

Harold Pope Junior Relays

Event Rules and Guidelines

If you have questions or need clarification, please contact Cheryl Goulart, Student Events Program, by phone at 238-1710 or by e-mail at cgoulart@stancoe.org.

I. GENERAL INFORMATION

- A. No team scores will be kept. Each student will participate as an individual, as in Olympic-style competition.
- B. This event is only for Stanislaus County schools only.
- C. Running or tennis shoes may be worn for all events. Spikes no longer than 1/4" will be permitted (Students must adhere to this limitation).
- D. Physical examination (heart check). Participants should have been examined during the **current school year** by a physician who understands the nature of the activity in which the student is to participate.
- E. Each participant must submit a signed permission slip at registration
- F. All non-participants are expected to stay in the stands.
- G. A member of the school faculty is expected to supervise the contestants and student spectators from the respective school.
- H. Upon arrival at the meet location, the coach should report immediately to registration.
- I. All contestants who are participating in both track and field events, which might be run simultaneously, must inform the person in charge of the field event that he/she must leave.
- J. No event will be held up because a contestant fails to report on time.
- K. At the finish of all races, contestants are expected to walk back to the finish line in their own lanes.
- L. Only students who have been pre-registered may participate (**no walk-ons**).
- M. Each school is responsible for its own first aid supplies and water for their students.

II. RULES AND REGULATIONS

Rules and regulations shall be governed by the handbook, "NFHS 2013 Rules Book: Track and Field and Cross Country" (except as otherwise described).

- A. Extent of Participation, Competitors may participate in any **four events only**.
- B. Number of Entries, ALL schools/teams will be permitted **three entries in each classification** for each track and field event; **one team entry** in each classification for each relay event. *The mile run limit on the number of runners from a participating school is ten (10) in each category.*
- C. Relay teams must be composed of four members from one school only, and must be from the same classification.
- D. Group Classification Each boy and girl must be in either the 7th or 8th grade category for participation. Sixth

graders may participate as 7th graders provided they attend a K-8 or middle school. A 7th grader may participate in the 8th grade category the entire day after receiving approval from the event coordinator (see event coordinator at registration).

III. AWARDS/CERTIFICATES – JUNIOR RELAYS

A. Awards for Junior Relays will be given as follows:

Individual Track Events First 6 places

Relays First 6 places

Field Events First 6 places

Medals are given for 1st, 2nd, and 3rd place, ribbons are given for 4th, 5th & 6th place.

III. TRACK EVENTS

A. Starting Blocks

Starting blocks may be used.

B. Relays

1. The passing zone for the relays shall be the standard distance of 22 yards; however, they may start 11 yards before the passing zone. Please tell your students to ask the passing zone judge where the passing zone is located.
2. It is important that participants stay in their own lanes after passing the baton. Fouls and disqualifications will be called on this violation. Use standard batons only. Teams are expected to bring their own batons.

IV. FIELD EVENTS

1. Each contestant in the field events will be allowed three attempts. Practice throws/jumps do not count.
2. Contestants must notify officials if they have to leave a field event to participate in a track event. If they fail to do this or if a contestant reports late, as with the High Jump, he/she will have to start where the bar is set. It will not be lowered.

A. Shot Put

Use 8-pound shots for boys

Use 6-pound shots for girls

Use standard shot put circle. Practice throws do not count.

B. Discus – 1 K for both girls and boys.

C. High Jump

1. 7th & 8th grade: Start boys at 4 feet, 0 inches; 7th & 8th grade girls at 3 feet 6 inches. The bar will be raised 3 inches at a time on the first two raises, then 2 inches at a time until six contestants are left, then raised 1 inch at a time.
- 3 Participants may not start the jump with both feet leaving the ground at the same time.

D. Hurdles – 70 yards low Number of hurdles is 5

Distances for hurdles for boys are:

15 yards from start to 1st hurdle

10 yards between hurdles

15 yards from last hurdle to finish

Distances for hurdles for girls are:

42 feet 8 inches from start to 1st hurdle

27 feet 10 ³/₄ inches between hurdles

55 feet 7 inches from last hurdle to finish