

## Track & Field Bulletin 2024

### DIVISION CRITERIA & AGE DIVISIONS

**BIRTH DATES:** 9/1/05 through 9/1/15

**Days of Play: Thursdays**

No up-waivers are allowed for the Track & Field Program

**AGE DIVISIONS:** 9 & 10 year olds, 11 & 12 year olds, 13 & 14 year olds, 15-18 year olds

There are three divisions participants can compete in. They are boys, girls, and open (anyone can compete in the open division). Participants must compete in the appropriate age group and declare the division they plan to compete in for the season prior to their first meet.

#### ROSTER SIZE

- There is no roster limit. 80% of the team roster must live within city of Minneapolis limits.

### CALENDAR OF EVENTS

<b>May 8:</b>	Track & Field teams due on Team Declaration Form
<b>May 16:</b>	<b>Opening Track Meet</b> – All divisions
<b>May 23:</b>	<b>2<sup>nd</sup> Track Meet</b> - All divisions
<b>May 30:</b>	<b>3<sup>rd</sup> Track Meet</b> – All divisions
<b>June 3:</b>	Final Rosters due on global drive
<b>June 6:</b>	<b>4<sup>th</sup> Track Meet</b> – All divisions
<b>June 13:</b>	<b>City Qualifying Meet</b>
<b>June 20:</b>	<b>City Finals Meet</b> for athletes who qualified at the City Qualifying Meet
<b>June 27:</b>	Rain Date for City Finals Track Meet

### GENERAL MEET INFORMATION:

- Meet Registration Forms are due to the League Director by 5:00pm on the Tuesday before the scheduled track meet.
- Check in for all meets starts at 5:00pm ALL Meets begin at 6:00pm
- All meets will be held at **Roosevelt High School: 4029 28<sup>th</sup> Ave S., Mpls 55406**
- Concessions are sold at Roosevelt every meet with a portion of the proceeds benefiting the MPRB Track & Field program.

### MINIMUM PLAY RULES

- Athlete must participate in **2 regular season** meets to be eligible for the City Qualifier.
- High School track athletes are exempt from the minimum playing requirement.
- Youth are allowed to participate in 3 events at each meet
  - 2 Field events + 1 Track event
  - 2 Track events + 1 Field event

### Participation Guidelines:

1. Athletes will compete in the same age group and division throughout the entire track season. Participant's age at the first meet will determine the age group they will compete in for the season. (i.e. a

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youth is 10 years old at the first meet and turns 11 before the second meet ~ youth continues to participate in the 9/10 division all season).

2. Athletes, who stop, sit down or step off the track during a race will be disqualified from the event.
3. Athletes participating in a race are not allowed to have runners accompany them on the infield alongside the track (pacing). If an athlete has special needs and requires assistance to complete races, the coach can work with the league director to make special accommodations.
4. Athletes must be registered on an official roster form. Information about athletes shall be filled in completely with proof of age by time of registration. Center directors and coaches must sign off on all final rosters indicating that the roster is accurate and complete.
5. Players may register with ONE park board youth team and in ONE division only. An athlete that is proved ineligible by competing for two teams will cause a loss of eligibility for that athlete. Transferring from one team to another will not be permitted after an athlete has participated in a scheduled meet. The league director must approve any deviation from this rule.
6. Number of members allowed on a team roster is up to the Park Director's discretion. No person shall be denied the right to participate, if all MPRB registration requirements have been met and there is room available on the roster.
7. Coaches and athletes are reminded to check with your high school athletic director to make sure that participation in the park league does not jeopardize player's high school eligibility.

### City Qualifier & City Finals:

1. For each division (i.e. 9/10 girls) the top 16 times / distances will advance to the City Finals meet the following week.
2. No relays will be run at the City Qualifier. If time permits, teams will have a chance to form relay teams at the City Finals and will compete for fun (no awards will be given for relays)
3. Awards: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place medals, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> place ribbons will be given at the City Finals.

