



# **2023 Nebraska Youth Track & Field Rule Book and Meet Guide**



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# TABLE OF CONTENTS

		page
I	General Meet Rules.....	1
II	Softball Throw.....	3
III	Standing Long Jump.....	5
IV	Running Long Jump.....	7
V	Dashes and Runs.....	9
VI	Relays.....	11
VII	Individual Events by Age Group.....	14

**NOTE:** Rules specific to Lincoln Parks and Recreation are shaded.

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# RULES

## I General Meet Rules

1. Participants must compete according to their age level, with the exception of relay events in which the team will compete in the division of their oldest member.
2. Participants will be placed in divisions based on age and gender. Please be prepared to show proof of age if asked. A participant's age division is determined according to participants' age as of December 31 of that year. Age divisions:
  - Boys 12-13 years
  - Girls 12-13 years
  - Boys 10-11 years
  - Girls 10-11 years
  - Boys 8-9 years
  - Girls 8-9 years
  - Boys 7 years
  - Girls 7 years
  - Boys 6 years
  - Girls 6 years
3. The intent is to provide participation for any child. Children with disabilities are welcome to participate and will be accommodated whenever reasonably possible.
4. A participant may register for two field events, one running event, and one relay OR one field event, two running events, and one relay at local meets.
5. Participants finishing in the top four in any event at a local meet (ages 8-13) qualify to participate in the state championship meet for that specific event.
6. No spikes or shoes designated for spikes will be allowed. Any shoes designed for turf surface sports are not allowed. Only "running shoes" or standard "tennis" shoes will be allowed.

7. A “first call” and “final call” will be announced for each event. On the “first call,” participants should make their way to the event start location. By the “final call,” participants must be at the event start location.

### **Recommended Meet Staff**

In addition to the recommended staff for the field and track events as indicated on each rule sheet, the following are additional recommendations for meet staff:

- One (1) meet director
- One (1) public address announcer
- Two (2) results staff
- Two (2) ribbon and check-in staff
- Two (2) concessions staff (if applicable)
- One (1) trainer/first aid



## II Softball Throw

### GENERAL RULES

1. Participants shall report promptly to the event judge at the designated location when the event is announced.
2. A competitor excused to compete in another event shall return to the excused event immediately following the completion of the other event.
3. Participants will have three attempts. It is up to the meet director if practice throws will be allowed.
4. Throws will be measured in feet and inches to the nearest one-half inch.
5. Measurements shall be measured and recorded with the “zero” end of the measuring tape held at the point of the contestants ball landing and the feet and inches markings at the center point of the scratch line..

### SPECIFIC RULES

1. The ball throwing competition will be conducted using a softball with the circumference of 12 inches. The minimum weight of the softball must be 6 ounces and its maximum weight must be 6.75 ounces. The 6 and 7 age group competitions will be conducted using a **baseball** with the circumference of 9 inches. The minimum weight of the baseball must be 5 ounces and its maximum weight must be 5.25 ounces.
2. The throw may be from either a standing position or on the run.
3. No glove, tape, or other foreign substance may be applied to the throwing hand unless it is required for medical reasons.
4. Stepping on or over the scratch line before or after the throw constitutes a foul. A contestant must throw within the five-foot throw marks. A contestant is permitted one run-up without releasing the ball. Failure to release the ball on a second run-up shall constitute a foul (foul).
5. Each thrower will be allowed three trials. All three throws will be successive. The longest trial will be considered the winner.

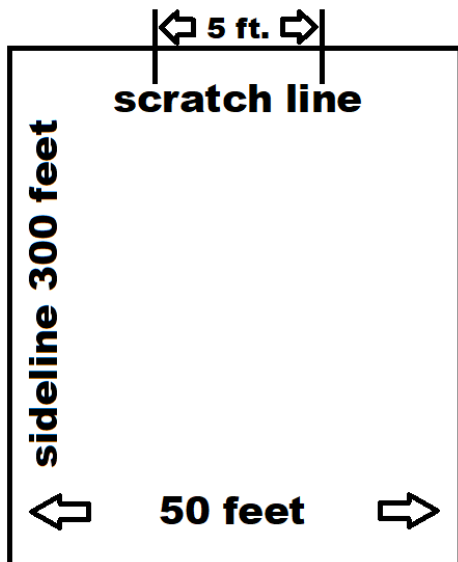
6. In case of a tie, the contestant whose next best performance is better than the second best performance of any other competitor tied for that place shall be declared the winner.
7. Each legal throw will be measured for distance from a point at the center of the five-foot throw marks to the spot where the ball lands between two parallel sidelines.
8. Measure to the nearest half inch.
9. The throw must be made from inside the fifty-foot wide parallel sidelines. The line is out of bounds. The measurement is taken from the center of the five-foot throw marks located on the scratch line to the point touched by the ball which is the nearest the scratch line.

