

CGSAA TRACK AND FIELD MEET GENERAL RULES

All member schools of the CGSAA are urged to participate. NOTE: All students who participate must be regularly enrolled students at the school from which they participate.

Age limits will be as for other CGSAA sports: no 8th grader may have reached his or her 15th birthday before September 1st of last year, etc. Participants may complete in a higher grade event only if they have not competed in the same event in their normal grade, and they have not exceeded their entry limit.

The meet will be run according to the rules of the Oklahoma Secondary Schools Activities Association except as herein amended. One false start per runner on running events will be permitted. The official starters or the Track Commissioner will be the only ones who can disqualify an individual or relay team for lane violations or two false starts. All interpretations of rules will be the responsibility of the track commissioner or his designated representatives. It is the responsibility of each coordinator and coach to see that his team members are aware of the rules and the meet procedures.

Grades 1 & 2	Boys & Girls	50 M dash, 100 M dash, standing broad jump, running long jump, softball throw, 200 M shuttle relay
Grades 3 & 4	Boys & Girls	50 M dash, 100 M dash, 200 M dash, standing broad jump, running long jump, softball throw, 4x100 M relay
Grades 5 & 6	Boys & Girls	100 M dash, 200 M dash, 400 M dash, 800 M run, 50 M dash, long jump, shot put (boys only), softball throw, 4 x 100 M relay.
Grades 7 & 8	Boys and Girls	50 M dash, 100 M dash, 200 M dash, 400 M run, 800 M run, 1600 M run, long jump, shot put, discus (boys only), softball throw (girls only), 4x100 M relay, 4x400 M relay (co-ed) <u>A participant may not run in both the 4x100 M relay and the 4x400 coed relay.</u>

All running events of more than 100 M and the 4 x 100 M and the 4 x 400 M relays will be run in the sections against time. All running events over the 400 M will have a group waterfall start.

Grades 1 & 2, 200 M relay, will be run shuttle-fashion (back and forth in two lanes) with batons (hand offs will be with the right hand.)

Grades 3 through 8, 4 x 100 M relay, will be run straight-away around track with batons. Lane violations will mean team disqualification.

The number of trials in field events shall be three. Two warm-ups before the trials will be permitted.

Scoring Awards: Scoring for individual events will be on the 6-4-3-2-1 basis in individual events and 12-8-6-4-2 in relays. All points count on the total of the grade in which they are earned. Individual ribbons will be awarded to the top six places in each event.

Entry Limits: **Grade 5-8:** Competitor may enter three (3) running events and two (2) field events (both the 4 x 100 M Relay and the 4 x 400 Co-Ed Relay each count as one (1) running event) a participant may not run in both the 4x100 relay and the 4x400 coed relay.

Grade 3-4: Competitor may compete in two running events (not to include relays), one relay, and one field event.

Grade 1-2: One running event, one relay, and one field event per competitor.

In each grade a school may enter two competitors per event except relays, in which they may enter one team of 4 runners.

Implements: Shot for Grades 7 & 8 Boys shall be 8 lbs. Grades 5 & 6 Boys and Grades 7 & 8 Girls Shot shall be 6 lbs. The shot put must be touching the sides of one's face and released in a forward direction. Softball shall be standard regulation softball. Discus shall be standard junior high school weight. Batons shall be round, cylinder, hollow, not over 12" long, with no tape or additions of any kind.

ONLY THE FOLLOWING TYPES OF FOOTWEAR WILL BE ALLOWED: RUNNING SHOES OR "FLATS". NO SOCCER SHOES, RUBBER CLEATED SHOES, TRACK SHOES, STREET SHOES, BARE FEET, BASEBALL OR FOOTBALL SHOES WILL BE ALLOWED. ANY ATHLETE WEARINIG ANY OF THE PROHIBITED FOOTWEAR ONTO THE TRACK WILL BE BARRED FROM FURTHER PARTICIPATION IN THE MEET.

Uniform: Each school team must designate its color to be worn, and all competitors from that school will wear a top; which is of the color, or a T-shirt with the school name and initials boldly printed on it. Shorts, leg supports, sweat pants, and any type of athletic pant may be worn. No jeans or slacks allowed. **NOTE: EACH PARTICIPANT IN THE MEET SHALL BE REQUIRED TO HAVE A TAG ON THE FRONT OF HIS OR HER UNIFORM WHICH CONTAINS THE FOLLOWING INFORMATION: (1) NAME OF PARTICIPANT (2) GRADE LEVEL OF THE PARTICIPANT AND (3) SCHOOL WHICH THE PARTICIPANTS REPRESENTS. THIS INFORMATION MUST BE LEGIBLE.**

Optional information on the tag may include the events in which the participant is scheduled. The listing of events on the tag, however, is not mandatory nor must a participant necessarily compete in the event listed on his or her tag.

Stadium and field areas: all participants not having an event must stay in the stadium. All coaches, parents and spectators not working the meet must stay in the stadium.

Each school must have one responsible adult sitting in the first row of their school's designated section to keep their children off the fence during races.

Entry Fees: Will be \$150 per school or \$9.00 per participant, whichever is less.