

DIOCESE OF CLEVELAND CYO TRACK & FIELD RULES - 2015

The National Federation of State High School Associations (NFHS) Track & Field Rules apply in this league with the exceptions contained within. CYO meet rules may not be altered by mutual consent of the coaches. Organizers of Sanctioned Events may determine events and number of attempts for field events for their meet. Only the CYO office may authorize changes to these rules.

SECTION 1 - OFFICIAL TEAM

- A. Defined as an individual or group of children from one or more Members listed on the team roster that meet the eligibility rules and are approved by the Pastoral Designee, Member Administrator and CYO Office.
- B. Track teams are formed on the basis of gender, and then by grade level.
 - 1. A team roster is made up of the athletes allowed to participate in a specific grade level or in a division consisting of grade levels that can compete together.
 - 2. Teams will be registered and rosters will be submitted in the following two groupings;
 - a. Intermediate, Youth and Cadet Divisions
 - b. Developmental, Elemental and Minor Divisions
 - c. Athletes in each of the two (2) three (3) division groupings will be able to run in their actual grade division or can be moved up to compete in individual events at a higher grade level for any single meet, and then return to their original grade level for their next meet, except for the CYO qualifier meets and the Diocese Meet.
 - d. Athletes in each three (3) division grouping can be combined to run relay events during the regular season without affecting their grade level for that meet.
- C. There is no specified number of athletes required to form a team.
- D. A CYO Team refusing to continue playing a scheduled contest for any reason without the consent of the referee or CYO representative may be subject to penalties as outlined in Bylaw 11. This also applies to CYO Sanctioned Events.
- E. A partial roster or combined roster cannot be entered into any tournament or sanctioned event.

SECTION 2 - OFFICIALS

- A. Officials that are certified and registered with the Diocese of Cleveland CYO will be assigned to each meet.

- B. Certified Track Officials will be required to assign lanes, start races, oversee races, inspect field event areas, enforce rules & penalties, and make decisions on weather conditions once the meet has started. Meet Officials cannot set aside any rules contained in this document.
- C. Officials have the power to warn or disqualify from the competition anyone who commits acts which intend to influence their decisions.
- D. No more than three (3) officials will be assigned to each regular season meet. Additional officials may be assigned for sanctioned events and championship meets.
- E. The head coach is the only person that should speak to the officials during or after the meet concerning administration of the rules.
- F. The meet referee will notify the head coach of any disqualification of an athlete as soon as possible and also will provide the reason for disqualification.

SECTION 3 - EQUIPMENT & UNIFORMS

- A. Appropriate shoes are required in all competitions. Spiked shoes may be worn during the competition of all running events, the high jump and long jump. Spiked shoes (with or without spikes) are not permitted in the standing jump, shot put or discus.
- B. Starting blocks may be used in running events. Starting blocks are to be supplied by teams.
- C. The spikes installed on the bottom of the starting block or athletes' shoe must meet the limitation of the track used. A maximum spike length of $\frac{1}{4}$ " is allowed.
- D. Relay batons will be provided by teams during the regular season and by the CYO for Championship Meets.
- E. Throwing Implements
 - 1. Shot Put - the weight of the shot put will be as follows for each division:
 - a. Four (4) kilogram - Boys Intermediate & Youth
 - b. Six (6) pound - Boys & Girls Cadet & Developmental and Girls Youth & Intermediate
 - c. Four (4) pound - Boys and Girls Elemental & Minor
 - 2. Discus - A 1.0 kilogram rubber discus will be used for all competitions.
- F. Discus Cage - All practice and competitions of the discus event are to occur in a cage that meets National Federation specifications.
- G. High Jump
 - 1. Crossbar must be non-metal and at least 12 feet in length but no longer than 14 feet 10 inches.
 - 2. Upright Standards shall be at least 12 feet apart and placed so that the long dimension of the crossbar platforms point toward the opposite crossbar.

3. The landing pad shall not be less than 16 feet wide by 8 feet deep. The pad shall be high enough and of a composition to provide a safe landing.

