



DPRD Local Track and Field

2019 RULES

GENERAL

- A track and field meet must consist of races of different lengths, called track events, and of contests in jumping and throwing called field events.
- Competition is by individuals.
- Participants will be allowed on the track during the meet. Coaches, parents and friends must stay in the stands.

ELIGIBILITY

- A participant must be in **K – 5th grade**.
- A participant must compete in his/her age group and sex division.

DISQUALIFICATION

The following shall require disqualification of a participant from the event:

- Competing in the wrong age group
- Wearing illegal shoes
- Causing a second false start
- Receiving a second warning at starting line for actions that confuse/upset other competitors
- Gaining an advantage by stepping on or over an inside line on a curve
- Stepping on or over a lane line for three or more consecutive steps with one or both feet on a curve
- Causing interference of another runner

A participant who displays unsportsmanlike conduct will be disqualified from the meet in progress. Unsportsmanlike conduct is any conduct which is unfair or language which will bring discredit to the individual: disrespectfully addressing an official; using profanity; criticizing an opponent or an official.

EVENTS

- Participants may not wear shoes designate for spikes. In field events, any shoes designed for turf sports are not allowed. Participants may not compete in their bare feet, slippers or socks.
- A participant may be excused from a field event so that he/she may participate in a running event. The individual shall return to the field event immediately following the completion of that running event.

TRACK

- Starting blocks are not permitted.
- Times will be recorded to the nearest **100th of a second**.
- Lane and position can be drawn by chance or seeded.
- The starting runner may not touch the scratch line or the ground in front of it until after the starting gun has been fired. Each running competitor is allowed one false start.
- When races are run in lanes around a turn or turns, the starting lines shall be staggered so that each competitor will run the same distance. A runner must stay in their prescribed lane unless informed otherwise by the starter.

FIELD

STANDING LONG JUMP

- Distances will be measured in feet and inches to the nearest one quarter inch.
- The longest trial will be considered the winner.
- Stepping on or over the scratch line during a jump constitutes a foul.
- If a field event results in a tie, the best second jump will be declared the winner.

SOFTBALL THROW

- Distances will be measured in feet and inches to the nearest one quarter inch.
- No glove, tape or foreign substance may be applied to the throwing hand unless it is required for medical reasons.
- A contestant must throw within the five foot throw marks. Each contestant is permitted one run-up without releasing the ball. Failure to release the ball, on a second run-up shall constitute a foul. Each thrower will be allowed **TWO** trials.
- The longest trial will be considered the winner.
- Stepping on or over the scratch line during a throw constitutes a foul.
- If a field event results in a tie, the best second throw will be declared the winner.

