

CYO Boys and Girls Track & Field League
Rules & Regulations

A. General Notes and Rules

1. All league meets will be on Sunday, if at all possible.
2. A change in schedule can only be possible if coaches mutually agree. All rescheduled meets must be run prior to the City Meet.
3. All Boys' League Meet Events will be run in the following order:

a. Field Events (1st 30 minutes)	g. 800 Meter Run (4 th , 56, and Cadet)
b. 1600 Meter Run (56 and Cadet)	h. 100 Meter Dash (4 th , 56, and Cadet)
c. 100 Meter Hurdles (Cadet)	i. 400 Meter Relay (4 th)
d. 400 Meter Run (4 th , 56 and Cadet)	j. 800 Sprint Meter Relay (4 th)
e. 50 Meter Dash (4 th and 56)	K. 400 Meter Relay (56 and Cadet)
f. 200 Meter Dash (4 th , 56, and Cadet)	L. 800 Sprint Meter Relay (56 and Cadet)
4. All Girls' League Meet Events will be run in the following order:

a. Field Events (1st 30 minutes)	f. 200 Meter Dash (4 th , 56, and Cadet)
b. 1600 Meter Run (56 and Cadet)	g. 800 Meter Run (4 th , 56, and Cadet)
c. 100 Meter Hurdles (Cadet)	h. 100 Meter Dash (4 th , 56, and Cadet)
d. 400 Meter Run (4 th , 56, and Cadet)	i. 400 Meter Relay (4 th)
e. 50 Meter Dash (4 th , and 56)	j. 800 Meter Sprint Medley Relay (4 th)
	K. 400 Meter Relay (4 th)
	J. 800 Meter Relay (4 th)
5. Participants may compete in track shoes or tennis shoes, but **shoes must be worn**. The Use of starting blocks is optional in both the League Meet Season and the City Meet. A 1/4" spike must be used for both shoes and starting blocks. Runners in track shoes must stay off all bleacher seats. Uniforms are required.
6. Eligibility - **The General Eligibility Rules are as follows:**
Parish & School Affiliation - All full-time students of the parish school and all registered members of the participating parish.

Non-Affiliated - Each team will be allowed one student not registered in the parish or a student of the school. However, this individual must have legal residence within the official parish boundaries.
 - a. **Cadet Age Group** - 4th, 5th, 6th, 7th and 8th grade students who have not reached the age of 16 before the completion of the athletic season in which they are competing.
 - b. **56 Age Group** - 4th, 5th and 6th grade student who have not reached the age of 14 before the completion of the athletic season in which they are competing.
 - c. **4th Grade Age Group** - 4th grade students who have not reached the age of 12 before the completion of the athletic season in which they are competing.
7. Competition Levels:

(4 th) - 4 th Grade Students
(56) - 5 th & 6 th Grade Students
(Cadet) - 7 th & 8 th Grade Students

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8. Participants are limited to competing in a maximum of three (3) events at the City Meet and during the league season. This is because of the tremendous number of participants and the limited amount of time at the meets.

Also, in an effort to keep the competition between teams as balanced as possible, regardless of team size, only two (2) teams from any parish may be entered in a relay event. All teams competing will be eligible for a ribbon, but only one (1) relay team from each parish will be scored.

9. Events for the Boys' League Meet Season and City Meet are as follows:
Cadet - 100 Meter Dash, 200 Meter Dash, 400 Meter Run, 800 Meter Run, 1600 Meter Run, 400 Meter Relay, 800 Meter Sprint Medley Relay (2 X 100; 1 X 200; 1 X 400), Long Jump, Shot Put, High Jump and 100 Meter Hurdles (10 hurdles are to be set at 30" and placed at 42' 8" to the first hurdle and 27' 10 3/4" between the rest of the hurdles. The distance from the last hurdle to the finish line should be 34' 5 1/2").
- 56** - 50 Meter Dash, 100 Meter Dash, 200 Meter Dash, 400 Meter Run, 800 Meter Run, 1600 Meter Run, 400 Meter Relay, 800 Meter Sprint Medley Relay, Long Jump, High Jump and Shot Put.
- 4th grade** - 50 Meter Dash, 100 Meter Dash, 200 Meter Dash, 400 Meter Run, 800 Meter Run, 400 Meter Relay, 800 Meter Sprint Medley Relay, Long Jump, High Jump and Baseball Throw.
10. Events for the Girls' League Meet Season and City Meet are as follows:
Cadet - 100 Meter Dash, 200 Meter Dash, 400 Meter Run, 800 Meter Run, 1600 Meter Run, 400 Meter Relay, 800 Sprint Medley Relay, Long Jump, Kickball Throw, High Jump, Shot Put and 100 Meter Hurdles (10 hurdles are to be set at 30" and placed at 42' 8" to the first hurdle and 27' 10 3/4" between the rest of the hurdles. The distance from the last hurdle to the finish line should be 34' 5 1/2").
- 56** - 50 Meter Dash, 100 Meter Dash, 200 Meter Dash, 400 Meter Run, 800 Meter Run, 1600 Meter Run, 400 Meter Relay, 800 Meter Sprint Medley Relay, Long Jump, High Jump, Kickball Throw and Softball Throw.
- 4th grade** - 50 Meter Dash, 100 Meter Dash, 200 Meter Dash, 400 Meter Run, 800 Meter Run, 400 Meter Relay, 800 Meter Sprint Medley Relay, Long Jump, High Jump, Kickball Throw and Softball Throw.