H. Uniforms

1. All athletes are required to wear member issued uniforms. The uniform shall be at least matching t-shirts and shorts, or one-piece uniform of the same color with the **same** team's name **or logo** on its front.
 2. Bare midriffs are prohibited and the uniform top must be tucked in or hang below the waistband of the bottom **when the athlete is standing upright.**
 3. All athletes must have the CYO Emblem on their uniform either sewn or stenciled.
 4. An American flag and or a commemorative/memorial patch not to exceed 2 by 3 inches and with the approval of the CYO may be worn on each of the uniform apparel provided neither the flag nor patch interferes with the visibility of the team's name.
 5. Items that can be worn under the uniform:
 - a. Any visible garment(s) worn underneath the uniform top must be unadorned and of a single, solid color.
 - b. Compression shorts or tights are permissible when worn under shorts; it shall be a single solid color.
 - c. Visible garment(s) worn underneath the uniform bottom and extending below the knee must be unadorned and of a single, solid color. There are no restrictions for garments worn underneath the uniform bottom and terminate above the knee.
 - d. Multiple manufacturer logos/trademarks/references are permitted on visible undergarments.
 - e. In relay events, if undergarments are worn;
 - i. in such a manner that it will be exposed, underneath the uniform top, it shall be of a single color and the same color for each relay team member.
 - ii. in such a manner that it will be exposed underneath the uniform bottom and extend below the knee, it shall be of a single color and the same color for each relay team member.
 - iii. Multiple manufacturer logos/trademarks/ references are permitted on visible undergarments.
 6. During inclement weather the head official may choose to relax the uniform rule. However, gloves will remain prohibited in a relay race, the shot put and the discus.
- I. **The prohibition of wearing jewelry has been removed from the rules for track and field. However, an official may require the removal of jewelry or hair adornment if it is deemed to be inappropriate or dangerous, or could possibly damage equipment.**

- J. The first violation of the uniform rule at a meet will result in a warning being given to the head coach of the athlete in violation. Subsequent violations will result in disqualification of any athlete found not to be in compliance.
- K. Electronic Devices
 - 1. Walkie-talkies, cell phones, or any other electronic devices are not permitted within the competition area. They can be used in unrestricted areas and coaches boxes provided they are not used to transmit information to a competitor during a race or trial. They shall not be used for any review of an official's decision.
 - 2. Teams are permitted to only videotape their own athletes and meets. Coaches, parents, fans, etc. are not permitted to videotape an opponent's meet or practice.
 - 3. Electronic devices may be used in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee.

SECTION 4 - PRE-CONTEST COACHES RESPONSIBILITIES

- A. Coaches must be CYO certified.
- B. CYO Credentials are to be worn and visible at all times.
- C. Coaches are responsible for the supervision of their team before, during and after the meet.
- D. Coaches should be prepared to provide competent people to help in the administration of the meet.
- E. At each meet and practice, coaches are to have in their possession: an official team roster, a copy of each athlete's PreParticipation Form and Emergency Medical Authorization Form, and a first aid kit.
- F. A pre-game conference will be held between the officials and coaches or a Coaches Verification Form must be completed and submitted by each head coach.
- G. Coaches are responsible for the clean-up of their team area after the meet.

SECTION 5 - PARTICIPATION

- A. Each athlete must be treated with dignity regardless of their ability.
- B. An athlete on a CYO team may not participate on any other track & field team during the CYO season. For purposes of defining eligibility, an athlete may not be on another track and field team from the published CYO roster due date until the completion of the team's final meet.
- C. Participants may only participate and be rostered on one CYO team in the same sport in the same school year.
- D. Athletes may only compete in the division in which they are rostered with CYO from the beginning of the season to the end of the season.
- E. Mandatory participation applies to all regular season and championship meets that do not have limited entries based on qualification. An athlete must actually compete

to be considered as having participated, an alternate for an event does not count as meet participation.

- F. Division of Participation
 - 1. Within each team's roster, athletes may compete in a division with older athletes (move-up) in accordance with the Bylaws, as long as that event is offered to the original division of the athlete. Athletes may never drop down to compete with younger athletes.
 - 2. In relay events, athletes may move up, within the team's roster and in accordance with the Bylaws to compete.
- G. If a coach will not play an athlete because of missed practice, unsportsmanlike conduct, academics or injury, the coach must indicate such on the Meet Participation Form prior to the start of the meet.
- H. Upon violation of the participation rules, the Site Director will contact the CYO Athletic Commissioner with the details and documentation of the violation. The CYO Administration will then assess the appropriate penalties toward the coach or team.
- I. Event Participation - an athlete may compete in no more than: three (3) events during a meet. Participants may compete in any combination of field and running events, up to the maximum of three (3) events. An athlete who exceeds the participation limitation shall be disqualified from all of the events in which they participated, including relays. In a relay event, the team's relay points and place shall be forfeited. **This pertains to regular season meets as well as sanctioned events.**

SECTION 6 - MEET & TIME LIMITATION

- A. No team or athlete is permitted to participate in more than 12 meets in a season.
- B. Events on Sunday cannot begin until 1:00 PM.
- C. No team or athlete may compete in more than 3 meets per week. The week runs Sunday through Saturday.
- D. No meet will start after 8:00 PM.
- E. Practice sessions must be completed by 9:00 PM.
- F. No CYO Meets (regular season or sanctioned events) may be held Holy Thursday, Good Friday, Holy Saturday and Easter Sunday.

