



## **ELEMENTARY 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 13 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 THE SCHOOL'S PERMANENT RECORD.

2. ANY BOY OR GIRL ABOVE THE FIFTH GRADE LEVEL IS NOT ELIGIBLE FOR THE ELEMENTARY AREA TRACK MEET.

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 ENTRY PER EVENT PER SCHOOL**

**Limit -----> ONE EVENT PER STUDENT – THIS INCLUDES RELAYS**

### **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 FOR 5th GRADE GIRLS AND BOYS 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. STUDENTS PARTICIPATING 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. CERTIFICATES WILL BE AWARDED TO ALL PARTICIPATING STUDENTS WHO REPRESENT THEIR SCHOOL IN THE MEET.
2. RIBBONS COURTESY OF THE **KNOXVILLE YOUTH ATHLETICS** [WWW.KNOXVILLEYOUTHATHLETICS.ORG](http://WWW.KNOXVILLEYOUTHATHLETICS.ORG) WILL BE AWARDED TO FIRST THROUGH SIXTH PLACES IN RUNNING EVENTS, LONG JUMP, SACK RACE AND TUG-OF-WAR.
3. NO TEAM SCORE WILL BE KEPT OR TEAM TROPHIES AWARDED.

### **SAFETY AND SECURITY**

1. EACH SCHOOL MUST HAVE A DESIGNATED PERSON (FROM THE SCHOOL) 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 STUDENTS 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 SCHOOL.
2. ALL STUDENTS PARTICIPATING IN THE ELEMENTARY AREA TRACK MEET 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 8:45 A.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 AND PICK UP PARTICIPATION CERTIFICATES FOR YOUR STUDENTS. IT IS HELPFUL IF YOU WILL KNOW HOW MANY STUDENTS ARE PARTICIPATING. IF YOU NEED MORE PLEASE CALL 594-1725 AND WE WILL SEND YOU EXTRAS.

5. **EACH SCHOOL 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. **Students 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 Elementary School Meets (click on your area meet in the table)

<http://knoxvilleyouthathletics.org/programs/elementary-school-track-and-field>

b. The main Knoxville Youth Athletics Results Page

<http://knoxvilleyouthathletics.org/results>

3. **ELEMENTARY SCHOOL ELITE CHAMPIONSHIPS (ESEC)** 2014 will mark the third year for the Elementary School Elite Championships. Sponsored and hosted by the Knoxville Youth Athletics Program, the ESEM will bring together the top 4 finishers (in each event) of the four area Elementary School Meets (North, East, South and West). This is not a Knox County Schools event and requires separate online entry (and entry fee). Participants may enter individually (only if qualified) or the PE teacher may enter them using the same roster as was used for the area meets (easiest). Event champions will receive plaques and places 2-8 will receive special ribbons. We will keep school team scores and top scoring teams will receive cash grants to be used in the Physical Education Department. For complete meet information visit:

<http://knoxvilleyouthathletics.org/meetsraces/knox-county-elementary-school-elite-championships>