

***Peninsula Parishes/Schools League***  
***Section 8: Track Rules***  
***Last Updated: 3-1-18***

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8.1 **RULES:** In all cases, PPSL Section 8: Track Rules are subject to and work in conjunction with the PPSL General Rules. The National Federation of State High School Associations Track and Field rules shall apply except as noted on the following pages.

8.2 **PARENTAL PERMISSION:** Each contestant must have a signed parental health clearance.

8.3 **TEAM COMPOSITIONS:** All contestants must participate in their own grade level except as allowed by rule.

Teams will be organized as follows:

8<sup>th</sup> Grade Boys  
8<sup>th</sup> Grade Girls  
7<sup>th</sup> Grade Boys  
7<sup>th</sup> Grade Girls  
6<sup>th</sup> Grade Boys  
6<sup>th</sup> Grade Girls

8.4 **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 lb. For Girls and 6<sup>th</sup> Grade Boys)  
Shot Put (8 lb. For 7<sup>th</sup> and 8<sup>th</sup> Grade Boys)

8.5 **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).**

8.6 **FOOTWEAR:** Track shoes with spikes no longer than ¼ inch may be worn.

8.7 **STARTING BLOCKS:** Starting blocks may be used for all running events except the 800 and 1600 Meter Individual Races.

- 8.8 **LEAGUE RECORDS:** League records may only be set at the Championship Meet.
- 8.9 **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.
- 8.10 **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.
- 8.11 **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. A violation of this rule will disqualify the participant from the current meet as well as the next scheduled meet. This applies even if the next scheduled meet is a Divisional Meet.
- 8.12 **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.
- 8.13 **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.
- 8.14 **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.
- 8.15 **RELAY PULL UP:** If a school has five (5) or fewer participants on its Final Team Roster for that grade level team (ex. 7B), it may pull up one (1) athlete from the grade immediately below for a relay race only. Fifth grade athletes may not be pulled up to a sixth grade team. This pull up rule may be used for League Meets, Divisional Meets, and the Championship Meet.
- 8.16 **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.**

8.17 **HIGH JUMP:** In the high jump competition the bar is moved in two (2) inch increments, starting from the stated opening height. When only one competitor remains in the high jump competition, the competitor may determine successive raises of the crossbar with a minimum half (1/2) inch raise.

**OPENING HEIGHTS:**

6 <sup>th</sup> Grade Girls = 3'4"	7 <sup>th</sup> Grade Girls = 3'8"	8 <sup>th</sup> Grade Girls = 3'10"
6 <sup>th</sup> Grade Boys = 3'8"	7 <sup>th</sup> Grade Boys = 4'0"	8 <sup>th</sup> Grade Boys = 4'4"

8.18 **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.

8.19 **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.

8.20 **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.

**DIVISIONAL MEETS**

8.21 **ROSTERS:** The Divisional Meet Rosters must be submitted to the league on the digital template provided, by the deadline announced by the PPSL.

8.22 **PARTICIPATION:** Each athlete may participate in a maximum of four (4) events. An athlete may participate in a maximum of two (2) individual events and two (2) relay events. If a participant competes in more than four (4) events, more than two (2) individual events, or more than two (2) relays, then he/she will be disqualified from this meet and the Championship Meet. If a participant competes out of his/her grade (except for relay pull-ups, Rule 8.15) then his/her entire class of either boys or girls will be disqualified.

8.23 **PARTICIPANTS LIMITED:** Each school is allowed one (1) entry each per grade level team (6G, 7G, 8G, 6B, 7B, 8B) in 100 meter; 200 meter; 400 meter individual races. Each school is allowed one (1), four-person relay, per grade level team in the 4x100 relay and the 4x400 relay. Each school is allowed two (2) entries per grade level team in the 800 meter and 1600 meter individual races. Each school is allowed to have three (3) entries per grade level team in the Shot Put, High Jump, and Long Jump. Schools may list up to two (2) alternates for each of their relay teams entered. IF AN ATHLETE IS LISTED AS AN ALTERNATE FOR A RELAY, THIS DOES COUNT AS AN EVENT ENTERED IN THE DIVISIONAL MEET, EVEN IF THEY DO NOT RUN IN THIS RELAY.

