

Art David Athletic League Track & Field Rules 2008-2009

Participation (2-2-2 Rule):

1. An athlete may only participate in 4 events and may not exceed any one of the following: 2 running, 2 field or 2 relay

Violation: Disqualification from all events including relay teams
Athletes must qualify in the sectionals to participate in the finals

Equipment/Uniform:

1. Spikes are not allowed in any meets. Spike shoes without spikes are not allowed either. Athletes should wear basic running shoes.
2. All participants must wear a shirt representing their school. It must have a school name on it.
3. Shot put: 6 lb. shot for 6th grade boys and 6th, 7th, and 8th grade girls.
8lb. shot for 7th and 8th grade boys.
4. Discus: 1K discus for all divisions.

Entries:

1. All meet field entries should be faxed to the meet director by Thursday at noon the week of the meet.

Violation: non-compliant school's athletes will be placed in last heats against their own teammates.

Pacing:

1. Any athlete competing in an event cannot have anybody (relative, coach, friend or teammate) run more than 3 paces with them.

Violation: Disqualification from the event.

False Start:

1. Athletes will be given 2 false starts.

Violation: Disqualification on third false start of event.

2. Sectional Relay Disqualification:

If a relay team gets disqualified during the sectional championships, they may still advance to the finals if:

- a) There are only 4 teams participating in that event in their respective section, or...
- b) There were less than a total of 8 teams qualifying for the finals from both sections.

Responsibilities:

1. Each team is responsible for running an event and supplying 3 volunteers to assist in each meet. It is expected that coaches will supply the necessary equipment needed for the efficient running of their event. (i.e. Tape measure, shots, discus, clipboards, pens ,rake)
2. **Coaches must instruct and monitor athletes and fans to stay in the stands unless they are lining up for an event.**

Order of events for sectionals and finals:

4x100	Long Jump
4x200	Shot put
Mile	Discus
50	High Jump- beginning height-3'6" 6 th grade
75	3'8" 7 th grade
400	3'10" 8 th grade
100	*at finals, the high jump will start 6"
800	below the lowest qualifying height
200	
4x400	

Athletes will get **TWO** tries at shot, discus, long jump, and each height in the high jump

Awards:

For the finals the following awards will be given:
Ribbons for first through sixth place in all events
Plaques for boys and girls at each grade level:

6 PLAQUES READING:
Track and Field Champions
(Boys or girls)Grade
Art David Athletic League –Year

2 PLAQUES READING:
Overall Champions
Boys or girls - year
Art David Athletic League