

## **OAKLAND DIOCESE CYO TRACK AND FIELD RULES AND EVENTS**

The National Federation Track and field Rulebook will be the official rules unless superseded by these bylaws or the Diocesan Meet field sheet.

All Oakland Diocesan CYO parishes are eligible. Each parish is assigned to a section within the diocese. Oakland Diocesan CYO Eligibility Rules (Article VI) will be in effect to determine the eligibility of the children.

In each meet, children will be limited to a maximum of either: 1 track event, 2 field events and both relays; or 2 track events, 1 field event and both relays.

The Meet Referee will decide upon all questions of disqualification. He may accept reports of violations from all meet officials acting in their stated positions. The starter will disqualify any runner charged with two false starts in the same race.

All participating parishes must qualify their children through section qualifying meets in order to participate in the Diocesan Championships. Each section will conduct a qualifying meet.

The Oakland Diocesan CYO Track and Field Championship Meet shall include the following events:

3rd Grade Boys: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, tetherball toss

3rd Grade Girls: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, tetherball toss

4th Grade Boys: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, tetherball toss

4th Grade Girls: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, tetherball toss

5th Grade Boys: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, 6#shot put, tetherball toss, high jump

5th Grade Girls: 50, 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, 6#shot put, tetherball toss, high jump

6th Grade Boys: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 6# shot put, tetherball toss

6th Grade Girls: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump, 6# shot put, tetherball toss

7th Grade Boys: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump 8# shot put, tetherball toss

7th Grade Girls: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump 6# shot put, tetherball toss

8th Grade Boys: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump 8# shot put, tetherball toss

8th Grade Girls: 100, 200, 400, 800, 1600, 4X100 relay, softball throw, long jump, high jump 6# shot put, tetherball toss

4 X 400 Relay        5th-8th Boys; 5th - 8th Girls.

Running events listed are in meters; field events will use the English system for measurement. In the event the track is not marked for metric events, equivalent yard measures will be used.

## FIELD EVENT MECHANICS:

1. Long jump - each competitor gets a total of **three (3)** attempts. The "flip" is not allowed. The distance for the take off board to the front edge of the long jump pit shall be 2 ft. marked with a strip a minimum of 8" wide. The distance may only be changed by the Meet Referee.
2. Shot put - each competitor gets a total of **four (4)** attempts. The "sling" or side arm technique is not allowed. No spikes are allowed in the shot put ring.
3. Softball throw - each competitor gets a total of **three (3)** attempts. "Side arm" throws **are allowed**; underhand throws **are not allowed**.
4. High Jump - starting heights and subsequent raises:

GRADE	5/6	7	8
Boys	3'6"	3'8"	3'10"
Girls	3'2"	3'4"	3'6"
<b>First raise</b>	<b>2"</b>	<b>Other raises</b>	<b>When 4 or less remain</b>
		<b>2"</b>	<b>1"</b>

Competitors may only jump off one foot. All jumps in which the jumper jumps off of both of his feet shall be considered as missed attempts.

5. Tetherball Toss - each competitor gets a total of **three (3)** attempts. The ball shall be a standard tetherball with a two-foot cord, knotted on the end. Rules will be similar to those used for the hammer throw.

## EQUIPMENT REGULATIONS:

1. SPIKES: 1/4" or less pyramid spikes will be allowed in all grades if allowed on the track surface. *Longer spikes or needle spikes are NEVER allowed.*
2. RELAY BATON: Length of the baton shall not exceed 12-1/2"; the circumference of the baton shall not exceed 5".
3. STARTING BLOCKS: Starting blocks may not be used in any event.
4. SHIRTS AND SHOES: Participants must wear shoes and shirts.