### Protective Equipment and Uniforms:

1. Athletes must wear tennis shoes or track shoes with molded rubber or metal spikes.
2. All athletes are required to wear shoes. It is required that each athlete wear a registration name tag on the front of their uniform.
3. Athletes must wear their team uniform to meets and will not be allowed to compete if they are not wearing their uniform.

### Protests and Suspensions:

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1. Coaches who believe any athlete competing on an opposing team is an ineligible athlete may protest their eligibility. The request must be made in writing to the League Director within 48 hours of the meet. The League Director will investigate and follow up with the coach and park director.
2. Any athlete using an assumed name, giving incorrect age or competing with a team other than one properly bearing their registration will be suspended for the remainder of the season.
3. Any team that continues to use ineligible or suspended athletes will be dropped from the program.
4. Any player fighting before, during or after the meet will be suspended from that meet and will be suspended for
  - (a) First Offense – next meet,
  - (b) Second Offense – remainder of the season.
5. Any athlete or coach who physically assaults a meet official shall be subject to a one year suspension from all MPRB Youth Sports League Programs from date of incident.

## Event Guidelines:

Shot Put	Boys 13 & 14 years old (6lb shot) Boys 15 - 18 years old (8lb shot)	Girls 13 & 14 years old (6lb shot) Girls 15 - 18 years old (8lb shot)
Turbo Javelin	Boys 9-12 years old (400 grams)	Girls 9-12 years old (400 grams)
Softball Throw	Boys 9-12 years old	Girls 9-12 years old
High Jump	Boys 9–18 years old	Girls 9-18 years old
Long Jump	Boys 9-18 years old	Girls 9-18 years old
100 Meter	Boys 9–18 years old	Girls 9-18 years old
200 Meter	Boys 9–18 years old	Girls 9-18 years old
400 Meter	Boys 9–18 years old	Girls 9-18 years old
800 Meter	Boys 9–18 years old	Girls 9-18 years old
Mile Run	Boys 9–18 years old	Girls 9-18 years old

## Youth Sports Team Policies and Guidelines

### Registration

1. **MPRB Teams:** Team must be registered on an official MPRB youth sports roster form. Full time recreation center staff will approve rosters. The coach/parent must submit proof of age\* to the center director before being added to the final roster.
2. **Non Resident Players:** The number of non-Minneapolis residents allowed per team varies by sport. Refer to the sport specific bulletin to find the number of non-residents allowed on the roster. (Number given is based on a full roster having 80% of the players living within the Minneapolis city limits)
3. **Outside Agency Teams:** Agencies may participate in Minneapolis Park and Recreation Board youth sports leagues. Agencies must submit an agency application form, roster and provide proof of age\* and residency to the appropriate CSA Lead in their agency's area of the city.
  - a. **Agency proof of residency:** In order to verify the home address, a school document must accompany each player on the roster. This document must be on school letterhead and include home address. These documents must be submitted to the appropriate CSA Lead.

**\*Proof of Age:** Examples of accepted forms of birth date verification: birth certificate, baptismal certificate, immunization card, certificate from school administration or hospital birth record

4. **Age Waivers:** Coaches and/or parents wishing to up-waive a player must contact their park director for information on this policy.
5. **Roster size:** Please see specific sport rules for roster size limit. Any deviation from this rule must be approved by the League Director.

## Eligibility, Protest & Suspensions

### 1. Eligibility

- a. **Age:** All participants listed on the roster must fall within the correct age division or have a completed and approved age waiver on file.
- b. **Assumed Name:** A player must register under their legal birth name.
- c. **Multiple Teams:** Players are eligible to register with one MPRB youth team. Transfer from one team to another will not be permitted after a player has played in a scheduled game. Exceptions must be approved by the League Directors.
- d. **High School:** Check with the high school to confirm eligibility.
- e. **Multiple Leagues:** MPRB League rules do not prohibit teams or players from participating in non-MPRB leagues during the season. However, when playing restrictions are listed for specific sports they must be followed or teams/players will be subjected to disciplinary actions.

