

Eastern Maine Middle School Track League

Track and Field Rules Book

(Amendments through March, 2023)

This document is patterned after the *2003 National Federation of State High School Associations (NFHS) Track and Field and Cross Country Rules Book*. This document is not intended to replace the national rules but to tailor them towards middle school level ability.

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Note: Teams shall not begin practicing until April 1st.

Rule 1 - ORDER OF EVENTS

SECTION 2 – ORDER OF RUNNING AND FIELD EVENTS

ART. 1 . . . The order of events listed below shall be conducted unless changed by the recommendation of the Host Meet Director and full agreement of all coaches involved in the meet. This will be done during the coaches’ meeting prior to commencement of the meet.

A. When no preliminary flights or heats are required, the following is the order of events:

Track Events Field Events

Girls 800 meter racewalk

Boys 800 meter racewalk

Girls 55-meter low hurdles

Girls Discus and High Jump

Boys 55-meter low hurdles

Girls 1600-meter Run

Boys 1600-meter Run

Girls 100-meter Dash

Boys Shot Put and Long Jump

Boys 100-meter Dash

Girls 400-meter Dash

Boys 400-meter Dash

Girls Shot Put and LongJump

Girls 50-meter Dash (5/6 grade only)

Boys 50-meter Dash (5/6 grade only)
Girls 200-meter Dash
Boys 200-meter Dash
Girls 800-meter Run
Boys 800-meter Run
Girls 4x100-meter Relay
Boys 4x100-meter Relay

Boys Discus and High Jump

B. The same order of events will be used for the Fred Almquist Invitational. There will be no preliminary running heats and all results will be based on times run in the heats. In the field events, all results will be based on the scoring cards turned in by the event officials.

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Rule 2 – SCORING AND TIES

SECTION 1 - MEET SCORING

There will be no scoring of the meets by the meet officials. In the middle school league we are concerned with their level of participation and not who has won the meet.

SECTION 2 - TIES

Not Applicable. See Rule 2, Section 1 above.

SECTION 3 – CORRECTION OF ERRORS

ART. 1 . . Not Applicable.

ART. 2 . . . All appeals by coaches due to a misapplication of the rules shall be filed (verbally or in writing) with the meet director with 30 minutes after the results have been announced or made official in that event.

Rule 3 – MEET OFFICIALS AND THEIR DUTIES

SECTION 1 – MEET OFFICIALS

ART. 1 . . . (*amended to include the following*) – Selecting of officials by the host team is quite important. Ideally officials should be fully familiar with their respective duties and requirements to participate as officials. It is recommended that the host team select individuals who have either participated as an athlete in their respective event or has been duly trained through appropriate courses/seminars. It is highly recommended that all officials' results boards have affixed

to the back of the boards the rules of the event with a diagram of the required circles/fields/etc. necessary to fully administer the event fairly.

SECTION 20 – STATE ASSOCIATION ADOPTION

ART. 1 . . . *(added to include the following)* – The Maine Secondary School Principal’s Association (MSSPA) has not formally adopted rules governing middle level competition at the local and state level and has left the middle schools on their own. We are establishing these formal rules until the MSSPA formally adopts such.

Rule 4 – COMPETITORS AND COMPETITION

SECTION 2 – PARTICIPATION AND ENTRY LIMITATIONS

ART. 1 . . . A competitor shall not compete in more than three (3) events, plus the relay. In the Fred Almquist Invitational, competitors may participate in no more than two (2) events, plus the relay.

ART. 4 . . . *(amended to read)* – During regular season meets, each school may enter an unlimited number of competitors in individual events. In the Fred Almquist Invitational meet, only three (3) individuals will be allowed to be entered by each school in each event. During the regular season, in the relay event, a school may enter up to two (2) teams in the relay. **Competitors shall not be added to events on meet day.**

SECTION 3 – COMPETITOR’S UNIFORM

Uniforms must include, at a minimum, a t-shirt which is representative of the school and may include either the school name or logo on the front.

SECTION 6 – EVENT START/CONCLUSION

All meets will begin at 3:30 p.m. and will be completed by 8:00 p.m. For the Fred Almquist Invitational, we will begin earlier in the afternoon, estimated 3:00 p.m. so that all the teams may be on the road as soon as the meet is completed, goal of no later than 9:00 p.m.

