Devoted to the
Recreational
Interests of the
Catholic
Grade School Youth

INTER-CITY
CATHOLIC
LEAGUE

Track and Field Rules

(REVISED MARCH 2012)

I. General Rules

A. IHSAA Rules

Except where otherwise noted in these rules, ICCL track and field will follow the rules governing Indiana high school track and field.

B. ICCL Constitution

The ICCL Constitution governs the organization and support of track.

C. Divisions of Competition

The competition will be divided into **two competing classes**: Varsity (7th and 8th grade) and JV (5th and 6th grade). These classes are determined by grade, not age. Competitors may move up, but not down a class. A competitor may compete in only one class during a meet.

D. Number of events

Each athlete may participate in up to four (4) running events <u>and</u> two (2) field events. Exhibition events are not included in an athlete's number of events. Competitors may not compete in the same event in more than one division.

E. Uniforms

Due to the varying size of teams and consolidations from year to year, the ICCL uniform requirements are not as strict as the IHSAA rules. However, all uniforms must be appropriate in appearance (i.e., no midriff tops, no short shorts). Any competitor wearing a uniform deemed inappropriate by the starter will not be permitted to compete until the uniform is changed. The starter's decision regarding all uniforms is final.

1. Singlets/Tops

Teams should have the same color top for all competitors, if possible. If a combined team does not have sufficient uniform tops to outfit their entire roster, the members from the consolidated team may wear their own uniform tops (e.g., if Holy Family and St. John are combined, the HF girls may wear their Columbia Blue tops and the St. John girls may wear their maroon tops). However, the starter and spotters MUST be made aware of this arrangement prior to the meet.

a) *Relays*

All members of a relay team MUST wear the same top. While there are no restrictions on the shirt under the top, it must not interfere with the easy identification of relay team members.

2. Bottoms

Competitors may wear any color or style of bottoms (i.e., shorts, running tights, sweatpants) as long as the style is appropriate and the color does not interfere with the easy identification of the runner's team colors.

3. Jewelry

No jewelry is permitted, including necklaces, earrings or other piercings, rings, wrist or ankle bracelets (including "LiveStrong" bracelets).

Hair may be pulled back by an elastic band or sweatband. Unadorned devices, such as bobby pins, barrettes, and hair clips, no longer than two inches, may be worn to control a competitor's hair. Any hair control considered an adornment by the starter will be prohibited.

Medical bracelets or necklaces are permitted. Necklaces should be tucked in and bracelets taped down or sufficiently tight so as not to interfere with the runner or other competitors. The discretion of the starter regarding how to safely wear medical jewelry is final.

F. Equipment

1. Spikes

Track spikes are permitted for all divisions, as long as they are appropriate for the particular track. Track spikes—or track shoes with a spike plate and the spikes removed) may NOT be worn in the following events:

- Shot put
- 800 meter run
- 1600 meter run

2. Shot Put

The 8 lb. shot is used for Varsity. The 6 lb. shot is used for JV.

3. **Starting Blocks**

Starting blocks may be used—for all divisions—at the start of the following events:

- 50 meter dash
- 100 meter dash
- 200 meter dash
- 400 meter dash
- 4 x 100 meter relay
- Sprint Medley relay

II. Events

A. Order of Events

The following events will be contested in all ICCL meets.

Field Events
Long jump, shot put
Running Events
100 meters
1600 meters
4 x 100 Relay
400 meters
50 meters
800 meters
200 meters
Medley Relay (100m, 100m, 200m, 400m)

Events will be contested for JV runners, then Varsity runners, before moving to the next event.

B. Heats

There are no qualifying heats in dual or tri meets. However, additional heats may be added to provide more competitive opportunities for girls at the agreement of the coaches. Therefore, the number of heats in events will differ from meet to meet according to the size of the teams.

When there are additional heats in an event within a division, **the first heat is considered the scoring heat**. Therefore, a team should enter its best runners in the scoring heat. Running in a non-scoring heat counts as one of a competitor's official events.

C.   Number of Competitors

1.   Field Events
Each team may enter up to six (6) competitors in each field event for each division.

2.   Sprints (50m, 100m, 200m)

a)   *Dual meet*
Four (4) runners per scoring heat. If the meet is held on a six-lane track (e.g., Marian HS), there are only three (3) runners per team in the scoring heat.

b)   *Tri meet*
Two (2) runners per scoring heat. If the meet is held on a nine-lane track, there are three (3) runners per team in the scoring heat.

3.   400 meter dash

a)   *Dual meet*
Four (4) runners, using a two-turn staggered start per scoring heat. All runners stay in their lanes. If the meet is on a six-lane track, only three (3) runners per team may compete.

b)   *Tri meet*
Two runners, using a two-turn staggered start per scoring heat. All runners stay in their lanes. Only two runners may score in a tri-meet, so there is no penalty for only entering two runners.

If there are additional heats to be run due to only entering two runners in the scoring heat, the Starter may elect to use a Box Alley for the extra non-scoring heats.

A Box Alley consists of lining up three (3) girls in lanes 1 and 2, three in lanes 3 and 4, three in lanes 5 and 6 and three in lanes 7 and 8. The girls line up on the marks of lanes 1, 3, 5, and 7. Runners may cut down to lane one after the first curve, provided she has a one-stride lead on the runner on the inside.

