

**Valley League Basic Track and Field Rules
Elementary Division (2nd - 5th Grade)**

Meet Management and Organization

- 1 Meet times, dates and schedule are to be determined by the host organization.
- 2 The meet schedule should be posted or communicated to the participating organizations at least 48 hours prior to the meet. At a minimum - the start time should be communicated.

The Schedule should note any specific limitations being placed on the meet i.e. limited number of entries in an event...

The stated times are "starting times."

- 3 Events:

50m Dash (2nd grade only)
100m Dash
200m Dash
400m Dash
800m Run (4th and 5th grade only)
4/100m Relay
Softball Throw
Long Jump
Turbo Jav 300gm
High Jump (3rd - 5th grade only)

- 4 If athletic.Net is being used - the host organization will need to specify a deadline for entries that is reasonable for the visiting coaches to make the entries.
- 5 Label System for organization. Coaches complete a label for each athlete and the respective events they are participating in. The label depicts:

athlete name
grade
gender
school/organization
event

Labels are attached to the athlete's jersey and are provided to the official at each event they are entering. The label can then become part of the "event" sheet. Suggest labels no larger than 1in x 2&5/8 in. Avery label # is 5160

- 6 Track and Field is generally an all-weather sport. Cancellations are rare. With inclement weather - the assumption will be that the meet will be held unless advised otherwise.

For safety, all events will be halted in the event of lightening or thunder. The meet may resume 30 minutes after the last lightening or thunder activity.

- 7 Coaches Meetings just prior to the meet start are advisable.

General Rules

- 1 All athletes will wear shoes during competition
- 2 Shoes with spikes are not permitted
- 3 Starting blocks are not allowed
- 4 Relay team members must wear the same color and similar style uniform
- 5 Relay batons will be of regulation size and form. The baton will not be taped or altered.
- 6 Athletes in the field events are not permitted to warm up at a field event site unless an event official and or coach is present. If a coach is onsite, it must be a coach from the same teams as the athlete.

If a field event is "coned-off" no warm ups are permitted until the event official removes the cone. Coaches cannot override the cone rule.
- 7 Athletes may participate in three individual events consisting of:

one running event and two field events or two field events and one running event.

Participating in a relay does not count as one of the above events.
- 8 In second through fourth grade running events, a false start will be charged to the individual. A second false start by the same individual(s) will result in a disqualification.

In the fifth grade running events, the first false start will be charged to the field. Subsequent false starts will be charged to the individual and result in a disqualification.
- 9 Unsportsmanlike conduct, failure to follow instructions from a meet official and safety violations will result in a warning. A second violation will result in a disqualification from the meet. Meet management should be made aware as soon as possible by the meet official taking the action.

Our objective should be to teach and correct.
- 10 Video, phones, cameras and any other type of electronic devices are not to be shown to or viewed by the athlete during competition. Athletes may be disqualified. Coaches showing video, photos, etc. to athletes during the competition will be ejected from the meet.

Field Events:

Softball Throw

- 1 Softball should be a standard 12 inch ball for all divisions.
- 2 Athletes may throw from a standing position or throw from a run-up. Each athlete is given a total of three (3) throws.
- 3 The athlete must throw the ball within the lines of a 50 foot wide area. In either the standing throw or run-up there should be a "scratch" or "foul" line 10 foot wide and centered within the 50 foot width landing sector.

***Organizations having access to a regular javelin runaway and sector may elect to use this venue and disregard the dimensions described above.
- 4 If the athlete touches the "foul" line or crosses over it during the throw - it will be marked as a "foul" and not measured. It counts as one of the three throws. After completing the throw, the athlete is to exit the throw area by the sides and not crossing the throw line. Crossing the throw line after a throw is to be considered a foul.
- 5 If the ball hits on or outside of the sector line the throw is also marked as a "foul" and is not measured. It counts as one of the three throws.
- 6 Measurement is made from where the ball first hits the ground inside the sector. The correct measurement is the closest edge of where the ball hit to the throwing line. Measurement should be read at the inside edge of the throwing line. Measurements should be made to the lessor inch.
***In the event of a tie, the thrower with the second best throw would break the tie.
- 7 Throwers have 60 seconds to get their throw completed once their name is called.
- 8 A cone should be placed at the throwing foul line as a guide for the throwers.

