



Track & Field Rules

Revised Apr 2022.

Team Rosters, Equipment & Attire

1. Players may only compete for one team and must attend the school the team represents unless approved by the league board.
2. Teams are required to wear like-colored team shirts/jerseys. Jerseys may not be altered in any way.
3. Track spikes may be worn at venues that allow them. Check with the event host to confirm.
4. Exposed jewelry is not allowed. Earrings must be removed or taped over. Soft material hair accessories only.
5. Spectators are not permitted on the track or infield at any time.

Meets

1. Coaches are expected to assist with meet operations, see meet schedule for assigned duties.
2. Depending on the number of participants in an event, separate races for gender and grade will be run. For longer events gender and grades may be combined for time efficiency.
3. Running events
 - a. 60 / 100 / 200 sprints- runners must stay in assigned lane for the entire race, unless otherwise directed.
 - b. 400- staggered start if possible and must remain in assigned lane. Or waterfall start, runners can cut inside when ahead by two strides.
 - c. 800 / 1600- waterfall start, runners can cut inside when ahead by two strides.
4. Relays
 - a. 4 x 100 / 4 x 200 / 4 x 400- baton handoff must be in 20m zone with starting line in the middle. If handoff occurs outside the zone, the team is disqualified. If baton is dropped in the zone, either runner may retrieve it without interfering with other runners. If baton is dropped outside the zone it must be retrieved by runner who dropped it.
 - b. Relay teams should be gender and grade specific. Combo teams must compete in upper grade or boys race.
5. Field events
 - a. Long Jump/Standing broad jump- 3 jumps per athlete, best jump counts. Stepping over the line is a foul.
 - b. Shot put- 6 pound shot used for boys and girls. 3 throws per athlete, best throw counts. Stepping over the line is a foul.
 - c. Running events take priority over field events. Athletes should compete in a running event and then return to a field event.
6. Starts/False starts- runners must be completely behind the starting line (all body parts). Commands are: 1) 'on your mark', 2) 'set', 3) when all runners are set, starter blows the whistle or fires pistol. Each runner is allowed two false starts before disqualification. In the event of a false start, the starter blows a 2nd whistle.
7. Interference- if a runner impedes another runner by jostling or running across an opponent's path, deliberately runs on or inside the track curb or illegally runs outside the assigned lane, they will be disqualified.
8. Safety- coaches should review rules with participants before a meet. Participants should not be permitted to cross the track during a race unless cleared by a coach. Coaches are responsible for restricting traffic at the start/finish lines and in field event areas.

Player Conduct

1. Good sportsmanship toward opponents, referees, spectators and staff is required at all times. All players and parents must sign the JeffCo League Agreement before playing. All players and coaches are expected to help maintain a family-friendly atmosphere. Prohibited behavior includes, but is not limited to:
 - a. Shoving, striking, or threatening a league official, referee, player, or spectator.
 - b. Refusal to abide by the referee's and/or league official's decision
 - c. Use of foul or abusive language or gestures
 - d. Participating while under the influence of alcohol or drugs
2. Unsportsmanlike Behavior
 - a. Participants/coaches may be removed from competition by the meet director for unsportsmanlike behavior. All incidences of unsportsmanlike behavior must be reported to the agency coordinator within 24 hours.
 - b. Additional sanctions may be added at the discretion of the league disciplinary committee.
3. Teams are responsible for cleaning their team area after meets. Participants should remain in the team area unless directed by a coach.