims	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Heats
1500 meter	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
400 meter/dashes	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
100 meter	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
800 meter/run	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
200 meter hurdles	(YG, YB, IG, IB, YW, YM) - Final flights
200 meter prelims	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Heats
200 meter/dashes	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
1600/meter relays	(BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
200 meter/dashes (for 200 meter races with prelims)	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights

### JUNIOR VARSITY CHAMPIONSHIP ORDER OF EVENTS

3000 meter	(MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
110 meter hurdles	(YM, IB) - Final flights
100 meter hurdles	(YB, YW, IG, YG) - Final flights
80 -meter hurdles	(MG, MB) - Final flights
400 meter/relays	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
1500 meter	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
400 meter/dashes	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
100 meter	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
800 meter/run	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
200 meter hurdles	(YG, YB, IG, IB, YW, YM) - Final flights
200 meter/dashes	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights
1600/ meter relays	(BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) - Final flights

**2019 Varsity Standards**

<b>Event</b>	<b>GB</b>	<b>BB</b>	<b>MB</b>	<b>YB</b>	<b>IB</b>	<b>YM</b>	<b>GG</b>	<b>BG</b>	<b>MG</b>	<b>YG</b>	<b>IG</b>	<b>YW</b>
<b>100</b>	17.00	15.07	14.03	12.64	13.13	11.34	17.58	15.62	14.32	13.63	13.84	12.74
<b>200</b>	37.27	31.81	29.76	26.42	27.46	22.44	38.54	33.55	30.11	28.2	30.17	25.94
<b>400</b>	1:25.37	1:13.51	1:08.52	1:00.1	1:02.11	50.04	1:29.45	1:16.26	1:09.58	1:05.14	01:07.0	59.44
<b>800</b>	3:22	2:55	2:41	2:26	2:27	2:03	3:34	3:08	2:52	2:40	2:48	2:29
<b>1500</b>	6:37	5:51	5:30	5:00	5:06	04:17.0	7:19	6:25	5:51	5:32	6:25	05:16.0
<b>3000</b>	xxxx	xxxx	11:53	11:03	11:27	11:29.0	xxxx	xxxx	13:00	12:28	13:24	13:41.0
<b>80 H</b>	xxxx	xxxx	16.19	xxxx	xxxx	xxxx	xxxx	xxxx	17.38	xxxx	xxxx	xxxx
<b>100 H</b>	xxxx	xxxx	xxxx	18.64	17.54	15.44	xxxx	xxxx	xxxx	19.25	20.93	15.94
<b>200 H</b>	xxxx	xxxx	xxxx	31.95	30.38	30.6	xxxx	xxxx	xxxx	34.2	32.76	32.5
<b>HJ</b>	xxxx	3-06.00	4-00.00	4-08.00	4-08.00	5-04.00	xxxx	3-06.00	4-00.00	4-04.00	4-04.00	4-06.00
<b>LJ</b>	9-04.00	11-06.25	13-08.25	15-09.25	14-08.75	21-04.00	8-08.25	10-07.00	12-08.50	13-11.25	13-06.75	16-10.00
<b>SP</b>	xxxx	19'5"	26'2"	28'9"	27'11"	29'0"	xxxx	15'5"	19'9"	24'10"	25'11"	26'6"



### LANE SEEDING ASSIGNMENTS - 6 Lane Track

100m ,80 & 100m Hurdles		200m, 200m Hurdles, 400m & Relays		800m, 1500m, 3000m	
SEED	Lane	SEED	Lane	SEED	Lane
1	4	1	3	1	1
2	3	2	4	2	2
3	5	3	2	3	3
4	2	4	5	4	4
5	6	5	6	5	5
6	1	6	1	6	6

### LANE SEEDING ASSIGNMENTS - 8 Lane Track

100m ,80 & 100m Hurdles		200m, 200m Hurdles, 400m & Relays		800m, 1500m, 3000m	
SEED	Lane	SEED	Lane	SEED	Lane
1	4	1	4	1	1
2	5	2	5	2	2
3	3	3	3	3	3
4	6	4	6	4	4
5	2	5	2	5	5
6	7	6	7	6	6
7	1	7	1	7	7
8	8	8	8	8	8

### LANE SEEDING ASSIGNMENTS - 9 Lane Track

100m ,80 & 100m Hurdles		200m, 200m Hurdles, 400m & Relays		800m, 1500m, 3000m	
SEED	Lane	SEED	Lane	SEED	Lane
1	5	1	4	1	1
2	6	2	5	2	2
3	4	3	6	3	3
4	7	4	3	4	4
5	3	5	7	5	5
6	8	6	2	6	6
7	2	7	8	7	7
8	9	8	1	8	8
9	1	9	9	9	9

## Approved Changes

Date Approved	President/VP	Changes
December 8 2015	Elliot Hansen	The SCYTFC voted and approved the addition of 200m Hurdles as an official event. The event is official only for the SCYTFC conference. Athletes that qualify for the SCYTFC Championship meet and compete will not be able to run this event in the Co-Conference Championship meet.
April 18, 2017	Beth Seal	The SCYTFC voted and approved changes to the track and field post season rules: Title 1 Article 3 AAU/USATF PARTICIPATION Title 8 Post Season (all articles updated) All changes noted in this section were updated with input from all Board Members as a working meeting on 4/18/17.
3/13/18	Cindy Chan	Maintenance Title 1 Article 2 Age Groups & Divisions Title 9 Article 2 Age Groups & Divisions Title 1 Article 4, Section 4.03 Electronic Signature
4/22/18	Cindy Chan	The varsity standards for Shot Put were inadvertently dropped from the document. Added the Shot Put standards back to the rule book.
1/12/2019	SCYTFC Board Rulebook Committee	Revised rulebook and standards as voted and approved by the SCYTFC Board designated representatives in sub-committee 1/12/19,1/23/19, 3/17/19