SECTION 7 - LIGHTNING & INCLEMENT WEATHER

- A. Contest or CYO officials assume authority for competitions when they arrive on the field. When the officials recognize inclement weather they are duty bound to suspend the meet. Coaches and Pastoral Designees are responsible for application of this policy at practice.
- B. When thunder is heard or a lightning bolt is seen at a practice or competition, the teams must suspend play and take shelter immediately. Once play has been

suspended, a period of at least 30 minutes after the last thunder clap is heard or lightning flash is witnessed must be honored prior to resuming play/practice.

- C. Temperature, humidity, heavy precipitation and wind chill can become dangerous to the athletes and spectators and must be monitored during all practices and competitions by coaches and competition officials.
- D. Announcements related to the status of competitions will be posted on the main page of the schedule website and media as needed.
- E. Unless the head coach is contacted or notified through a phone message, website or e-mail, your team is to report to the meet site at the scheduled time of the meet.

SECTION 8 - EVENTS

A. Individual Running Events

- 1. 1600 Meter Run All divisions
- 2. 800 Meter Run All divisions
- 3. 400 Meter Dash All divisions
- 4. 200 Meter Dash All divisions
- 5. 100 Meter Dash All divisions
- 6. 200 Meter Low Hurdles (30") Cadet, Youth and Intermediate divisions

B. Relay Running Events

- 1. 4x100 Meter Relay All divisions
- 2. 4x200 Meter Relay All divisions
- 3. Other relays may be organized using the distances of the individual running events at Sanctioned Event meets.

C. Individual Field Events

- 1. Long Jump All divisions
- 2. Standing Jump All divisions
- 3. High Jump Developmental, Cadet, Youth and Intermediate divisions
- 4. Shot Put All divisions
- 5. Discus Youth and Intermediate divisions

D. Order of running events for the Regular Season, Section, District and Diocesan Championship

- 1. 100 M
 - a. Finals for the Regular Season Meets
 - b. Prelims for the Championship & Qualifying Meets
- 2. 1600 Meters
- 3. 4 x 100 M Relay
- 4. 400 M
- 5. 200 M Hurdles
- 6. 100 M Finals - For the Championship and Qualifying Meets only
- 7. 800 Meters

8. 200m
9. 4 x 200 M Relay

SECTION 9 - COMPETITION RULES

- A. No one is allowed in the competition area, as defined by meet management, except the officials, event workers, and the competing athletes. During regular season meets only coaches exhibiting coaching credentials are allowed to be in the coaching boxes.
- B. Athlete Identification Numbers, Participation Forms & Event Tickets
 1. Each Team will be given a range of numbers to assign to its athletes that participate in CYO track and field. The athlete needs to be able to identify himself/herself by the assigned number to event officials so it can be written on the event tickets.
 2. The coach is required to submit the completed Team Participation Form to the meet official prior to the start of each meet.
 3. At the conclusion of the event the event tickets with the athlete's official time/trials will be given to the athlete to return to their coach. Unclaimed event tickets will be available at the official's table at the end of the meet.
 4. At the conclusion of the meet, coaches are to enter all of the results from the event tickets into the web-based meet result system at www.athletic.net.
- C. Running Events
 1. The Start
 - a. At the start of each race the athlete is to comply with the starter's commands, have all body parts in contact with the track surface behind the starting line and remain motionless once in the set position.
 - b. The starting commands of races with opening legs of less than 800 meters shall be: "On your marks" - "Set" - Fire the starting device.
 - c. The starting commands of races with opening legs of more than 800 meters shall be: to ask all competitors to take a position three meters behind the starting line, with the "On your marks" all competitors will step to the starting line without delay. When all competitors are steady, the starter shall fire the starting device.
 - d. Athletes/relay teams will be permitted one false start. If a second false start occurs, the athlete/relay team will be disqualified.
 - e. The formation of heats for the individual sprint events (100m, 200m, 400m, 200m Hurdles) during the regular season will be performed by the clerk. The first heat will be designated as the fast heat and the fastest runners from each team present are to step up for lane assignments for that heat. Each heat after that will fill all available lanes or be made up of equal numbers of runners until all remaining athletes have been assigned a heat and lane.

2. The Finish - The competitors place in the order that their "torso" as distinguished from the head, neck, arms, legs, reaches the finish line.
3. Individual Events
 - a. When a race is run in lanes, competitors are expected to run the entire race in the lane assigned. A competitor will be considered out of their lane when:
 - i. Without being fouled while running a curve, steps on or over the inside lane line for three or more consecutive steps with either or both feet.
 - ii. While running on a straightaway or on a curve runs in an adjacent lane and interferes with or impedes another competitor.
 - iii. He/she does not finish the race in the assigned lane, or if a member of a relay team, does not pass in the assigned lane.
 - iv. He/she takes one or more steps inside the assigned lane before the break line.
 - b. When a race is not run in lanes, a competitor shall not deliberately run on or inside the track curb/line. A competitor shall move toward the inside or outside provided he/she is one full running stride ahead of the competitor whose path is crossed. It is not a foul if a competitor crosses to the inside or outside if this action does not interfere in any way with another competitor's stride.
 - c. 200 meter hurdles - race shall start at 200 meter mark, using 5 hurdles, with the hurdle height of 30". Spacing of hurdles shall be as follows: 50m to the first hurdle, 35m between hurdles, 10m from 5th hurdle to the finish line (300m hurdle marks will be used).
4. Relay Events
 - a. Gloves are not permitted, unless required for medical reasons.
 - b. Batons must be passed in the assigned lane and with-in the 20 meter exchange zone. Passes made with-in the acceleration zone are illegal.
 - c. Acceleration zones may be used in relay events that are run in lanes and in which the incoming runner is running 200m or less. The acceleration zone is the 10 meters preceding the beginning of the exchange zone and is usually marked by a small triangle or line. The outgoing runner may stand at any point in the acceleration zone or the exchange zone. For an exchange to be legal the baton must be handed to the succeeding teammate with-in the actual exchange zone.
 - d. The baton must be handed, not thrown from the competitor to the succeeding teammate. After passing the baton the relieved competitor should stand still or jog straight ahead in their lane until the track is clear.
 - e. The baton shall not be thrown in anger or celebration following the finish of any relay. Violations will result in disqualification.

- f. Relay members and alternates for each relay must be identified for qualifying to the Diocesan Championship (maximum of 8 athletes).
 - g. Dropped batons
 - i. If the baton is dropped within the exchange zone in a legitimate attempt to pass the baton, either competitor may retrieve it provided they do not interfere with an opponent and it is retrieved within the limits of the original exchange zone extended across the track.
 - ii. If the baton is dropped outside the limits of the exchange zone or rolls outside the limits of the zone, the baton must be retrieved by the competitor who dropped it.
5. Stagers - the following stagers will be used:
- a. 800 meter run - two (2) turn stagger.
 - b. 1600 meter run - one (1) turn stagger.
 - c. 4 X 100 meter relay- lanes entire race
 - d. 4 x 200 meter relay - lanes the entire race.

D. Field Events

1. General Rules

- a. A competitor shall be charged with an unsuccessful attempt if he/she does not initiate an attempt/trial or pass within one (1) minute of being called by the event judge. If an athlete takes consecutive trials the time limit is extended to two (2) minutes.
- b. There shall be three (3) attempts in all field events except the high jump.
- c. Athletes will be grouped according to the standard set for the type of meet, regular season, championship, sanctioned event. Athletes will need to check into the event by the required time or else they will not be able to compete and they must complete all of their trials before the event is closed. Athletes will compete in the order set and managed by the meet official.
- d. At the conclusion of an event, the area will be closed. One warning will be issued to those in a closed area; second will result in disqualification from the meet.
- e. Determining places (except high jump) – The competitor with the best distance shall be given the higher place. If competitors have the identical best-distance then the higher place is given to the competitor whose second-best performance is better. If still tied then consider third-best performance.

2. Shot Put

- a. Taping any part of the hands or fingers is not permitted unless there is an open wound. Taping the wrist is permitted.
- b. Gloves are not permitted.

