

2018-2019 MIDDLE SCHOOL ATHLETICS

BOYS AND GIRLS TRACK & FIELD RULES AND GUIDELINES

- All teams will practice five (5) days a week, two (2) hours per day.
- Each individual **must have a minimum of eight (8) practice** days before the first competition.

COMPETITION

- All eligible student-athletes in the 6th, 7th and 8th grades (NO CUTS).

Please note, if a student is cut from a team and would like to turn out for another sport during the same season, they will abide by WIAA rule 17.12.3 which states:

Practices in one (1) sport cannot be transferred toward the number of practices required in another sport.

GENERAL INFORMATION

- Each athlete must have:
 - Middle School Activities Contract and Eligibility Form, including:
 - Emergency Contact information
 - Signed Concussion and Sudden Cardiac Arrest information form
 - Sport-specific consent form
 - Physical – Each athlete is required to have a current physical (last 13 months)
 - ASB Card Purchased (\$15.00)
- All the ABOVE INFORMATION MUST BE on file with the building athletic director before participation.
- School issued uniforms will include school colors, school names, and number. **PLEASE NOTE:** If uniforms are damaged and/or lost the student will be responsible for the cost of the replacement.
- All eligible participants should be given equal consideration for playing time over the course of the season based on coach's discretion. Factors for playing time may include but are not limited to, skill, effort, attitude, attendance, behavior in school or any combination of the preceding.

EQUIPMENT/UNIFORMS

- **Track spikes/shoes are optional.** ¼" pyramid spikes are recommended. Pin or needle spikes and spikes longer than ¼" are not allowed. Non-replaceable "Christmas tree spikes" will be allowed. Spike lengths will be checked at the event areas.
- Students may provide their own warm-ups but must be removed prior to competing.
- If a student uses spandex-type shorts or running tights, they will be acceptable when worn under the school-provided uniform ONLY.

MEET REQUIREMENTS

The home school will be responsible for hosting the meet and must be prepared with:

- Four batons, Three clipboards, one 30M+ tape
- Ten (10) hurdles per lane for the 100 Meter Hurdles (13M to first hurdle, 8.5M between hurdles and 10.5M from last hurdle to finish line.)
- Three (3) stop watches (ALL TEAMS to provide 2-3 timers per meet – can be students)
- One finish line string or tape (ALL TEAMS to provide 1 holder per meet – can be students)
- Shot put will be executed on infield where pit is not available.

- 6th-8th grade girls - 6lb shot
 - 6th grade boys - 6lb shot
 - 7th & 8th grade boys- 4kg shot
- Starting blocks can be used, but are not required.
 - ALL TEAMS will provide one adult assistant for the long jump
 - Coaches are required to have a First Aid kit with them at all practices and games
 - Coaches are required to have a copy of the emergency medical cards for each student-athlete on their team.

RULE CLARIFICATIONS

- All eligible athletes must be registered on Athletic.net and be assigned a participant number to be eligible to compete.
- **Each student will be allowed to participate in a maximum of four (4) events.** No more than three (3) can be individual running events (three individual running events and a relay is acceptable).
- No team scores will be kept during regular season meets.
- Home schools are responsible for submitting results to Athletic.net and/or to the sport commissioner. All coaches are responsible for monitoring and recording their athlete's times for goal setting and personal records.
- Where applicable, there first 18 participants (9 per school for dual meets, 6 per school for 3-team meets) per event will determine the varsity races. Exhibition races should be saved until after all races have been completed and run as time allows. All exhibition races will conclude no later than 5:30pm.
- Students not running or participating are to remain seated in the bleachers (or other designated area if there are no bleachers). This will facilitate getting through each event in a timely manner.

ORDER OF EVENTS *(follows 2017 NFHS-recommended order of events for middle school meets)*

- 55 Meter Hurdles (Boys and Girls)
- 100 Meter Dash (Boys and Girls)
- 1600 Meters (Boys and Girls)
- 4 x 100 Meter Relay (Boys and Girls)
- 400 Meter Dash (Boys and Girls)
- 800 Meter Run (Boys and Girls)
- 200 Meter Dash (Boys and Girls)
- 3200 Meters (Boys and Girls)
- 4 x 400 Meter Relay (Boys and Girls)
- Long Jump (running continuously throughout the meet)
- Triple Jump (running continuously throughout the meet)
- Shot Put (running continuously throughout the meet)

CHAMPIONSHIP REGULATIONS

- For students to be eligible for the middle school track and field championships, each athlete must participate in a minimum of three (3) meets during the season. If a student has not competed in three (3) meets, they are not allowed to participate.
- For each event, participating competitors will qualify by selecting the top 24 performances in Athletic.net.
- Order of events for the championship meet will be as follows:

EVENT

- 3200 Meters (Boys and Girls)
- 100 Meter Hurdles (Boys and Girls)
- 100 Meter Dash (Boys and Girls)
- 1600 Meters (Boys and Girls)
- 4 x 100 Meter Relay (Boys and Girls)
- 400 Meter Dash (Boys and Girls)
- 800 Meter Run (Boys and Girls)
- 200 Meter Dash (Boys and Girls)
- 4 x 400 Meter Relay (Boys and Girls)
- Long Jump (running continuously throughout the meet)
- Triple Jump (running continuously throughout the meet)
- Shot Put (running continuously throughout the meet)

- The championship meet will be seeded from the results pulled from Athletic.net, with heat sheets being posted to the Middle School Athletics page of the District's website.

- The championship team will be presented with a perpetual trophy to be displayed in the school.

- The top 8 finishers in each event will receive ribbons.

RULES

Governed by Washington Interscholastic Activities Association and National Federation 2018 Rules.