



BOYS AND GIRLS CLUB – CITY OF KNOXVILLE PARKS AND RECREATION TRACK AND FIELD RULES AND REGULATIONS

ELIGIBILITY

1. THE AGE OF THE STUDENT IS DETERMINED BY HOW OLD SHE OR HE IS ON THE DATE OF YOUR AREA MEET. ANY STUDENT 15 YEARS OLD ON OR BEFORE YOUR SCHEDULED AREA MEET IS NOT ELIGIBLE FOR THE MEET. PLEASE CHECK EACH CHILD'S BIRTH DATE AS IT APPEARS ON THEIR PERMANENT RECORD.

2. THE FOLLOWING AGE GROUPS WILL BE USED – 6-8, 9-10, 11-12, 13-14

3. Please make sure that you verify the age and grade level of your participants before entering them into the online system. Entering a student that does not meet the age and grade requirements in # 1 & 2 does a disservice not only the participant and your school but to the meets as a whole. Help us be fair to ALL.

ENTRY LIMITS

Limit ---→ ONE RELAY TEAM PER CENTER – PER AGE GROUP

Limit -----> AN INDIVIDUAL ATHLETE MAY COMPETE IN ONE FIELD EVENT (SACKS / TUGS / LJ) AND ONE RUNNING EVENT. THE RELAY COUNTS AS A RUNNING EVENT

RELAYS

1. ALTERNATES MAY BE USED IN RELAYS, HOWEVER THEY MUST BE ON YOUR ONLINE ROSTER WHEN YOU SUBMIT YOUR ONLINE ENTRIES. SUBSTITUTES MAY BE USED IF A PERSON BECOMES ILL OR IS INJURED ON MEET DAY. IF YOUR SUB IS ALREADY ENTERED IN AN EVENT YOU MUST MAKE SURE TO SCRATCH THEM OUT OF THEIR OTHER EVENT AT THE SCORERS TABLE.

2. RELAY TEAMS WILL NOT BE PERMITTED TO COMPETE WITH LESS THAN A FULL (4) FOUR-MEMBER TEAM. A BATON IS MANDATORY IN ALL RELAYS. A BATON WILL BE FURNISHED IF YOU DO NOT HAVE ONE.

QUALIFYING FOR FINALS

1. QUALIFYING WILL BE BASED ON TIME. IN RUNNING EVENTS (EXCLUDING 800-METER RUN) THE SIX FASTEST TIMES IN THE PRELIMS WILL QUALIFY FOR THE FINALS ON THE SAME DAY. IN THE 800-METER RUN THERE WILL BE ONE HEAT. RUNNERS WILL BE ARRANGED IN A WATERFALL START. THE RUNNERS WILL BREAK FOR THE LANE ONE (1) ONCE THEY HAVE ACHIEVED A 1-STEP LEAD OVER THE RUNNER TO THEIR LEFT. PARTICIPANTS IN THE 800 METER RUN SHOULD HAVE TRAINED FOR THIS EVENT.

2. IF FEWER THAN 6 PARTICIPANTS REPORT FOR THE START OF A PRELIMINARY EVENT THAT EVENT WILL BE ADVANCED TO A FINAL LATER IN THE SCHEDULE

EQUIPMENT

1. NO SHOES WITH SPIKES OR STREET SHOES ALLOWED. A PARTICIPANT MUST WEAR ATHLETIC SHOES IN ALL EVENTS
2. STARTING BLOCKS ARE NOT ALLOWED
3. SACKS WILL BE PROVIDED IN THE SACK RACES

TUG-A-WAR RULES

1. DOUBLE ELIMINATION TOURNAMENT WILL BE RUN FOR EACH AREA MEET
2. A TEAM WILL CONSIST OF 3 GIRLS AND 3 BOYS. YOU MAY PULL WITH LESS MEMBERS.
3. NO WRAPPING OF ROPE AROUND ARMS OR LEGS.
4. NO LOOPING OR WRAPPING ROPE AROUND WAIST.
5. NO JERKING OF THE ROPE.
6. NO SPIKED OR CLEATED SHOES ALLOWED.
7. NO GLOVES ALLOWED.
8. A TIME LIMIT OF TWO (2) MINUTES WILL PREVAIL FOR EACH CONTEST, PROVIDED NEITHER TEAM HAS PULLED THEIR OPPONENT'S MARKER ACROSS THE LINE. THE TEAM WHO PULLS THEIR OPPONENT'S MARKER CLOSEST TO THE CENTER LINE AT THE END OF TWO (2) MINUTES WILL BE THE WINNER.
9. HANDS OF THE FIRST PERSON MUST BE KEPT BEHIND THE BLUE MARKER AT ALL TIMES.
10. WHEN THE BLUE MARKER HAS CROSSED THE CENTER LINE ON THE GROUND, THE CONTEST IS OVER.