- c. A legal put shall be made when, after entering the circle, the athlete pauses and puts from the shoulder with one hand only, so that during the attempt the shot does not drop behind or below the shoulder.
 - d. It is a foul if the competitor:
 - i. After stepping into the circle, fails to pause before starting the put.
 - ii. Once in the circle, touches the circle or the ground outside the circle during the put.
 - iii. Allows the shot to drop below the shoulder or go behind the back of the shoulder during the put.
 - iv. Touches the top or end of the stopboard before the put is marked.
 - v. Puts the shot so it lands outside the sector lines.
 - vi. Does not exit the back half of the circle.
 - vii. Leaves the circle before the shot has landed.
 - viii. Fails to initiate an attempt within one minute.
 - ix. Uses the "cartwheel" technique of shot putting.
 - e. The put will be measured to the nearest lesser $\frac{1}{4}$ inch, from the nearest edge of the first mark made by the shot to the inside edge of the stopboard nearest to the mark along the extended radius of the circle.
3. Long Jump
- a. The competitor may attempt to jump in any manner, provided the takeoff is from one foot.
 - b. It is a foul if the competitor:
 - i. Allows his/her shoe to extend over the foul line or make a mark in front of it on takeoff.
 - ii. Runs across the foul line or foul line extended.
 - iii. During the jump, does not keep the head in the superior position (no somersault).
 - iv. In the process of landing or leaving the pit, touches the ground outside the landing pit nearer to the foul line than the nearest mark made in the landing pit.
 - v. Fails to initiate an attempt within one minute.
 - c. The judges shall hold the tape so that all measurements are read from the front edge of the takeoff board. Measure the jump to the nearest lesser $\frac{1}{4}$ " from a point along the foul line (or extension) perpendicular to the point in the pit touched by the competitor or apparel of the jumper nearest the foul line.
4. Standing Jump
- a. The competitor may attempt to jump in any stationary manner, provided the takeoff is from two feet.
 - b. It is a foul if the competitor:

- i. Allows his/her shoe to extend over the foul line or make a mark in front of it on takeoff.
 - ii. Hops or has the feet shuffle or leave the ground before an attempt
 - iii. During the jump, does not keep the head in the superior position (no somersault).
 - iv. In the process of landing in the pit or leaving the pit, touches the ground outside the landing nearer to the foul line than the nearest mark made in the landing pit.
 - v. Fails to initiate an attempt within one minute.
 - vi. Takes a jump while wearing spikes or shoes that can hold spikes.
 - c. The judges shall hold the tape so that all measurements are read from the front edge of the takeoff board. Measure the jump to the nearest lesser $\frac{1}{4}$ inch from a point along the foul line (or extension) perpendicular to the point in the pit touched by the competitor or apparel of the jumper nearest the foul line.
5. High Jump
- a. The competitor may attempt to clear the bar in any manner, provided the takeoff is from one foot.
 - b. The competitor will be eliminated as soon he/she has reached three (3) consecutive misses.
 - c. The competitor that has passed three (3) consecutive heights may be permitted one warm-up jump without the crossbar in place. The warm-up must occur at the time of the height change.
 - d. Starting heights for Boys for the regular season and area meets will be as follows:
 - i. Developmental-3'0"
 - ii. Cadet-3'6"
 - iii. Youth-3'8"
 - iv. Intermediate-4'2"
 - v. In the Diocesan Championship, the starting height will be 4" below the lowest qualifying height.
 - e. Starting heights for Girls for the regular season and area meets will be as follows:
 - i. Developmental-3'0"
 - ii. Cadet-3'4"
 - iii. Youth-3'6"
 - iv. Intermediate-3'8"
 - v. In the Diocesan Championship, the starting height will be 4" below the lowest qualifying height.

- f. The bar will move up at increments of 2” until a winner is declared, after which the winner can determine what height he/she will attempt.
 - g. It is a foul if the competitor:
 - i. Displaces the bar in an attempt to clear it.
 - ii. Breaks the plane of the crossbar without clearing the bar.
 - iii. After clearing the bar, contacts the uprights and displaces the bar or steadies the bar.
 - iv. Fails to go over the bar.
 - v. Fails to complete an attempt within one minute.
 - h. The crossbar and standards should be marked so that they may be replaced in the same manner for each competitor. Measurements should be made from a point on the takeoff plane to the lowest point on the upper side of the crossbar.
 - i. Determining places when athletes are tied at height cleared:
 - i. The competitor with the fewest number of trials for the last height successfully completed shall be awarded the higher place.
 - ii. If the tie still remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place (passed trials do not count as misses).
 - iii. If the tie remains and does not involve first place or a qualifying position, the competitors shall be awarded the same place.
 - iv. If the tie remains and involves first place or a qualifying position, the competitors shall make one more attempt at the last failed height. If no decision is reached, the bar is lowered by 1 inch intervals until cleared. If two or more of the tying competitors cleared the height, the bar shall be raised by intervals of 1 inch until a winner is determined. Each competitor is given one attempt at each height in a jump-off. Passes are not permitted in jump-offs.
6. Discus
- a. All practice and competitions of the discus event are to occur in a cage that meets National Federation specifications.
 - b. Taping any part of the hands or fingers is not permitted unless there is an open wound. Taping the wrist is permitted.
 - c. Gloves are not permitted.
 - d. A legal throw shall be made when, after entering the circle, the athlete pauses and throws with one hand only.
 - e. It is a foul if the competitor:
 - i. **After stepping into the circle**, fails to pause before starting the throw.

- ii. Once in the circle, touches the circle or the ground outside the circle during the throw.
 - iii. Throws the discus so it lands outside the sector lines or hits the cage or something outside the sector lines.
 - iv. Does not exit the back half of the circle.
 - v. Leaves the circle before the implement has landed.
 - vi. Fails to initiate an attempt within one minute.
- f. The put will be measured to the nearest lesser whole inch, from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle nearest to the mark along the extended radius of the circle.

SECTION 10 - MEET FORMAT

A. Regular Season Meets

1. Developmental, Elemental and Minor Boys & Girls will compete in field events first while the Intermediate, Youth and Cadet Boys & Girls will compete in running events first.
2. Each running event will compete by gender from the oldest athlete division to the youngest (i.e. – Girls Develop. 100m, Elem. 100m, Minor 100m, then Boys Develop. 100m, Elem. 100m, Minor 100m).
3. Field Event Order - Each field event will compete in the following ordered format with the girls competing the event first, followed by the boys.
 - a. Developmental(D), Elemental(E) & Minor(M) Divisions
 - i. D-High Jump, D-Shot Put, E-Long Jump, M-Standing Jump,
 - ii. D-Long Jump, E-Standing Jump, M-Shot Put
 - iii. D-Standing Jump, E-Shot Put, M-Long Jump
 - b. Intermediate(I). Youth(Y), Cadet(C) Divisions
 - i. I-High Jump, I-Shot Put, Y-Long Jump, Y-Discus, C-Standing Jump
 - ii. I-Standing Jump, I-Discus, Y-High Jump, Y-Shot Put, C-Long Jump
 - iii. I-Long Jump, Y-Standing Jump, C-High Jump, C-Shot Put
4. If the field event(s) are canceled due to weather conditions before the meet begins, the running event for all divisions will be run concurrently as noted in Section 10-A-3. The remaining field events will be competed in the following paired groupings with the girls competing first followed by the boys.
 - a. When Long Jump and High Jump are canceled
 - i. Y/I Discus – D/C Shot Put - M/E Standing Jump
 - ii. Y/I Shot Put - D/C Standing Jump
 - iii. Y/I Standing Jump - M/E Shot Put
 - b. When only holding the Shot Put and Discus
 - i. Y/I Discus – M/E Shot Put
 - ii. Y/I Shot Put - D/C Shot Put

5. If the field event(s) are canceled due to weather conditions after the meet begins, the meet official(s) will decide whether to begin incorporating all divisions into the running events at a certain point in the order of events or to continue in the original format. If all divisions are incorporated into the running events, see Section 10-A-5. Those events competed prior to the incorporation of all divisions will be added to the end of the meet in the order listed in Section 8-D. The remaining field events will be competed in the order stated in 10-A-5.
6. The following running events may be combined by division:
 - a. 200m Hurdles
 - b. 1600m
 - c. 800m
 - d. 4 x 100 Relay
 - e. 4 x 200m Relay

B. Section Championship Meets

1. Section Championship Meets will be held for the Youth & Cadet Divisions.
2. Only those athletes listed on the eligibility roster for the specific division filed with the CYO Office are eligible for participation in the Section Championship Meets.
3. Athletes that compete in the Section Championship are not eligible for the Intermediate Division Championship Tournament.
4. Teams will be permitted two (2) entries per individual event and one (1) entry per relay event.
5. Athletes can compete in a maximum of three (3) events.
6. Athletes can compete in one (1) competition division championship.
7. Track teams may enter a "B-Team" once a minimum of five (5) track events and three (3) field events have been entered on the A-team. "B-Team" athletes are prohibited from participating in "A-Team" as well as "B-Team" events. Each athlete is only eligible to be on one team roster for this meet.
8. Once the registration deadline passes, teams will not be permitted to add entries to any individual or relay event. Teams are permitted to make replacements/substitutions for athletes already entered and to scratch athletes after the deadline. Relays teams may be changed in accordance to the relay card submitted at the Section Meet.
9. Order of Events
 - a. Running Events will be contested in the order contained in Section 8-D. Each event will have the Youth division competing first followed by the Cadet division.
 - b. Girls will run first and boys will compete in the field events first at section championship meets.
 - c. Prelims will be run for 100m dash only; all other events will be a timed final.
 - d. Running events will not be combined by division or gender.