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11. Parishes are to furnish their own meet officials at the league meets. Officials should schedule events so that boys and girls competing in more than one running event have as much rest as possible between events. The safety of the contestants must be our primary concern.
12. There is no limit to the number of contestants in an event. If necessary, heats should be run. The quicker runners should be placed in the first heat of an event.
13. Attempts for **Field Events** will be as follows:
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| A. Boys: | Long Jump | - 3 attempts |
| | High Jump (minimum) | - 2 attempts |
| | High Jump (past minimum) | - 3 attempt at each height |
| | Shot Put | - 3 attempts |
| | Baseball Throw | - 2 attempts |
| B. Girls: | Long Jump | - 3 attempts |
| | Shot Put | - 3 attempts |
| | High Jump (minimum) | - 2 attempts |
| | High Jump (past minimum) | - 3 attempts at each height |
| | Kickball Throw | - 3 attempts |
| | Softball Throw | - 2 attempts |

- C. Contestants in the baseball, kickball or softball throws are allowed either a 1 1/2 or 2 step run-up. The ball must be released behind the throwing line.
 - D. Minimum heights in the Boys' High Jump are as follows:
Cadet - 4'4"; 56 - 3'8"; and 4th grade - 3'4";
 - E. Minimum heights in the Girls' High Jump are: Cadet - 3'10" and 56 - 3'4"; 4th grade - 3'0"
14. Contestants must take-off on one foot in the High Jump.
15. In the relays, the baton must be passed to the next runner within the designated passing zone. For the relays during the league meet season, use the normal start, the California Exchange (first runner to the passing zone is allowed the inside lane, etc.). At the City Meet, all 400 Relays will be run in lanes, with a staggered start, the 800 Medley Relay in lanes for the first lap.
16. If a record is broken during the trials or finals of any event at the City Meet, the new distance or time will be considered a *CYO* Record.
17. An exception to the National Federation Rules will be that a runner will be disqualified on a second false start rather than the first.
18. Items such as hats, baseball caps, kerchiefs, bandanas, sunglasses, etc. shall not be worn while participating. The wearing of jewelry while participating is prohibited (Exception: wrist watch). A headband may be worn if it is a solid color and no more than two inches in width. No vulgarity or derogatory words or wording may be displayed on any part of the uniform.

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19. **Eligibility:**
Age and Parish Affiliation guidelines are as follows:
Age and Grade: Fourth, fifth, sixth, seventh and eighth grade students who have not reached the age of 16 before the completion of the athletic season in which they are competing.
Parish and School Affiliation - All full-time students of the parish school and all registered members of the participating parish.
Non-Affiliated - Each team will be allowed one student not registered in the parish or a student of the school. However, this individual must have legal residence within the official parish boundaries.
20. There may be individual cases involving a small number of Catholic youth affiliated with another parish or school who want to participate because their own parish or school does not sponsor this activity. These individuals may participate for a bordering parish when that parish is willing to grant permission.
21. In addition to the general eligibility standards for participation in *CYO* sports and the specific eligibility rules for each sport, all student athletes are subject to the academic policies of the sponsoring parish.
22. An eligibility blank for each participant is to be filled out and signed by one parent and the parish liaison. These blanks have space for the participant's birth date to be inserted, and their grade in school, so that the *CYO* will have on file the correct age and grade for every contestant in the program.
- A. Every participant in the *CYO* Track Program must have a physical examination before competing in a meet, recorded on the *CYO* physician's certificate, which is included on the *CYO* eligibility blank. If possible, parishes should arrange for a group physical for the entire team at one time, or require each participant to be checked by a family doctor. If a blank was completed earlier for another sport in the school year, a second form is not needed.
 - B. All names of contestants on the team are to be listed on the furnished roster blank. This blank is to be turned in, along with the eligibility blank and registration fees at the preseason coaches meeting.
23. Protests will be accepted by the *CYO* Athletics Policy Committee only if they cover players' eligibility violations. Protests must be filed with the *CYO* Office, in writing, not more than 48 hours after the incident.

24. New boys or girls who are eligible for the Grade School Track Program according to the rules and who previously have not run on any parish team, may be added to the roster at any time during the league meet season, as long as the eligibility blanks are properly completed, the participant's registration fees are paid and the names are filed on the team roster at the CYO Office before participating in a meet. New boys or girls may also be added for the city meet, with the same restrictions.