Rule 5 – RUNNING EVENTS

SECTION 3 – TRACK MARKINGS

ART. 8 . . . Hurdle Spacing: Amended as read:

Boys Competition

Grade Distance No. of Hurdle Starting Line Between Last Hurdle of Race Hurdles Height to First Hurdle Hurdles to Finish Line

5th-6th 55 meter 5 30” 13.0M 8.5M 8.0M 7th-8th 55 meter 5 33” 13.0M 8.5M 8.0M

Girls Competition

Grade Distance No. of Hurdle Starting Line Between Last Hurdle of Race Hurdles Height to First Hurdle Hurdles to Finish Line

5th – 8th 55 meter 5 30” 13.0M 8.5M 8.0M 5

SECTION 6 – FORMING HEATS

Since we do not have qualifying times for heats and only determine results based on times/ distances, no matter what heat they are in, the following is recommended:

ART. 1 . . . (*amended*) - When we have more than one (1) heat, place the fastest individual from each school in the first heat and divide the remaining individuals up according to school representation, (i.e., one individual from each school until all lanes have been filled then add additional individuals in the remaining lanes till all heats have been filled).

ART. 2 . . . (*amended*) - For the Fred Almquist Invitational, all seeding will be accomplished by using the times provided and placing the fastest individuals in the final heat and filling in the other individuals in the heats prior to the last heat.

ART. 8 . . . (*added*) - It is highly recommended, though not mandatory, that all schools use the Hy-Tek Meet Manager/Team Lite to enter all competitors in their respective events

Rule 6 – THROWING EVENTS

SECTION 2 – GENERAL RULES FOR THROWING EVENTS

ART. 1 . . . (*amended to read*) - Each competitor shall be allowed two (2) throws in each event. The number of allowable throws may be increased to three (3) at regular season meets at the discretion of the meet director. The number of allowable throws shall be increased to three (3) at the Fred Almquist Invitational.

ART. 2 . . . (*amended to read*) - The order of the competitors will be preset by the distances submitted by the coach to the hosting school by the Tuesday prior to the scheduled meet. The hosting school will seed the events and provide a copy of each event to the participating schools upon their arrival for the meet or at the coaches’ meeting. Submit the names and their distances on the sheets provided or via e-mail to the meet seeding committee. For the Fred Almquist Invitational, the

competitors will be submitted to the seeding committee no later than Thursday in the week prior to the Fred Almquist Invitational.

ART. 3 . . . (*amended to read*) - Any competitor who does not complete all attempts within the time allotted for that event will forfeit any remaining throws.

ART. 10 . . . (*amended to read*) - Time limits for competitors excused to compete in another event shall be determined by mutual agreement at the coaches' meeting prior to the start of the meet. Recommendation is that the competitor checks in with the event and then completes the other event and immediately returns to the throwing event to take his/her turn.

SECTION 4 – DISCUS THROW

ART. 1 . . . (*amended to read*) Each side will taper in a straight line from the beginning of the curve of the rim to the edge of the central portion of the discus. A discus constructed entirely of rubber is legal if it conforms to the specifications for weight, size and shape.

ART. 2 . . . (*amended to read*) - The discus shall meet the following specifications:

Boys Competition Girls Competition

Weight 1 Kg Disc 1 Kg Disc (2 pounds, 3.27 ounces)

Diameter 7 1/8 to 7 1/4 inches

Thickness 1 1/2 to 1 5/8 inches at center 1/2 to 1/4 inches at outer edge

SECTION 5 – SHOT PUT

ART. 2 . . . (*amended to read*) - The shot is a solid sphere of any metal not softer than brass and shall meet the following specifications:

Boys Competition Girls Competition

Weight 4.0 kilogram 2.744 kilogram (8 pounds, 13 ounces) (6.0 lb)

Diameter 3 3/4 inches to 4 1/4 inches 3 1/2 to 4 inches

ART. 11 . . . (*amended to read*) - Measurements shall be recorded to the nearest 1/4 inch. Measurements shall be made with no stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). Judges shall hold the tape in such a way that the readings will be at the front of the circle.

Rule 7 – JUMPING EVENTS

SECTION 2 – GENERAL RULES

ART. 1 . . . (*amended to read*) - The order in which competitors take their jumps will be determined by submitting the names/distances to the hosting school at least the Tuesday prior to the scheduled meet either through fax, Hy-Tek, or other approved computerized scheduling program. The hosting school will set up the events and provide a copy of each event to the participating schools upon their arrival for the meet or at the coaches' meeting.

