

PENINSULA PARISHES/SCHOOLS LEAGUE
5TH GRADE TRACK AND FIELD RULES
LAST UPDATED: 3-1-18

1. **RULES:** The National Federation of State High School Associations Track and Field rules shall apply except as noted on the following pages.
2. **PARENTAL PERMISSION:** Each contestant must have a signed parental health clearance.
3. **TEAM COMPOSITIONS:** All contestants must participate in their own grade level.
Teams will be organized as follows:
 - 5th Grade Boys
 - 5th Grade Girls
4. **EVENTS:** The events for participants will be as follows:
 - 100 Meter Individual Race
 - 200 Meter Individual Race
 - 400 Meter Individual Race
 - 800 Meter Individual Race
 - 1600 Meter Individual Race
 - 4X100 Meter Relay Race
 - 4X400 Meter Relay Race
 - High Jump
 - Long Jump
 - Shot Put (6 pound shot for Girls and Boys)
5. **UNIFORMS/JEWELRY:** Athletes must wear the official school uniform issued by their school. All other NFHS rules regarding uniforms will apply unless otherwise indicated. **(Note: following NFHS rules, beginning in the 2015 Track season, jewelry restrictions have been removed. Jewelry is acceptable as long as it does not create a hazard to the athlete or a competitor).**
6. **FOOTWARE:** Track shoes with spikes no longer than ¼ inches may be worn.
7. **STARTING BLOCKS:** Starting blocks may be used for all running events except the 800 and 1600 meter Individual Races.
8. **ROSTERS:** Final Team Rosters must be submitted to the PPSL Conference Director and to the Track and Field Director on the official form, by the advertised deadline each season. Final Team Rosters must also be submitted, on the digital template given to each team, to the PPSL Track Computer Specialist by this same date.

9. **MEET ENTRIES:** Meet entries must be given to the host school Meet Director no later than 30 minutes before the scheduled start of a league meet. Rosters must show the first and last name of each participant, their grade in school, their gender, and the event(s) entered.
10. **PARTICIPATION:** Each athlete may participate in a maximum of four (4) events. If an athlete participates in four (4) events, at least one (1) of them must be a relay race.
11. **ALTERNATES:** Teams can list up to two (2) alternates for each relay team entered. Being listed as an alternate counts as participation in that event, even if the athlete does not run.
12. **HEATS:** More than one (1) heat may be run in any event. If more than one heat is run in a specific event, only the first heat will be scored. All additional heats are non-scoring.
13. **FALSE STARTS IN RUNNING EVENTS:** Only the Meet Official(s) working as the Starter(s) can assess a false start to a runner. If an athlete is assessed a false start, they will receive a warning from the Starter. For a second false start in that same event, the athlete will be disqualified from that event.
14. **FIELD EVENTS:** Field events will be held at closed pits. Each school will be limited to **FIVE** participants per gender, per grade, per event. Each competitor will be allowed two (2) warm-up tries per event. During actual competition shot putters will be allowed three puts, long jumpers will be allowed three jumps, and high jumpers will be allowed three attempts at each height. Should other events conflict with a field event competition, a participant must be excused from that event by the field event officials. Excused participants will be allowed all the practice and legal tries to which they are entitled. If an athlete leaves a competition without being excused, they forfeit any of the rounds they miss. If an athlete is late for a competition, he/she will be allowed one (1) warm-up jump or put and then must enter the competition in progress. They forfeit all previous rounds. **Shot put throws are measured to the nearest lesser ¼ inch. Long jumps are measured to the nearest lesser ¼ inch.**
15. **HIGH JUMP:** In the high jump competition the bar is moved in two (2) inch increments, starting from the stated opening height, for the first four rounds. The bar will then be moved in one (1) inch increments for all subsequent rounds.

OPENING HEIGHTS:

5 th Grade Girls	3'0"
5 th Grade Boys	3'4"

16. **SCORING:** Points will be awarded according to finishing order and will be awarded on a 5-3-2-1 basis in a four-team meet. In a five-team meet, points will be awarded on a 6-4-3-2-1 basis. Only one (1) contestant per school can score in each event. Girls and Boys scores will be combined for one team score.

- 17. PHOTOS AND VIDEO:** Only the official scoring system provided by the PPSL or the host school will be used in the scoring or decision making of any PPSL Track meet.
- 18. OPENING PRAYER:** All PPSL Track meets will be opened with the official prayer provided by the PPSL. The school hosting the meet will be in charge of leading the prayer. This should be done by gathering all athletes, coaches and officials together.