Long Jump

- 1 Jumpers are given three jumps each. Jumpers may do a standing long jump or run up to the jump.
- 2 The "take-off" board or painted area should be close enough to the pit so that all jumpers will land in the sand or soft pit material. For 2019, the league has adopted the standard of a line that is 12" from the edge of the pit that is to be taped or marked.

If a jumper elects to do a standing long jump - they should be sure they can jump far enough to land in the soft material in the pit.
- 3 It will be considered a foul if the jumper crosses the inside edge of the take-off area (board or painted area) during their jump.
- 4 Measurements will be made from the closest landing contact back to the inside edge of the take-off board/painted area. Measurement will be to the lessor 1/4 inch.
- 5 Jumpers have 60 seconds once their name is called to get their jump completed.
- 6 A cone should be placed outside of the runway and close to the inside edge of the take-off board. This is just a guide for the jumpers.

Field Events (continued):

High Jump

- 1 **A Velcro strap will be used for the 2019 season**
- 2 Jumpers may do a standing or run-up jump.
- 3 Jumps shall be made over a standard high jump bar and into a standard high jump pit.
- 4 Jumpers are given three jumping attempts at each height. A jumper may elect to pass at an earlier height before they begin participating. The event official should be made aware of what height they plan to enter at.
 - a. If a jumper leaves for another event - they will jump at the height the bar is at when they return. The event official will wait three minutes after all present have finished their jumps/attempts before raising the bar. The bar is not lowered. The bar will be raised in two inch increments.
- 5 Jumping takeoffs must be off of one foot.
- 6 Ties are broken by fewer misses at earlier heights. If jumpers are still tied - the final results will be recorded as a tie.
- 7 Jumpers have 60 seconds to complete their jump once their name is called.
- 8 Starting Heights:
 - a. 3'4" 5th Grade Boys
 - b. 3'2" 5th Grade Girls
 - c. 3'0" 4th Grade Boys
 - d. 2'10" 4th Grade Girls
 - e. 2'8" if not below the top of pad - 3rd Grade

Field Events (continued):

Turbo Javelin:

- 1 Use a 300 or 400 gram turbo javelin.
- 2 Each participant gets three throws.
- 3 A standard high school javelin runway and sector may be used. During the 2019 Season, an improvised sector may be developed that is of reasonable width. The foul line should be approximately 13' wide.
- 4 If a competitor steps or falls over the foul line it would be counted as "foul" and not marked.
- 5 Competitors must exit to the side and behind the foul line.
- 6 If the javelin hits the white line or goes outside of the sector line, the throw is marked as a "foul." \
- 7 A throw is measured from where it first hits within the sector.
- 8 ***A throw that lands with the tail-end hitting first is counted as a foul.*** A "flat" landing will be counted as a legal throw in this league and should be measured from where the javelin was deemed to hit the ground first.
- 9 A proper throw is overhand. Side arm and underhand throws are counted as a foul.
- 10 Measurements are made to the lesser inch.

Running Events:

1 Order of events:

Girl's races will always start before boy's races in each event

4/100m Relay

50m Dash (2nd grade only)

400m Run

100m Dash

800m Run (4th and 5th grade only)

200m Dash

Meet management may have designated start times for each running event or use a "rolling" format - meaning once one event is completed the other will start.

2 Exchanges in the relay exchange zones will be enforced. Runners will not use the acceleration zones.

4 Runners observed by a meet official to interfere with another runner may be disqualified.

Runners in lanes and on a curve who step on or over the lane line three or more consecutive steps will be disqualified. This may be mitigated if they were interfered with by another athlete.

5 Batons must be handed between the incoming and outgoing runners. The baton may not be thrown between team members.