**Recommended Judges per Softball Throw Area**

One (1) results and participant announcer clerk

Three to four (3-4) ball retrievers, ball markers, and measurers

One (1) foul line judge and ball retriever



# III Standing Long Jump

## GENERAL RULES

1. Contestants shall report promptly to the event judge at the designated location when the event is announced.
2. A competitor excused to compete in another event shall return to the excused event immediately following the completion of the other event.
3. Participants will have three trials. It is up to the meet director if practice jumps will be allowed.
4. Jumps should be measured in feet and inches to the nearest one-quarter inch.
5. Measurements shall be measured and recorded with the “zero” end of the measuring tape held at the point of the contestant’s closest mark to the scratch line.
6. Instruct participants to walk forward out of the pit when completing his/her jump.
7. Sand pit should be raked between each jump to create a flat and smooth surface.

## SPECIFIC RULES

1. A long jump pit should be used.
2. A competitor may (1) rock forward and backward, lifting heels and toes alternately on the surface, but may not lift either foot completely off the ground or slide it along in any direction on the ground; (2) both feet must be parallel to each other, an equal distance from the scratch line before jumping; (3) both feet must leave the ground at the same time.
3. The jumper must take off from behind the scratch line. If the jumper’s shoe extends over the scratch line or makes a mark in front of it, the jump shall not be measured, but shall count as a trial.

4. Each jumper is entitled to three trials. Each trial shall be recorded. The participants will take one jump at a time. After they jump, they go to the back of the line and stay in order. The contestant with the longest jump shall be considered the winner.
5. In the case of a tie, the contestant whose next best performance is better than the second best performance of any other competitor tied for that place shall be declared the winner.
6. Each legal jump shall be measured perpendicular to the scratch line or its extension to the point touched by the person or apparel of the jumper which is nearest the scratch line or its extension.
7. Measure to the nearest quarter inch.

**Recommended Judges per Pit:**

- One (1) results and participant announcer clerk
- Two (2) measurers and foot fault jumpers
- One (1) raker





# **IV Running Long Jump**

## **GENERAL RULES**

1. Contestants shall report promptly to the event judge at the designated location when the event is announced.
2. A competitor excused to compete in another event shall return to the excused event immediately following the completion of the other event.
3. Participants will have three attempts. It is up to the meet director if practice jumps will be allowed.
4. Jumps should be measured in feet and inches to the nearest quarter inch.
5. Measurements shall be measured and recorded with the “zero” end of the measuring tape held at the point of the contestants’ closest mark to the scratch line.
6. Instruct participants to walk forward out of the pit when completing his/her jump.
7. The sand pit should be raked between each jump to create a flat and smooth surface.

## **SPECIFIC RULES**

1. A long jump pit should be used.
2. The participant may start his/her run toward the pit from any starting distance desired. The participant may jump off one foot.
3. The jumper must take off from behind the scratch line. If the jumper’s shoe extends over the scratch line or makes a mark in front of it, the jump shall not be measured, but shall count as a trial.
4. Each jumper is entitled to three trials. Each trial shall be recorded. The participants will take one jump at a time. After they jump, they go to the back of the line and stay in order. The contestant with the longest jump shall be considered the winner.

5. In the case of a tie, the contestant whose ***next*** best performance is better than the second best performance of any other competitor tied for that place shall be declared the winner.
6. Each legal jump shall be measured perpendicular to the scratch line or its extension to the point touched by the person or apparel of the jumper which is nearest the scratch line or its extension.
7. Measure to the nearest quarter inch.

**Recommended Judges per Pit:**

One (1) results and participant announcer clerk

Two (2) measurers and foot fault judges

One (1) raker



# V Dashes and Runs

## GENERAL RULES

1. Contestants shall report promptly to the event judge at the designated location when the event is announced.
2. Race results shall be recorded to the nearest hundredth of a second (two decimal places).
3. Starting blocks are **NOT** permitted.
4. Timed flights will be conducted. No preliminary heat races will be conducted.

## SPECIFIC RULES

1. For dashes, runners will be assigned a lane and must remain in the lane assigned throughout the race or be subject to interference.
2. In the 800 and 1600 meter runs, a curved starting line (waterfall) will be used so that each competitor will run the same distance going into the curve. Racers may then merge into the inside lanes.
3. For all races, if any runner impedes another competitor by jostling or running across an opponent's path, deliberately runs on or inside the track curb, or illegally runs outside the assigned lane or course, the referee shall disqualify the runner or relay team from that event.
4. In case of a tie by time, two ribbons will be given for that place (i.e., if two runners tie for first, then two first-place ribbons will be awarded).
5. The starting of each race shall be done by the report of a pistol fired so that its smoke or flash will be visible to the timers.
6. For dashes, the starter shall use the following commands:
  - a. "On Your Marks" – competitors will take their proper positions. After they have taken their positions and are steady on their marks, the starter shall instruct them to . . .
  - b. "Set" – At this command all competitors shall at once, and without delay, assume their full and final set position in such manner that no part of their body touches on or over the starting line. After an interval of approximately two seconds, when all competitors are set and motionless, the starter shall . . .
  - c. Fire the pistol. For races of 800 meters and longer, the starter will use the command, "On Your Marks," and when all competitors are steady, shall fire the pistol.