4.   800 meter and 1600 meter run
Open entry with mass start on Olympic Curve. Coaches may agree to combine classes and run concurrently (if the coaches cannot agree, the decision of the starter is final. Ensure that runners are aware of the division in which they are competing.

5.   **Relays**

a)   Dual meet
Up to four (4) teams. If the meet is held on a six-lane track, then only three (3) relay units per team. Only the winning team will score.

b)   Tri meet
Up to two (2) teams. If the meet is held on a nine-lane track, then three (3) relay units per team. Only one team per school may score.

D.   Event Rules

1.   **Field Events**
The field events should begin as soon as practical and continue throughout the meet until completed. Girls participating in field events and running events should complete their throws and/or jumps in between their running events.

a)   Long Jump
1)   Starting point to be agreed upon by coaches (board or tape line).
2)   No practice jumps allowed once the meet begins.
3)   Each competitor may have three (3) attempts.
4)   Stepping over the jump line is a foul. The jump is not measured and counts as an attempt.
5)   In case of a tie, the next best effort of the tied competitors will determine winner.

b)   Shot Put
1)   No practice allowed after meet begins.
2)   Each girl gets three (3) attempts.
3)   Competitors must enter from the back of the circle and exit from the back following their throw.
4)   Stepping over the board or touching its top, or stepping on or outside the circle is a foul and the throw is not measured. A foul counts as an attempt.
5)   Only competitors and officials are allowed in the cage area.
6)   In case of a tie, the next best effort of the tied competitors will determine the winner.
7)   Measure from break in ground to center of the throwing circle. Distance is recorded from break in ground to inside edge of footboard.

2.   Track Events

a)   *4 x 100 Meter Relay*

1)   The race is contested in lanes the entire race.

2)   Second, third, and fourth runners may stand/start anywhere between the acceleration triangle (small triangle) and the second big triangle.

3)   Baton passes must be made between the large triangles and possession must be completed by the receiving runner before passing the second large triangle. The pass is complete when the receiving runner is in sole possession of the baton.

4)   If the baton is dropped before entering into the passing zone, only the runner passing off can pick up the baton.

5)   If the baton is dropped in the passing zone, either runner may pick up the baton.

6)   If the baton rolls out of the lane, the team is disqualified.

7)   Runners must remain in their lane after passing the baton until all runners pass.

8)   Blocks can be used by the first runner only in the relay.

b)   *Sprint Medley Relay*

1)   The order of the race distances are: 100 meters, 100 meters, 200 meters, 400 meters.

2)   The race is contested in lanes for the first lap (first three runners) only. The second lap/fourth leg (400 meters) runner may cut down to an inside lane as long as the runner has exited the exchange zone AND has a full stride lead over the runner on the inside. The third runner should stay in her lane until all runners have passed.

3)   Relay exchange and baton rules are the same as the 4 x 100 meter relay. The third exchange takes place in the zone marked for the 4 x 400 relay.

   a.   The starter may modify the exchange rules for the 3rd/4th leg as he/she deems appropriate for safety reasons.

4)   Blocks can be used by the first runner only in the relay.

c) Lanes

Runners are to stay in their lanes for all races <u>except</u>:

- 400 meter (Box Alley start)
- 800 meter run
- 1600 meter run
- Sprint Medley Relay (last leg only)

The starter will instruct the competitors how the race will be started and what the lane restrictions are.

d) False Starts

A runner is disqualified after that runner's SECOND false start.

e) Finishing Place

Places in running events are determined by spotters, NOT by stopwatch. The decision of the spotters is final.

In the event of a tie, the points of the two places is combined and divided evenly between the runners.

f) Aiding a Runner

Coaches, other competitors, or spectators may not assist a runner during competition, **including running alongside a runner** during the event. Such assistance will result in disqualification of the aided runner.

III. Meet Operations

A. Rosters

Official, signed (by the principal or pastor), rosters are to be submitted to the ICCL Coordinator at least three (3) days prior to the first meet. Rosters should list the grade, birth date, and assigned class of each competitor. Any meet competitor not on the official roster will be disqualified and the team will forfeit that meet.

B. Meet Lineups

Coaches are to submit a list of participants by event to the official scorer at the BEGINNING of the meet. Coaches may substitute participants only if a competitor is injured during the meet or absent.

C.   Scoring

1.   Dual Meet Individual Events

1st Place	5 points
2nd Place	3 points
3rd Place	1 point

2.   Dual Meet Relay Events

1st Place	5 points
2nd Place	0 points

3.   Tri Meet Individual Events
(only two competitors from one team may score in each event)

1st Place	5 points
2nd Place	3 points
3rd Place	2 points
4th Place	1 point

4.   Tri Meet Relay Events

1st Place	5 points
2nd Place	3 points
3rd Place	0 point

5.   ICCL Championship Meet—All Events

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

D.   Volunteers

While the burden is on the home team to ensure enough volunteers (scorer, spotters, and field event officials) for a meet, all participant teams should be willing to provide volunteers. The starter will provide specific instructions to ensure a smooth meet.

E. Equipment

The home team should provide the following equipment for the meet:

- Folding table and chair (for official scorer)
    - Pencils
    - Official score sheet
- Measuring tapes (2)
    - 50 ft./longer for shot put
    - 16 ft./longer for long jump
- 8 lb. and 6 lb. shot put
- Towels (to clean shot put)
- Rake and broom