

WARRICK COUNTY SCHOOL CORPORATION

ELEMENTARY TRACK RULES

Divisional Separation

1. A school's track team shall consist of a girls track team and a boys track team. Both teams will participate in all track meets. There shall be a County Meet at the conclusion of the track season; this event will include all elementary schools in Warrick County.

Age Limit

1. A student may participate in this sport up to and including the age of twelve. No student may participate in this sport at the age of thirteen. Student athletes will become ineligible for participation on the day of their thirteenth birthday.

Scholastic Eligibility

2. Students participating in any type of elementary athletic program/extracurricular activity will be declared ineligible to participate if the student receives an "F" in any subject area or "U" in conduct on his/her midterm or nine week report card. Either the midterm or nine week report card will be utilized to re-gaining eligibility (must receive passing grades) to participate in elementary athletics/extracurricular activities.
3. Ineligibility will begin on the day the midterms/report cards are issued. During this ineligibility, a player is not allowed to practice or participate in any game.

Grade Level Eligibility

4. Students in grades four and five are eligible to participate in track events, unless school rules prohibit fourth grade from participating. In order to field participants for every event, the small schools may use students from the third grade.

Shoe Requirements

5. All track participants must wear shoes in all events. Metal spikes, metal cleats, football shoes, soccer cleats, baseball/softball cleats, and any other type of cleat or shoe that allows for traction control are **not permitted**.

Schedule

6. The track schedule will be prepared by the Athletic Council President. A total of five meets will be scheduled during the season, this includes the Warrick County Meet.

Order of Events

7. In the County Meet, girls will start with running events first and end with field events. Boys will do the opposite, starting with field events and finishing with running events. All running events will occur in the following order:

**800 Meter Run/ 400 Meter Run/ 200 Meter Run/ 100 Meter Dash/75 Meter Dash/
60 Meter Dash/ 50 Meter Dash/ 400 Meter Relay/ 800 Meter Relay/ and the 400
Meter Shuttle**

Event Participation Limits

8. In the 50, 60, 75, 100 and 200 meter dashes and runs, no more than two runners per school will be allowed to participate (**only one participant per school in the County Meet**). ****Principals have the right to change the number of participants in order to accommodate track facilities****

- Up to five runners (3 in the county meet) per school will be allowed in the 400 & 800 meter runs. Principals hosting meets may allow more.
- Only four (three in county meet) participants per school will be allowed per field event.
- Only one relay team will be allowed per school, per event.
- **Small school students may participate in four (4) events during regular track season.** (Example): A participant may enter two running events, one field event, and one relay; (OR) one running event, two field events, and one relay. Small school students are to participate in no more than one relay event.
- **Large school students are limited to only participating in three events (one field event, one running event, and one relay).**

During the County Track Meet all students (Large and Small school participants) are limited to entering (1) running event, (1) field event, and (1) relay. To enter more than one of each event will **disqualify** that participant in **all events**.

Points for Events

9. The number of places to be scored for each event, unless otherwise designated by the host school's principal, shall be according to the following table:

<u>Number of Teams Competing</u>	<u>Individual Scoring</u>	<u>Relay Scoring</u>
2.....	5-3-1	5
10 teams (County Meet).....	10-8-6-4-2-1	10-8-6-4-2-1

Baseball, Football, and Softball Throws

10. Students in these throwing events shall make three consecutive throws in the event that they are participating in before the next athlete participates. Throws may be made from either a stand or with a run-up. Throws will be counted as an attempt, but not measured, if the participant steps on or over the line in delivering the throw. A participant is allowed one run-up without releasing the ball, but failure to release the ball on the second run-up will be counted as an official attempt, but not measured. A throw will be counted as an attempt, but not measured, if the ball goes over/past lateral boundary lines. Measurement of all throws will be made in a straight line from the nearest measuring line. To insure equality and consistency of the equipment -the same balls will be furnished for all of the contestants and they shall be junior footballs and 12" softballs. **Participants must use this equipment only. Cleats or shoes that help with traction are not allowed for these events.**

Shot Put

11. Participants must pause after stepping into the circle before the throw. Participant's body cannot touch the circle, ground outside the circle, or the top of the stop board. A miss will be ruled if the participant inadvertently drops the shot and it lands *outside the circle*. The put may not land outside the seater lines. The participant must leave by the back half of the circle. Whatever a participant takes into the circle must stay inside the circle--caps, towels, etc. cannot be thrown out. Fingers cannot be taped together. The shot must be held above the shoulder and cannot drop below the shoulder before the put is completed. To ensure equality and consistency of equipment, one **6 lb.** shot put will be used in the event. **** All participants must use a 6lb. shot put provided by the host school. ****

Long Jump

12. The following actions will count as official attempt, but is registered as an **unmeasured miss / fault / scratch**:

- Any part of the jumpers shoe extends over the scratchboard or line.
- After competition has started, a competitor runs across the scratchboard or line or that line extended.
- Jumper touches the outside of the pit *BEHIND HIS MARK INSIDE* the pit.
- Jumper lands outside the pit.
- Jumper walks back toward the board, making a new mark closer to the board.

A participant is allowed one run-up without passing the plane of the scratchboard. Each run-up after the first will be counted as an official jump.

Measurement of the jump should be from the point closest to the scratchboard. Measurement should be made from the point of the landing to the scratchboard, with the distance read by the board.

In the event of a tie, the higher place is awarded to the tying competitor whose *second best* performance in either the preliminary trials or the finals is *better than any other tied competitor*.