7. A false start occurs when a runner fails to comply with the starter's commands; or when a runner leaves the mark with a hand or foot after the "Set" instruction, but before the pistol is fired. For local meets, the offender shall be warned but not disqualified. For the championship meet, the offender shall be warned once and shall be disqualified from the event on the second violation.
  
8. The finish is a line on the track from finish post to finish post. The competitors place in order which any part of their bodies (i.e. torso, arms, legs, feet, etc.) reaches the edge of the finish line first crossed by the competitor. For the purpose of aiding the judges, soft material such as yarn, may be stretched across the track at the finish line at approximately torso level.

**Recommended Judges:**

- Eight (8) timers
- Four (4) pickers for 1<sup>st</sup>-4<sup>th</sup> places
- One (1) clerk at the finish
- One (1) clerk at the start
- One (1) starter
- Two (2) finish line string holders
- One (1) results runner



# VI Relays

## GENERAL RULES

1. Contestants shall report promptly to the event judge at the designated location when the event is announced.
2. Race results shall be recorded to the nearest hundredth of a second (two decimal places).
3. Starting blocks are **NOT** permitted.
4. Timed flights will be conducted. No preliminary heat races will be conducted.
5. Teams will compete in the age division according to their oldest participant.
6. Coed teams are **NOT** permitted.
7. The 4x100 meter relay shall consist of four runners, each running a 100-meter leg.
8. At least half (2) of the qualifying team needs to remain the same when advancing to the championship meet. Additional people must have participated in a local meet and the relay team must stay in the same age group that they qualified for.

## SPECIFIC RULES

1. Runners/teams will be assigned a lane and must remain in their lane throughout the race or be subject to interference disqualification.
2. For all races, if any runner impedes another competitor by jostling or running across an opponent's path, deliberately runs on or inside the track curb, or illegally runs outside the assigned lane or course, the referee shall disqualify the runner or relay team from that event.
3. Each runner shall carry a baton in hand and shall pass it to the succeeding teammate. The first runner shall start with the baton with the last runner carrying it past the finish line.

4. The baton must be passed while it is within a 22-yard exchange zone. The acceleration zone shall not be used. Failure to do so will result in disqualification.
5. The relay baton shall not exceed 29.9 centimeters in length and its circumference shall be at least 10.16 centimeters (4 inches) and no more than 12.7 centimeters (5 inches). It shall be a smooth, hollow tube made in one piece. The baton shall be made of wood, metal, plastic, or other rigid material. The use of tape to wrap the baton is prohibited.
6. The baton must actually be handed, not thrown, from one competitor to the succeeding teammate. If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either runner may retrieve it without penalty provided the runner does not interfere with an opponent. If the baton is dropped outside the exchange zone, it must be retrieved by the runner who dropped it.
7. After passing the baton, the relieved runner should stand still or jog straight ahead in his/her lane until all runners have clearly passed. Failure to do so may result in disqualification if there is interference.
8. In case of a tie, two ribbons will be given for that place (i.e. if two teams tie for first then two first-place ribbons will be awarded).
9. The starting of each race shall be done by the report of a pistol fired so that its smoke or flash will be visible to the timers.
10. For races, the starter shall use the following commands:
  - a. "On Your Marks" – competitors will take their proper positions. After they have taken their positions and are steady on their marks, the starter shall instruct them to . . .
  - b. "Set" – At this command, all competitors shall at once, and without delay, assume their full and final set position in such manner that no part of their bodies touch on or over the starting line. After an interval of approximately two seconds, when all competitors are set and motionless, the start shall . . .
  - c. Fire the pistol.

11. A false start occurs when a runner fails to comply with the starter's commands; or when a runner leaves the mark with a hand or foot after the "Set" instruction, but before the pistol is fired. For local meets, the offender shall be warned but not disqualified. For the championship meet, the offender shall be warned once and shall be disqualified from the event on the second violation.
12. The finish is a line on the track from finish post to finish post. The competitors place in order which any part of their bodies (i.e. torso, arms, legs, feet, etc.) reaches the edge of the finish line first crossed by the competitor. For the purpose of aiding the judges, soft material such as yarn, may be stretched across the track at the finish line at approximately torso level.

**Recommended Judges:**

- Eight (8) timers
- Four (4) pickers for 1<sup>st</sup>-4<sup>th</sup> places
- Three (3) exchange zone judges
- One (1) clerk of the finish
- One (1) clerk of the start
- One (1) starter
- Two (2) finish line string holders
- One (1) results runner

## VII Individual Events by Age Groups

6 & 7 year olds	8-9 year olds	10-11 year olds	12-13year olds
50-Meter Dash	50-Meter Dash		
100-Meter Dash	100-Meter Dash	100-Meter Dash	100-Meter Dash
200-Meter Dash	200-Meter Dash	200-Meter Dash	200-Meter Dash
	400-Meter Dash	400-Meter Dash	
		800-Meter Run	800-Meter Run
			1600-Meter Run
Standing Long Jump	Standing Long Jump	Standing Long Jump	<i>Running</i> Long Jump
<i>Baseball</i> Throw	Softball Throw	Softball Throw	Softball Throw