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ART. 5 . . . (*amended to read*) - Competitors shall report promptly to the jumping areas to check in with the designated clerk when the event is announced by first call. Each contestant is responsible for checking in and finding out when his/her heat will be and an estimated time that it will start and reporting back to the competition area when it is his/her turn to jump.

SECTION 4 – HIGH JUMP

ART. 8 . . . (*amended to read*) - Each competitor is allowed a trial in the order in which names were assigned by the hosting school and is granted a maximum of two (2) attempts at any one height. The number of attempts at any one height may be increased to three (3) at regular season meets at the discretion of the meet director. The number of attempts shall be increased to three (3) at the Fred Almquist Invitational. The competitor may use all attempts or elect to pass any one of them. Unless the competitor has had two (2) unsuccessful attempts at a given height, the competitor may elect to pass a height and take the remaining attempts at a subsequent height, but the competitor is eliminated as soon as he/she has had two (2) consecutive unsuccessful attempts (unless amended to 3 attempts by the meet director at regular season meets or as allowed at the Fred Almquist Invitational), regardless of the height or heights at which the unsuccessful trials were attempted. The decision to pass an attempt must be communicated to the event judge when the competitor's name has been called to make the attempt.

ART. 11 . . . The event judge will place the cross bar at these starting heights: **Boys**

Competition Girls Competition Grade 5-6 3'6" 3'0"

Grade 7-8 3'8" 3'2"

Fred Almquist Invitational 4' 3'8"

The bar will be raised 2" each time that height has been reached.

ART. 18 . . . (*added to read*) - For safety of the competitors, there will be a coach/adult supervisor from each school at the warm-up for the high jump. After competition begins, coaches are no longer required to be in the pit area for safety reasons.

SECTION 6 – LONG JUMP

ART. 7 . . . (*amended to read*) - The foul line shall be located by measuring from the nearer edge of the landing pit a distance of three (3) feet. Since middle level students do not always have the technique or capabilities to jump from the high school boards this distance will allow all students, boys and girls, the opportunity to compete without injuring themselves using high school distances.

ART. 8 . . . (*amended to read*) - Each competitor shall be allowed two (2) jumps. The number of jumps may be increased to three (3) at regular season meets at the discretion of the meet director. The number of jumps shall be increased to three (3) at the Fred Almquist Invitational. Competitors shall be credited with their best performance regardless of whether this occurs in any separate flights.

ART. 15 . . . (*amended to read*) - The judges shall hold the tape in such a way that the readings will be from that part of the takeoff board closest to the landing pit to the first mark made by the competitor in the landing pit.

Rule 8 – SPECIAL EVENTS – Not applicable

Rule 9 – CROSS COUNTRY - Not Applicable

Rule 10 – RECORDS - No Change

Rule 11 – Rule 11 – League Membership – Teams that wish to join the EMMSTL must apply for admission in writing **by February 1. Applications will be considered in the order that the commissioner received them.** The league’s present teams will vote on **each** application **separately**, with a majority vote necessary for admission. **Applying teams will be notified of the decision regarding their team by March 1. (Amended 2023)**

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Rule 12 -- Procedure for adding new events to league meets:

1. There will be a formal application process of adding a new event. Only a team’s leadership, in consensus, may introduce an application for the event. Applications will not be accepted from students, parents, community members at large, etc.
2. The application must be submitted to the league commissioner by February 1st. 3. Within a week of receipt, the commissioner will distribute the application to the league’s coaches and athletic directors.
4. The application must include the following:
 - a. The name of the team submitting the application.
 - b. The event being proposed.
 - c. A statement explaining why the event is being proposed.
 - d. A list of equipment that teams/the league will need to purchase for the event along with estimated costs.

e. A list of special officials needed to officiate the event along with estimated costs. f. A description of professional development needed to teach/coach the event, a plan for providing the development, and estimated cost.

g. Approximate meet time necessary to hold the event.

h. A plan as to how the event will be conducted at meets.

i. Proposed standards for inclusion in the Almquist Meet

j. Explanation of how the event is age-appropriate with consideration of any age-related issues. 5. Upon reviewing the application, teams may weigh in with their initial thoughts in a group discussion conducted by the league commissioner via email or virtual format. 6. The application will then be discussed at the annual league meeting in March. After discussion, a vote will occur on whether or not to accept the application.

7. If the application is accepted, preparations will be made to implement the event on a trial basis the following year. Preparations will be spearheaded by the team submitting the application in conjunction with the league commissioner as needed.

8. After a one season trial the league will take a subsequent vote at the next annual meeting on whether or not to make the event permanent.