- 8.24 **ILLNESS EXCEPTIONS:** An athlete who has run the 800 meter or 1600 meter race in at least two (2) league meets and is unable to run in the Divisional Meet due to illness, may still qualify for the Championship Meet. The athlete may qualify by having a written request from their coach presented to Divisional Meet officials at the Divisional Meet. The athlete must also present a written release from a doctor before he/she competes in the Championship Meet.
- 8.25 **ELIGIBILITY THROUGH LEAGUE MEET PARTICIPATION:** Each athlete must participate in at least two (2) League Meets in order to be eligible to compete in a Divisional Meet and the Championship Meet. The only exception to this rule is when an athlete has sustained an injury. The injured athlete must present a note from his/her physician to league officials and be approved for participation by the league. (It is recommended for conditioning purposes that 1600 meter runners participate in at least three (3) 1600 meter races prior to the Championship Meet.)
- 8.26 **FAILURE TO COMPLETE AN EVENT:** Any individual athlete that fails to finish a running event or fails to make a successful attempt at a field event at the Divisional Meet may not advance to the Championship Meet in the same event. A relay team disqualified at a Divisional Meet may not advance to the Championship Meet. Any athlete that fails to finish a running event, or fails to make a successful attempt in any field event, may not be awarded any points. A relay team disqualified at a Divisional Meet may not be awarded any points.
- 8.27 **TIE BREAKERS:** In the event of a tie for the last qualifying position in a running event, a runoff will take place ten (10) minutes after the final running event of the meet. In field events, the National Federation of State High School Associations Track and Field Rules will be used to break ties. Any ties for third place in field events that cannot be broken by the National Federation Rules will be decided by a jump-off or put-off competition.
- 8.28 **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, a 6-4-3-2-1 basis in a five-team meet, and a 7-5-4-3-2-1 basis in a six-team meet. Only one (1) competitor from each school can score in each event.

### **CHAMPIONSHIP MEET**

- 8.29 **NUMBER OF FINALISTS IN RUNNING EVENTS:** Only one athlete per school is eligible to compete in each Championship Meet event. With the exception of the 800 meter and 1600 meter races, the Championship Meet will have nine (9) finalists in each event. Each of the three (3) Divisional Meets will provide three (3) finalists each. If any Divisional Meet fails to provide three (3) finalists in any event, the event will be filled with nine (9) finalists by progressively selecting the next best time from all other Divisional Meets. In each 800 meter and 1600 meter Championship Meet race, each school may qualify one (1) athlete who must have completed that event at the Divisional Meet, unless they are entering as an illness exception (Rule 8.23). If a school has two athletes complete the race in the 800 or the 1600, either finisher may be entered in the Championship Meet.

- 8.30 **NUMBER OF FINALISTS IN FIELD EVENTS:** Only one athlete per school is eligible to compete in each Championship Meet event. Each field event will have a maximum of ten (10) finalists in the Championship Meet. Each of the three Divisional Meets will provide three (3) finalists each. There will be one (1) at-large finalist determined by progressively selecting the next best throw or jump from all the Divisional Meets, using established tie breaking rules, as required. If any Divisional Meet fails to provide three (3) finalists in any event, the event will be filled with ten (10) finalists by progressively selecting the next best jump or throw from all other Divisional Meets. If multiple ties occur when determining the at large finalist for any field event, the PPSL Board will make the final decision regarding qualifiers to the Championship Meet.
- 8.31 **FILLING EVENTS FOR THE CHAMPIONSHIP MEET:** No athletes will be added to the Championship Meet on the day of the meet. An athlete who has qualified for the Championship Meet by finishing in the top three (3) at the Divisional Meet, but then cannot participate in the Championship Meet, will be replaced by the next qualifier from that same Divisional Meet.
- 8.32 **EIGHTH GRADE QUALIFIER IN THE 1600 METER:** If an eighth grade athlete has competed all four years in Track and Field for their school, but has never qualified for the Championship Meet in any event, they may be added to the 1600 meter as a non-scoring athlete in the Championship Meet.
- 8.33 **HIGH JUMP:** For each grade level team, the opening height for the High Jump will be two (2) inches below the height achieved by the lowest ranked qualifier in any of the Divisional Meets, as long as that height is not below the official opening heights listed in Rule 8.17.
- 8.34 **AWARDS:** Trophies will be awarded to the schools finishing first, second, and third places as determined by total overall score. If two schools tie for first place, they will be co-champions. In the event of a tie for second or third place, the tie will be broken by the amount of first place finishes. If that fails to break the tie, the team with the greatest number of second place finishes will finish in the higher place. Plaques will be awarded to the boys and girls teams that finish in first, second, or third place in each grade. In the event of ties scores, the tie will be broken by the amount of first place finishes. If that fails to break the tie, the team with the most second place finishes will be declared the higher finisher. A trophy will be given to the school with the most improved score from the previous year that does not finish in any of the top three (3) places. Ribbons will be awarded to the first nine (9) finishers in each event.
- 8.35 **SCORING:** Points will be awarded according to finishing order and will be awarded on a 10-8-7-6-5-4-3-2-1 basis.

The above rules were adopted by all member schools and approved by the PPSL Executive Board.