

Track & Field Meets

LEAGUE: *Spirit of the Game: MSSP stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to rules, and the basic joy of play.*

SCHOOLS:

- Participants/players are NOT permitted in the schools, locker rooms or outside the gym without a coach or parent supervision. Failure to comply with this rule could result in team suspension from the league. Teams are encouraged to change before leaving for away games.
- Participants/players are NOT permitted in the schools, locker rooms or outside the gym without a coach or parent supervision. Failure to comply with this rule could result in team suspension from the league.
- **Spikes** may only be worn by participants at facilities that allow them, i.e. rubber/cinder tracks. The meet Director may ask athletes to remove spikes.
- **Parents and spectators are NOT permitted on the track at anytime.**
- **Participants are not permitted to participate without an MSSP t-shirt.**
- **All coaches are expected to assist with running the Meets, please see meet schedule.**
- Depending on the number of participants in an event, **boys and girls, 6th/7th and 8th grade should compete separately**, with the exception of the 400m, 800m and 1600m. If only a handful of runner are competing, they can all run together - ie. 1600m. Even though these participants run together they place/compete per age group and gender.
 - ***1600m** - start all runners in a waterfall start, can cut immediately as long as they do not cut off any other runners in the inner lanes.
 - ***800m** - two runners per lane, staggered start, may cut after the completion of the first curve.
 - ***400m** - begin with a staggered start, and must stay in their lane the entire race. If people are available to assist with the race, you may have them around each corner to make sure runners are in their lane. Lane will be marked for the relay teams. Runners leaving their lane will be disqualified from the race. These are the same rules that apply for the **4 x 100 relay**.
 - ***100m and 200m sprints** – runners must stay in the assigned lane for the entire sprint distance
- **Relays (4 x 100m)** - baton handoff must take place in a 20m zone, with the starting line in the middle of the zone. If the handoff occurs outside of this zone, the team is disqualified. The baton must be handed, not thrown. If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either runner may retrieve it, provided the runner does not interfere with an opponent. If the baton is dropped outside the exchange zone, it must be retrieved by the runner who dropped it. After passing the baton, runners must remain in their lanes
 - **Relay teams** should be grade and gender specific. If there are any combination of grades or gender the teams must compete in the upper grade or in the boys race. Coed relay will take place only at the final meet.
- **Starts** - all participants must be completely behind the starting line, with no part of their bodies touching and/or extending beyond it. The commands are “on your marks” and “set”. When all participants are set, the Starter blows the whistle.
- **False Starts** - a runner is allowed two false starts before being disqualified from the race. In the event a race has to be recalled because of a false start, the Starter blows the whistle again.
- **Interference** - if any runner impedes another competitor by jostling or running across an opponent’s path, deliberately runs on or inside the track curb or illegally runs outside the assigned lane they will be disqualified from the race.
- Running events take priority over the field events. If a participant in competing in a field event, they can leave the event to compete in a race, then return to their field event for completion.
- **Long Jump** - can be done either standing or running depending on what is available at your track. Participants are given 3 jumps. The best jump for each participant is counted - jumps are marked by distance. The measurement is taken from the take-off line to the nearest sand broken by the jumper.
 - A **Jump** is a **scratch** when the jumper: touches the ground beyond the take-off line and/or walks back through the landing area.

- **Shot Put** – A 6 pound shot will be used for both the boys and the girls. Each participant will be given 3 throws.
 - The best throw for each participant is counted. Throws are denoted with a flag or cone. Stepping on or over the scratch line constitutes a foul.
- **SAFETY** - Please review rules and policies with participants prior to the start of your Meet. Designate area for each event as well as restricted areas. Participants should not be permitted to cross the track during running events unless cleared by a coach. The area for the shot put should be barricaded and participants not permitted through the area.

Revised 4.6.2017