### 2. Jewelry, Head Decoration and Headwear

- a. Officials will enforce the Minnesota State High School rule regarding jewelry. All players must remove all jewelry during games and practices including: rings, watches, bracelets (including friendship), earrings of any kind (including starters), chains or necklaces. Any player who fails to remove his or her jewelry may not participate until it is removed.
- b. Please note: hard items worn on the head such as beads, barrettes and bobby pins are prohibited. MPRB sports exceptions: Gymnastics, Track, Tennis & Volleyball
- c. Please delay any new piercings until after the conclusion of the sports season.
- d. The Minneapolis Park & Recreation Board may on an individual basis allow a player to participate while wearing a head covering if it meets the following criteria:
  - i. For medical or cosmetic reasons – In the event a participant is required by a licensed medical physician to cover his/her head with a covering or wrap, a physician's statement is required before the MPRB can approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely that it will come off during play.
  - ii. For religious reasons – In the event there is documented evidence provided to the MPRB that a participant may not expose his/her uncovered head, the MPRB may approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely it will come off during play.

### 3. Protests

- a. Only player eligibility protests will be allowed.
  - i. Examples: Player on 2 MPRB teams, using an assumed name, participating in the wrong age division and/or playing while under suspension.
- b. Coaches must submit an eligibility protest in writing to the League Director, no later than 48 hours after completion of the protested game.
- c. This procedure must be followed in order to move forward with the protest.
- d. **Penalty:** Teams found using an ineligible player will be given a loss for that game and any other previously participated games. The ineligible player will be removed from the roster and unable to participate for the remainder of the season. (exception: football player protested for not weighing in can play after being weighed at an official weigh-in)

#### 4. Suspension

- a. Any player fighting will be suspended from that game and will be suspended for:
  - i. First Offense: Next three games
  - ii. Second Offense: The remainder of the season
- b. Please see specific sport rules for Game Disqualification details.
- c. Any player or coach who physically assaults an official will be suspended indefinitely. Further disciplinary action up to and possibly including a permanent suspension from MPRB coaching/playing shall be determined by the MPRB Youth Sports Department.
- d. A player that is ejected for unsportsmanlike behavior will also be suspended for the next regular season or tournament game.

**MPRB League Directors reserve the right to make additions and/or changes for the betterment of the program.**

*The Minneapolis Park and Recreation Board (MPRB) is an Affirmative Action and Equal Employment Opportunity Employer. In accordance with the requirements of Title II with the **Americans with Disabilities Act of 1990 (ADA)**, the MPRB will not discriminate against qualified individuals with disabilities based on disability in its services, programs or activities.*

#### **Coaches Certification**

The MPRB has created and implemented a user-friendly certification process for all coaches. It is required that all coaches participate in the process to be eligible to coach in the MPRB Youth Sports Program. Please contact your local recreation center director for details about the certification program.

#### **MPRB Sportsmanship Code for Spectators**

The Minneapolis Parks and Recreation Board is working to ensure that youth participating in our athletic programs have a safe, healthy, and positive environment in which to play and develop their skills.

Please adhere to the following Sportsmanship Code while attending MPRB youth athletic events:

- Keep cheering positive
- Respect the opposing team and fans
- Learn and understand the rules of the game
- Respect the judgment of the officials (even if you disagree with them)
- Accept winning or losing with dignity

#### **Example of unsportsmanlike conduct**

- Disrespectful and derogatory yells or gestures (such as pointing and chanting)
- Loud negative reaction to officials' calls
- Distracting players attempting free throws by yelling or stomping your feet
- Swearing
- Coming on the playing field/court at any time
- Chants or yells with inappropriate content (racial, sexual, or gender connotations)
- Degrading yells about a player's body size or shape
- Degrading yells about a player's lack of skill or ability
- Encouraging players to inflict injury on other players
- Throwing objects onto the field/court
- Arguing with coaches, officials or other fans



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If a spectator consistently uses unacceptable behavior, MPRB staff will stop the game until the person leaves the premises. If a spectator refuses to leave the premises, the officials will declare the game to be over.