



Track & Field/Cross Country Rules

Ages 4-12

All YMCA Youth Sports programs are meant for fun and fair play while in a casual, non-intimidating atmosphere. Coaches, parents, and participants are expected to support and respect all athletes, volunteers, coaches, and officials.

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.
- Each participant may only compete once per event (including relays), regardless of age group.
- 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
- Each participant must report to a starter 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.

All-City Meet Scoring

- 10 points for 1st, 8 points for 2nd, 6 points for 3rd, 4 points for 4th, 2 points for 5th, 1 point for 6th.
- Competitors are placed in the order in which any part of their bodies reaches the finish line (i.e. head, arms, hands, legs, feet, or torso).
- Relay teams from any center may only earn points once per age category. (ex. A center enters two 8-9 boys 4x100m relay teams and finishes 1st and 2nd. Only the 1st place points will be earned.)
- We will do a boys division and girls division for ages 4, 5-6, 7-8, 9-10, and 11-12.
- If a participant gets 1st out of their heat, that doesn't mean they won 1st place or get the points. The top six times out of all heats in each age group will earn points.
- Long Jump/Shot Put/Turbo Jav: Each participant will have 3 attempts, and the best attempt is scored.

Running Events Violations

- If a participant false starts, we will not stop the race. The participant may continue running; however, their time will not be scored. This participant will be marked as disqualified (DQ).
- If a relay team drops the baton without interfering with another team's race, they will finish the race and their time will be scored. However, if dropping the baton interferes with another team's race, the team that dropped the baton will be marked as disqualified (DQ).
- If a relay team passes the baton outside of the exchange zone, they will finish the race, but will be marked as disqualified (DQ).
- If a competitor runs out of their assigned lane and thereby jostles, obstructs or impedes another participant's race, the competitor will be marked as disqualified (DQ). The Official may either choose to order the race to be re-held (minus the disqualified athlete), or allow the impeded athlete to compete in a subsequent round of the race.

Field Events

Long Jump

- Open to All Ages.
- Age 4 jump from the edge of the sand pit.
- Ages 5+ jump from a taped board measuring 3' from the edge of the sand pit. If the host facility has an existing board on the runway, competitors may elect to jump from this distance as long as they inform the official at check-in.
- Measurements are taken from the front of the pit (age 4) or the front of the taped board/runway board (ages 5+) to the mark in the sand that is closest to the runway, which could be a handprint, footprint, or other body print.
- Marks are recorded in feet and inches to the closest quarter of an inch.
- Each competitor receives 3 attempts.
- Before each competitor jumps, in order to indicate the jump off location, the official will place cones on either side of 1) the edge of the sand pit for age 4, 2) the taped board for ages 5+, or 3) the runway board if present and selected by the competitor.
- Competitors must exit to the Rear/Back of the sand pit.

Violations: DO NOT MEASURE FOUL JUMPS.

- A FOUL will be recorded for competitors age 5+ who take off in front of the designated board. No part of the athlete's foot may cross the takeoff board.
- A FOUL will be recorded for any competitor taking off from two feet.

Turbo Javelin

- Open to All Ages.
- Weights: Officials should check that each competitor uses the correct turbo jav.

Age 4-8	300g
Ages 9-10	400g
Ages 11-12	450g Aero Jav
- Measurements are taken from the front of the throwing/foul line to the first point of contact, whether tip, tail, or grip. If the turbo jav lands flat, measure from the center of grip.
- Marks are recorded in feet and inches to the closest half an inch.
- Each competitor receives 3 attempts.

Violations: DO NOT MEASURE FOUL THROWS.

- A FOUL will be recorded if the thrower crosses the foul line during the throw.
- A FOUL will be recorded if the turbo jav lands outside of the sector.

Shot Put

- Open to Ages 5-12.
- Weights: Officials should check that each competitor uses the correct shot put.

Age 5-8	3lbs
Age 9-12	6lbs
- Measurements are taken from the center, inside portion of the toe board to the first point of contact, not where the shot put rolls to.
- Marks are recorded in feet and inches to the closest half an inch.
- Each competitor receives 3 attempts.

Violations: DO NOT MEASURE FOUL THROWS.

- A FOUL will be recorded if the thrower leaves the circle before the implement lands.
- A FOUL will be recorded if the thrower exits the front half of the circle.
- A FOUL will be recorded if the thrower touches the top of the toe board or steps out of the circle during the throw.
- A FOUL will be recorded if the shot put lands outside of the sector.

Relays

- Each center is allowed to enter 2 relay teams per category, but only one team will score points. (ex. A team has a better time than B, A team gets the points.) Teams are decided by the coaches.
- If a relay team is composed of both boys and girls, that team will be scored against other boy teams for that age category.
- Athletes may run up (compete in an older age category) for a relay at Coach discretion.
- Each athlete may only compete once per relay event. (ex. A runner who competes in a 4 4x100m relay may NOT compete for a second time in a 5-6 4x100m relay.)
- For 4x100, all teams meet at the 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 an arm to show they're ready. Once all are in a ready position, the race will begin.
- The baton must be passed within the exchange zone.
- For 4x400, all teams meet at the 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 the inside lane once they pass through cones laid on the track. The baton must be passed within the exchange zone.

Order of Running Events - Spring Track & Field

- 1600m
- 60m (Age 4 only)
- 100m
- 400m
- 4x100m relay
- 800m
- 200m
- 4x400m relay

Order of All-City Relay Events - Fall Track

- Distance Medley: 400x2, 800, 1600 (Ages 7+)
- Mini Medley: 50x2, 100, 200 (Ages 4 only)
- 4x100 (Ages 4+)
- 4x400 (Ages 5+)
- Sprint Medley: 100x2, 200, 400 (Ages 5+)
- 4x800 (Age 7+)
- 4x200 (Age 5+)

Cross Country

- Cross Country will be governed by IHSAA rules.

Track & Field Events by age group

4 year-olds *stand-alone group*

Running: 60m, 100m

Field: long jump (from end of runway), turbo javelin (300g)

Relays: 4x100m

5-6 year-olds & 7-8 year olds

Running: 100m, 200m, 400m, 800m, 1600m

Field: long jump (from 3' board), turbo javelin (300g), shot put (3lb)

Relays: 4x100m, 4x400m

9-10 year-olds

Running: 100m, 200m, 400m, 800m, 1600m

Field: long jump (from 3' board), turbo javelin (400g), shot put (6lb)

Relays: 4x100m, 4x400m

11-12 year-olds

Running: 100m, 200m, 400m, 800m, 1600m

Field: long jump (from 3' board), turbo javelin (450g), aero javelin, shot put (6lb)

Relays: 4x100m, 4x400m