AWARDS

1. AWARDS WILL BE DETERMINED BY THE BOYS AND GIRLS CLUB AND THE REC CENTERS
2. TEAM SCORES WILL ONLY BE KEPT IN THE CHAMPIONSHIP MEET.

SAFETY AND SECURITY

1. EACH TEAM MUST HAVE A DESIGNATED PERSON (FROM THE CENTER OR CLUB) TO BE WITH AND IN CHARGE OF THE GROUP AT ALL TIMES.
2. ALL PARTICIPANTS NEED TO RETURN TO THE STANDS AFTER COMPETING AND REMAIN THERE UNTIL THE RESULTS OF THEIR EVENT HAVE BEEN ANNOUNCED.

ADMINISTRATION REQUIREMENTS / INSURANCE

1. ALL WHO PARTICIPATE IN THE AREA MEET MUST HAVE WRITTEN PERMISSION FROM THEIR PARENTS OR GUARDIAN. THESE PERMISSION SLIPS SHOULD BE KEPT ON FILE AT YOUR CLUB OR CENTER.
2. ALL PARTICIPANTS IN THE AREA TRACK MEETS AND CHAMPIONSHIP MUST HAVE SOME TYPE OF MEDICAL INSURANCE—SCHOOL, FAMILY, OR SPECIAL INSURANCE FOR THE MEET.
3. **ALL PARTICIPANTS SHOULD BE AT THE AREA HIGH SCHOOL TRACK FOR PRELIMINARIES AT 4:30 P.M. ON THE DAY OF THEIR AREA MEET.**

4. **UPON YOUR ARRIVAL AT THE TRACK, PLEASE COME TO THE INFORMATION TABLE ON THE FIELD IMMEDIATELY. AT THAT TIME YOU MAY MAKE ANY LAST MINUTE CHANGES**

5. **EACH TEAM WILL BE RESPONSIBLE FOR PROVIDING THEIR OWN GARBAGE BAGS FOR THE MEET. YOU ARE RESPONSIBLE FOR KEEPING YOUR AREA CLEAN AND ALL GARBAGE PICKED UP AT THE END OF THE DAY. PLEASE HELP US TO LEAVE THE STADIUM CLEAN AFTER OUR ACTIVITIES ARE OVER.**

PLEASE READ CAREFULLY!!!!

1. **FAT TIMING** We will use fully automatic timing (FAT) for running races in all of our area meets. FAT timing is the same timing used at our Olympic Trials and is used during the summer Olympics. It utilizes a sophisticated optical system accurate to 1/100,000 of a second. It also allows us to eliminate place of finish errors. There may be occasion where we may ask you to verify a participant in a picture however protesting place of finish and time utilizing this technology rarely if ever bears fruit. **Participants will be given “hip numbers” to place on their left hip. These will be assigned and put on the students by volunteers at the starting area for each race. Once finished with the race they can be discarded in the trash. If they have made a final they will be issued a new hip number for the finals in the same manner. Anchor (last leg) leg runners on relays will be the only runners on a relay team to be issued a hip number.**

2. **RESULTS** For the first time we will be posting results of each area meet online we hope to have complete results online within 24 hours after the conclusion of each area meet. They can be found at one of the two locations on the Knoxville Youth Athletics Website:

a. Main info page for Area Meets (click on your area meet in the table)

<http://knoxvilleyouthathletics.org/meetsraces/city-of-knoxville-boys-and-girls-club-area-meets-and-championships>

b. The main Knoxville Youth Athletics Results Page

<http://knoxvilleyouthathletics.org/results>

3. **BOYS AND GIRLS CLUB / CITY OF KNOXVILLE PARKS AND RECREATION CHAMPIONSHIPS**
May 19 – AUSTIN EAST HIGH SCHOOL Hosted by the Knoxville Youth Athletics Program, the CHAMPIONSHIP MEET will bring together the top 4 finishers (in each event) of the two AREA Meets (Fulton and Austin East). This meet requires separate online entry. Places 1-6 will receive awards. We will keep team scores and the winner will receive THE MAYORS CUP to display till next years championship meet. For complete meet information visit: