

# Track & Field Rules

For Middle School

## Parochial Athletics League (PAL)

Omaha, Nebraska

- *We all want the athletes to have a good experience regarding track & field*
- *We will strive to be correct in our measurements and timing but mistakes will happen.*
- *Remember to have fun and please be respectful of the volunteers.*

The following rules apply to regular meets with exceptions noted for the Championship Meet.

### Participation Rules

**Each School participating in the Track Meet must provide...**

- **a Stop Watch (labeled with your school name)**
- **a minimum of 2 volunteers to help with timing/picking**
- **run a field event and supply the needed volunteers for that event**

#### Field Events

- Each school may enter up to 4 athletes in each Field Event for regular meets.
- In the Championship meet a school may enter 2 athletes in each Field Event.

#### Relay Events

- In each Relay Event a school may enter up to 3 teams, 4 runners per team.
- In the championship meet t a school may enter 2 teams in each Relay Event.
- Only one relay/school is scored If a school places two teams in a relay. The higher placed team gets the points. The lower placed team does not get the points. They earn the ribbons, but the points fall out of the scoring. They do not get passed down to the next team.

#### Individual Running Events

- In each Running Event, a school may enter up to 4 runners.
- In the championship meet a school may enter 2 runners.

#### Overall

- **IMPORTANT: Each individual athlete may compete in no more than 4 Events per meet.**
- Heats will be arranged such that schools should enter their fastest runners in Heat 1, next fastest in Heat 2 and so on.
- Host Team(s) will provide Meet Results to all participating schools and the PAL Track Coordinator. The coordinator will share these results with all schools.
- If there are openings in heats (or flights), meet officials may allow other schools to fill those positions with athletes who have less than 4 events.
  - Only 4 individuals and one relay from each school are eligible for scoring.
  - There will be no extra entries or B team allowed at the Championship meet.
  - Hosts of each meet will decide if this is an option based on time, resources, or other factors.
  - The league may grant member schools the right to field a “B” team to accommodate large squads.. No “B” team is allowed at the Supermeet.
  - Teams wishing to co-op with another school must request this from the coordinator prior to the season. The league has final approval of any such arrangement.

## Scoring

### Scoring for Regular Season Meets

Place	1st	2nd	3rd	4th	5th	6th
Points	10	8	6	4	2	1

### Scoring for PAL Championships

Place	1st	2nd	3rd	4th	5th	6th	7th	8th
Points	10	8	6	5	4	3	2	1

## Awards

### Individual Awards

- Top 6 individual Event winners and all members of top 6 relay teams will receive a ribbon.
- Top 3 positions at the Championship will receive medals, and 4<sup>th</sup> – 8<sup>th</sup> will receive ribbons.

### Ties

- Jumps or throws, go to next best jump/throw to break tie
- Timed events, split points for next 2 places - Coin flip for top ribbon/medal
  - *Example:* tie for 3, split 3+4 points, coin flip winner gets 3rd place ribbon
  - Tie in final place (6th or 8th) = split points and coin flip for single ribbon

### Team Awards

- 1<sup>st</sup> and 2<sup>nd</sup> place Boys and Girls teams in each meet will receive trophies.
- In the Super Meet, 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place Boys and Girls teams will receive trophies.

## Field Events

### General

- Field Events typically start all at the same time. If you have an athlete in more than one Field Event one of which is the High Jump, they must **report to the High Jump First**.
  - **Coaches** are responsible for notifying the Field Event Officials that their athlete is participating in the other Field Event.
  - **Coaches** will also ensure their athletes promptly report to their next Field Event.

### High Jump

- Opening Height for Boys 4'4", Opening Height for Girls 3' 8".
- 3 attempts at each height to advance.
- Bar will be raised at 2" increments, a single remaining jumper may choose the next increment.
- Athletes must jump from one foot. Any jump using both feet is a scratch.
- In case of tie: Fewest Total Misses= wins

### Long Jump and Triple Jump

- Each individual allowed at least 2 run-throughs for warm-up.
- Jumpers will receive 3 attempts.
- We will go through the entire flight once then repeat that flight for the second and third attempt.
- Measure jumps to the nearest quarter inch.
- At the Supermeet jumpers will receive 4 attempts.

**Shot Put**

- Boys throw 8 lb shot, Girls throw 6 lb shot, 3 attempts.
- Each individual allowed at least 2 practice throws for warm-up.
- We will go through the entire flight once then repeat that flight for the second and third attempt.
- Measure throws to the nearest quarter inch.
- Measurement must be made from the "inside" of the ring out to the imprint made by the shot that is closest to the ring.
- Supermeet throwers will receive 4 attempts.

**Discus**

- Both boys and girls throw a 1kg discus. This is the same weight used by HS girls.
- Each individual allowed at least 2 practice throws during warm-up
- Go through entire flight for first, second and third attempts.
- Measure throws to the nearest inch.
- Supermeet throwers will receive 4 attempts.

**Running Events****Running Events**

- The PAL Track order of events is: 1600, 4X200, 100, Dist. Med.(200-200-400-800), 60H, 400, 200, 800, 4X100, 4X400.
- The Meet Directors must notify the teams of the order of events in advance if different than listed above, e.g. relay meet.
- All running events will be run as finals against time. If the track being used has less lanes than the number of teams competing, the 100M dash may be run as preliminaries with the fastest times advancing to a final to be held as the last running event.
- Non-competitors running along with a competitor, either on the track or alongside, are engaging in "pacing", and could subject their team to disqualification in that event. All such disqualifications shall be at the discretion of the clerk of finish.
- At the Supermeet all running events will be seeded based on previous meet results from the season. The top 16 seeded entries will fill the first two heats with the other entries assigned randomly to any remaining heats. To be seeded in any event an athlete must have run that event at a PAL meet during the same season.
- Meet hosts may combine and eliminate heats if possible. The 1600M Run and the 800M Run are often run as one heat depending upon number of entries.

**Relays – General Notes**

- Relay Teams must exchange the baton in the designated exchange zones.
- If the baton is dropped, the team may pick up the baton and finish the race without disqualification provided there is no interference with another team and provided the dropped baton does not provide an advantage (such as passing it forward to another team member).
- Please remind your runners (especially relay runners) not get in the way of other runners on the track (STAY IN YOUR LANE). Teams may be disqualified if they interfere with another team's performance.
- If a Relay Team is disqualified, race officials are encouraged to allow the team to finish the race and record a time; however, the team will not be eligible for scoring or awards.

**100/110 Meter Hurdles-**

- There will be 10 hurdles set at the lowest setting.
- Boys race starts from the high school boys 110m hurdles start, girls race starts from the 100m start.
- Use the high school hurdle markings for the boys/girls races
- Boystown Indoor will run the shorter hurdle (60 m) race as their facilities require it.

**4 x 200 Relay**

- Nebraska high schools do not run this event therefore not many tracks in our area mark the exchange zones for this event.
- If the track is marked for this event, all runners stay in lanes for the entire race.
- If the track is NOT marked for this event, first runners cut-in after coming out of the first turn.

**100 Meters**

- 100 Meter Runoff
  - The Super Meet will feature a finals for the 100 Meter dash.
  - For regular season meets, runoffs will not be required. Meet organizers have the option to hold runoffs provided coaches are notified of the order of events (including prelims and runoff) prior to the meet.
  - The Top 8 (or 6 depending on the track) finishers by time of the 100 Meter prelims will run a final heat, or runoff, to determine final scoring.
  - Only runners in this final heat are eligible for awards regardless of times recorded in previous heats.

**800 Meters**

- Staggered start and cut in after the first turn.

**1600 Meters**

- Staggered start and cut in after the first turn.
- OR Waterfall start, cut-in when you have 2 stride lead

**4 x 400 Relay**

- First runner in lanes the entire way.
- 2nd runner in lane until coming out of first turn then cut in.

**Sprint Medley (100, 100, 200, 400)**

- First 3 legs stay in lane.
- 400 runner (anchor leg) cuts in after exchange zone.

**Distance Medley (200, 200, 400, 800)**

- *First 2 legs stay in lane.*
- 400 runner (3rd leg) cuts in after exchange zone.