



ROGUE VALLEY FAMILY YMCA YOUTH TRACK RULES

NOTE: This league was designed for the benefit of the player, the “intent of the rule” shall carry stronger weight than the “letter of the law” in all decisions rendered by the referees and the Sports Director.

When an issue arises that is not covered by the below rules they will be governed in accordance with the USA Track & Field rules, except as noted below.

CLOTHING

- Plastic track spikes on a track running shoe are allowed but the number of spikes cannot exceed 11, spikes must be less than 9mm in length.
- Gloves are not allowed in any throwing or relay events.

GENERAL RULES

- Each athlete must compete in their own grade division and may not compete in younger division in any individual, relay, or team event(s).
- All measuring equipment, relay batons, throwing implements, and starting blocks will be furnished by the YMCA, no personal equipment allowed unless authorized by the Sports Director.

TRACK EVENTS

- Use of starting blocks is at the discretion of the coach. Athletes must use a starting stance if not using blocks.
- Hand timing shall be used with a handheld stop watch with a manual button for start/stop, (i.e. no cell phones with touch screens should be used)
- Timing begins at the sound of the starting pistol or other suitable device and ends when any part of the runner’s torso breaks the plane of the finish line.
- All races shall begin with the following commands, “on your marks,” “get set,” and then the sound of the starting pistol or other suitable device.
- Any athlete that disturbs another athlete after “on your marks” shall be dis-qualified.
- Athletes may not leave the track for any reason as this would result in dis-qualification.
- Athletes must run in a straight line after entering the straight away unless to avoid athletes in their path, failure to maintain a straight line will result in dis-qualification.
- Finish lines that do not interfere with the athlete’s maybe used (i.e. crepe paper).
- TRACK EVENTS:
 - 50 Meter
 - 100 Meter
 - 200 Meter
 - 400 Meter
 - 800 Meter
 - 1500 Meter

RELAY EVENTS

- 4X100 Meter
 - Relay team shall consist of four (4) members.
 - All athletes must remain in their lanes at all times.

- The baton should be carried by hand and if dropped it should be recovered by the athlete that dropped it even if they must leave their lane to do so.
- The baton must be passed within the take-over zone. Passing the baton outside the take-over zone will result in a dis-qualification.
- Both athletes must stay in their lane during the passing of the baton. If an athlete leaves their lane and it impedes a member of the other team it will result in the impeding team being dis-qualified.
- One athlete pushing or assisting another athlete will result in a dis-qualification.

FIELD EVENTS

- LONG JUMP
 - The take-off board should be 1 meter from the landing area.
 - The length of an athlete's run is unlimited.
 - All distance measurements will take place from the take-off line to the nearest break in the landing area made by the athlete.
 - It is a failure if:
 - The athlete touches the ground with any part of his body beyond the take-off line.
 - The athlete takes off outside of either end of the take-off board.
 - The athlete touches the ground before making contact with the landing area.
- HIGH JUMP
 - The length of an athlete's run is unlimited.
 - The athlete must take-off from one foot.
 - The athlete fails if
 - After the jump the cross bar does not stay on the uprights.
 - If on, during, or after the jump the athlete steadies the cross bar.
 - Three consecutive failures at a height dis-qualifies an athlete from further competition.
 - All measurements shall take place from the ground to the lowest part of the upper side of the bar.
 - The bar will be raised by at least 2 centimeter with each raising.
 - Displacements of the bar which were not made by the athlete (i.e. a gust of wind) will result in a re-jump.
- SHOTPUT
 - Throws must take place from inside the circle.
 - Only 8 and 12 lb shots may be used.
 - It is a failure if:
 - The athlete does not start from a stationary position within the circle.
 - The athlete touches the top of the stopboard or painted circle.
 - The athlete leaves the circle before the shot makes its landing.

ADDITIONAL RULES

- The YMCA asks everyone to make this a great experience for all individuals. Please be a good sport at all times. Support your team and respect your opponents and the officials. Please keep comments positive toward officials, players, coaches, and parents. By doing so, you honor everyone, the game, and our community.
- YMCA officials do not have to give warnings before an ejection. YMCA staff reserves the right to deny participation to anyone (player or spectator) that fails to demonstrate proper sportsmanship.
- Unsportsmanlike conduct includes: swearing, fighting, and arguing with the officials.
- Abusive or obscene language or action shall not be tolerated.
 - First offense – warning
 - Second offense – elimination from the game and removal from the field

- If a coach, player, or parent is removed from any 2 meets, that person may be eliminated from any further participation in the league. The Sports Director makes all final decisions.
- Disagreements with a referee's judgment, decision, or call should be brought to the referee's attention. In-depth discussion or arguments will not be allowed on the field. The referee has the final say at the meet. Issues still needing attention should be brought to the Sports Director's attention and will be dealt with during the week between meets.

TEAM PRACTICE

- 3rd to 6th grade may not host more than 2 practices per week. Each practice may not last longer than 1.5 hours. No practice can be held before the season begins. Earliest practice start date will be announced each season.

SPECTATORS

- Spectators must remain at least 1 yard off the running track and behind the field area used for each event.
- Parents must supervise younger children at all times.
- All cheering is to be positive at all times.