



Track & Field/Cross Country Rules

Ages 4-16

Note to parents: All YMCA Youth Sports programs are meant for fun and fair play while in a casual, non-intimidating atmosphere. Parents are expected to support and respect *all* players, coaches and officials. Parents will be held accountable to uphold the values listed in the Parent Code of Conduct. Parents will not be allowed on the in field.

Warm Up

- Warm-up a minimum of 30 before the start of the Dual and All-City meet.

Participation & Substitution

- All age groups can only participate in a max of 3 events not including Coach selected relay teams.
- During meets we ask for parents to stay off the track and the in field.

Officiating

- For All-City meet a starter official is provided and volunteers for the timing and measuring.
- Dual meets host center will coordinate starter and timers with visiting teams.

Starting the Meet

- 1st Call-Head to the event
- 2nd Call- Check in with starter
- 3rd Call-Race is starting
- There will be a starter each participant must report to and declare they are present for their upcoming race.
- Announcements will be made for 1st, 2nd, and 3rd (Final) call to keep coaches aware of upcoming events.

Timing/Scoring

- 5 points for 1st, 3 points for 2nd, 1 point for 3rd
- We will do a boys division and girls division for ages 4-5, 6-7, 8-9, 10-11, 12-13, 14-16
- If a participant gets 1st out of their heat that doesn't mean they get the points. It is the best 3 times out of all heats in that age group.
- Long Jump/Shot Put/Turbo Jav- Each participant will have 2 attempts and best attempt gets scored.

Violation

- If a participant false starts, we will not stop the race. We will allow the participant to continue running; however, their time will not be scored. The exception will be the 4-5 year olds.
- If relay team drops the baton they will finish the race but will be marked disqualified.

Field Events

- Ages 4-5 only do Long Jump and Turbo Jav
- Ages 4-5/6-7 jump from the edge of the sand pit
- Ages 8+ jump from 3.3ft (1M) from the edge of the sand pit.
- Age 6-7 use 2kg shot (3lbs)
- Ages 8-12 use 6lb shot
- Ages 13-16 Boys use 4kg/Girls use 6lbs
- Ages 4-9 use 300G Turbo Jav
- Ages 10-16 use 400G Turbo Jav

Relays

- Each center is allowed 3 relay teams and only one team will score points. (ex. A team has the better time than B and C, A team gets the points). Teams are decided by the coaches.
- For 4 by 1, all teams meet at start line to hear instructions from the Starter. Then the 2nd, 3rd, and 4th legs will be released to their spot on the track. Once each leg is ready in their spots, a coach or volunteer will raise arm to show they're ready. Once all are in ready position, race will begin. The baton must be passed within the exchange zone.
- For 4 by 4, all teams meet at start line to hear instructions from the Starter. The 2nd leg will be moved to their exchange zone just behind the start/finish line. The 3rd and 4th legs will be lined up off the track and will move onto track when appropriate. The first leg stays in their own lane throughout the first lap. The 2nd leg will stay in their lane through the first 100 and merge to inside lane once they pass through cones laid on the track.

Order of Running Events

- 1600m
- 60m
- 100m
- 400m
- 4x100m
- 800m
- 200m
- 4x400m

Cross Country

- Cross Country will be governed by IHSAA rules.