

ADAL Track & Field Rules (As of April 2025)

PARTICIPATION RULE (2-2-2 RULE)

An athlete may only participate in 4 events per meet and may not exceed any one of the following limits: 2 running events, 2 field events, or 2 relay events. **Violation:** Disqualification from all events including relay teams.

Athletes must qualify in the sectionals to participate in the finals. Athletes must compete in at least one practice meet to be eligible for a sectional meet.

UNIFORM/SHOES

Spikes are not allowed at any meets. Spike shoes without spikes are not allowed. Athletes should wear basic running shoes.

All participants must wear a jersey representing their school. The school name must be easily visible.

EQUIPMENT

- 6 pound shot for 6th grade boys and 6th, 7th, and 8th grade girls.
- 8 pound shot for 7th and 8th grade boys.
- 1K discus for all divisions.

RESPONSIBILITIES

The coach organizing the meet should send out the list of running events included (in their order for the meet) and the field event assignments at least 3 days prior to the event.

Each school team participating in a meet is responsible for running an event and supplying at least 3 volunteers to assist in each meet.

It is expected that coaches will supply the necessary equipment needed for the efficient running of their event. (i.e. tape measure, shots, discus, clipboards, pens, rake, etc.).

ENTRIES

All meet field entries should be sent by email to the meet director by noon the day before the meet. **Violation:** Non-compliant school's athletes will be placed in the later heats.

PACING

Any athlete competing in an event cannot have anyone (relative, coach, friend or teammate) run more than 3 paces with them. **Violation:** Disqualification from the event.

FALSE START

Athletes will be given 1 false start. **Violation:** Disqualification on second false start of event.

EVENTS FOR SECTIONALS AND FINALS

Events for Sectionals and Finals will be divided up as follows:

First Day: Boys Track & Girls Field

Second Day: Girls Track & Boys Field

Track events order: 4x100M, 4x200M, 1600M, 50M, 75M, 400M, 100M, 800M, 200M & 4x400M

Field Events Order: High Jump: 6th, 7th, 8th
 Long Jump: 7th, 8th, 6th
 Discus: 8th, 6th, 7th
 Shot Put: 6th, 7th, 8th

Athletes must compete when their grade is competing. Athletes will get three tries at shot, discus, long jump and each height in the high jump. Athletes may pass on high jump heights.

High Jump - Beginning height: 3'6" for 6th grade*
 3'8" for 7th grade*
 3'10" for 8th grade*

*or 6" below lowest qualifying height.

The bar is not put back lower if an athlete misses his/her turn for a height.

PRACTICE MEETS

Practice meets may drop events if deemed necessary.

At practice meets all field events are run concurrently with track events. High Jump is run by grade level and athletes must compete when their grade level is competing. All other field events are run on a drop-in basis and will shut down once there are no participants reporting. Athletes should check-in to make sure their name is on the entry list and let the person running the event know if they need to step away to race. They should report for jumps or throws when they are not racing.

SECTIONAL MEETS

Each team must pre-enter their runners in events for the sectional meet. This must be done by Friday before the meet. The entries should include rankings to allow for seeded heats at the sectional meet. Any athletes added the day of the meet will be put in the last heat which will not

be a qualifying heat. The reason for this is that the sectional meets uses all hand timing which is not accurate for comparing times across heats. All the fastest runners should be in the first heat. If a time in the second heat is significantly faster than the 4th place in the first heat then they would advance to the final.

If a relay team is disqualified during the sectional meets, they may still advance to the finals if there are only 4 teams participating in that event in their respective section, or there are less than a total of 8 teams qualifying for the finals from both sections.

QUALIFYING FOR FINALS

At each sectional meet, the following number of competitors will qualify for the final meet:

- Top 6: 800M, 1600M & All Field Events
- Top 4: All Other Events

Coaches may enter 2 alternate runners for each relay team at the final, as long as those athletes do not exceed the participation rule.

Each school can only qualify one relay team per event/grade/gender. For example, there cannot be more than one 6th grade boys 4 x 100 relay team from one school in the finals. Several relay teams from the same school can run at sectionals but only one team can qualify for finals.

AWARDS

For the finals the following awards will be given:

- Individual medals for first second and third places
- Individual ribbons for fourth, fifth, and sixth places
- Team plaques (6 total) for boys and girls at each grade level
- Team plaques (2 total) for boys and girls overall champions

Team and overall champions will be determined using the following point allocation:

<u>Place</u>	<u>Points</u>
1	10
2	8
3	6
4	4
5	2
6	1

For relay races, only the top 3 places are allocated points.