- e. If field events are canceled due to weather conditions before the meet begins, the running event will be run concurrently in the following order. Girls Youth 100m, Cadet 100m, then Boys Youth 100m, Cadet 100m The remaining field events will be competed in the following order with the girls competing first followed by the boys.
 - i. When Long Jump and High Jump are canceled
 - a) Y-Shot Put, C-Standing Jump
 - b) Y-Standing Jump, Y-Discus, C-Shot Put
 - ii. When only holding the Shot Put and Discus
 - a) Y-Shot Put
 - b) C-Shot Put, Y-Discus
 - f. If the field event(s) are canceled due to weather conditions after the meet begins, the meet official(s) will decide whether to begin incorporating all divisions into the running events at a certain point in the order of events or to continue in the original format. If all divisions are incorporated into the running events, see Section 10-B-9-e. Those events competed prior to the incorporation of all divisions will be added to the end of the meet in the order listed in Section 8-D. The remaining field events will be competed in the order stated in 10-B-9-e.
10. Scoring – Place finishers will tally the following points for their team; 1st Place – 10 points, 2nd Place – 8 points, 3rd Place – 6 points, 4th Place – 5 points, 5th Place – 4 points, 6th Place – 3 points, 7th Place – 2 points, 8th Place – 1 point. B-Team members will be scored separately from A-Team members.
- C. Diocese of Cleveland Championship Tournament Meets
1. Classification of Teams
 - a. Teams competing in the Intermediate Division will be classified for the purpose of championship tournament series.
 - b. Classifications shall be made according to the procedure outlined in By-law 2-1-4-A.
 - c. Teams in the sport of Track and Field will be assigned to two tournament divisions.
 - i. The total number of members that sponsor a team shall be divided in half, or as near half as possible and placed in two divisions with Division 1 for the upper half and Division 2 for the lower half of the total.
 - ii. A member, at its discretion, may request to have a team placed in a higher division of play.
 2. Athlete Eligibility
 - a. Only those athletes listed on the eligibility roster for the Intermediate division filed with the CYO Office are eligible for participation in the Diocese of Cleveland Championship Tournament Meets.

- b. Athletes that compete in the Section Championship are not eligible for participation in this Championship Tournament.
 - c. Teams will be permitted two (2) entries per individual event and one (1) entry per relay event.
 - d. Athletes can compete in a maximum of three (3) events.
 - e. Only athletes listed on the relay card submitted at the District Meet will be eligible to participate in the Diocese of Cleveland Championship Meet. Up to eight (8) athletes may be listed on the relay card.
3. District Meets
- a. Teams will be assigned to one of two district qualifying meets per division.
 - b. Track teams may enter a "B-Team" once a minimum of five (5) track events and three (3) field events have been entered on the A-team. "B-Team" athletes are prohibited from participating in "A-Team" as well as "B-Team" events. Each athlete is only eligible to be on one team roster for this meet.
 - c. Seeding for events will be determined by the CYO Athletic Administration in accordance to NFHS Rules.
 - d. Once the registration deadline passes, teams will not be permitted to add entries to any individual or relay event. Teams are permitted to make replacements/substitutions for athletes already entered and to scratch athletes after the deadline. Relays teams may be changed in accordance to the relay card submitted at the District Meet.
 - e. Order of events
 - i. Running Events will be contested in the order contained in Section 8-D.
 - ii. Girls will run first and boys will compete in the field events first at the District meets.
 - iii. Prelims will be run for 100m dash only; all other events will be a timed final.
 - iv. Running events will not be combined by division or gender.
 - v. If field events are canceled due to weather conditions before the meet begins, the running event will be run concurrently with the girls competing each event before the boys. The remaining field events will be competed in the following order.
 - a) When Long Jump and High Jump are canceled
 - 1) Boy-Shot Put, Girls-Standing Jump, Girls-Discus
 - 2) Boys-Standing Jump, Boys-Discus, Girls-Shot Put
 - b) When only holding the Shot Put and Discus
 - 1) Boys-Shot Put, Girls-Discus
 - 2) Boys-Discus, Girls-Shot Put
 - vi. If the field event(s) are canceled due to weather conditions after the meet begins, the meet official(s) will decide whether to begin

incorporating boys & girls into the running events at a certain point in the order of events or to continue in the original format. If boys & girls are incorporated into the running events, see Section 10-C-3-e-v. Those events competed prior to the incorporation of all divisions will be added to the end of the meet in the order listed in Section 8-D. The remaining field events will be competed in the order stated in 10-C-3-e-v.

- f. Advancement to the Diocese of Cleveland Championship Meet
 - i. The top 4 finishers in each event at each district meet will advance to the Diocese of Cleveland Championship Meet.
 - ii. All ties for fourth place must be broken before the conclusion of that gender's district meet. Absent athletes will be disqualified from tie breakers and not considered for advancement.
- 4. Diocese of Cleveland Championship Meet
 - a. Order of Events
 - i. All events will be contested as a final.
 - ii. In odd number years, Division 1 athletes will compete in running events first. In even number years, Division 2 athletes will compete in running events first.
 - iii. Running events in each section will be run continuous with all participants by gender. i.e. Division 1 100m girls followed by Division 1 100m boys... followed by field events (Division 1 girls followed by Division 1 boys).
 - iv. Field Events will be contested as follows;
 - a) Girls Long Jump followed by Boys
 - b) Boys Standing Jump followed by Girls
 - c) Girls Shot Put followed by Boys
 - d) Boys Discus followed by Girls
 - e) Boys High Jump followed by Girls
 - v. If field events are canceled due to weather conditions before the meet begins, both divisions will compete the running events concurrently in the following order; Division 2 Girls, Division 1 Girls, Division 2 Boys, Division 1 Boys. The remaining field events will be competed in the following order.
 - a) When Long Jump and High Jump are canceled (Girls Followed by Boys)
 - 1) Division 1-Shot Put, Division 2-Standing Jump, Division 2-Discus
 - 2) Division 1-Standing Jump, Division 1-Discus, Division 2-Shot Put
 - b) When only holding the Shot Put and Discus
 - 1) Division 1-Shot Put, Division 2-Discus
 - 2) Division 1-Discus, Division 2-Shot Put

- vi. If the field event(s) are canceled due to weather conditions after the meet begins, the meet official(s) will decide whether to begin incorporating Division 1 & 2 into the running events at a certain point in the order of events or to continue in the original format. If divisions are incorporated into the running events, see Section 10-C-3-e-v. Those events competed prior to the incorporation of the divisions will be added to the end of the meet in the order listed in Section 8-D. The remaining field events will be competed in the order stated in 10-C-3-e-v.
- b. Seeding
 - i. Competition order and lane assignments will be assigned by weighing Qualifying Meet place and then Qualifying Meet time/distance (NFHS Rule 5-6-5).
 - ii. For lane races, athletes will be assigned positions using the following lane(rank); 4(1st)-5(2nd)-6(3rd)-3(4th)-2(5th)-7(6th)-8(7th)-1(8th).
 - iii. For non-lane races, athletes will be assigned positions using the following lane(rank); 1(1st)-2(2nd)-3(3rd)-4(4th)-5(5th)-6(6th)-7(7th)-8(8th).
 - iv. For field events, athletes will be assigned positions using the following position(rank); 8(1st)-7(2nd)-6(3rd)-5(4th)-4(5th)-3(6th)-2(7th)-1(8th).
- c. Scoring – Place finishers will tally the following points for their team; 1st Place – 10 points, 2nd Place – 8 points, 3rd Place – 6 points, 4th Place-5 points, 5th Place – 4 points, 6th Place – 3 points, 7th Place – 2 points, 8th Place – 1 point.

SECTION 11 - CAUTION AND DISQUALIFICATION

- A. Teams and individuals are expected to conduct themselves in a manner that the meet officials and CYO Administration feel shows respect and dignity toward its opponent.
- B. A coach or participant ejected from an entire meet for any reason shall be suspended for the next scheduled meet. The ejected persons may not be associated with the team during the duration of the suspension, this includes practices and scrimmages.
- C. Any participant, coach or other person who is ejected from an entire meet twice during the course of the season will be suspended for the remainder of the season and may be subject to additional disciplinary action.

(Updated February 2015)