

CYS Grade School Track & Field Rule Addendums

Version 2025-2026

TRACK INFORMATION & ORDER OF EVENTS

1. 50 Meter (K, 1, 2) – **ALL ATHLETES PARTICIPATE**
2. 100 Meter (All Grades) – **ALL ATHLETES PARTICIPATE**
3. 1600 Meter (3, 4, 5)
4. 4 x 100 Meter Relay (3, 4, 5)
5. 400 Meter (3, 4, 5)
6. 200 Meter (K,1,2)
7. 200 Meter (3, 4, 5) – **ALL ATHLETES PARTICIPATE**
8. 800 Meter (3, 4, 5)

MINI MEET SCORING

Individual Events: 50m, 100m, 200m, Long Jump, Javelin, Shot Put

Points: 1st Place = 10 points, 2nd Place = 8 points, 3rd Place = 6 points

No more than **24 points** are available for an event.

Relay Events – Grades 3-5 (Points are doubled): 4 x 100

Points: 1st Place = 20 points 2nd Place = 16 points 3rd Place = 12 points

No more than **48 points** are available for a relay event.

SCORING TIES IN RUNNING EVENTS

If there is a tie the points are split. **Example:** A tie for 1st awards both athletes 9 points and no 2nd place is awarded. Example: A tie for 2nd place is worth 7 points each and no 3rd place awarded. Example: A tie for 3rd place is worth 3 points each. If more than 2 athletes tie, the points are divided by the number of athletes involved in the tie.

SCORING TIES IN FIELD EVENTS

In field events (shot put, long jump, vortex) the second-best distance of the tied athletes breaks the tie. If the second distance of those 2 athletes is also a tie, their third distance breaks the tie. If all 3 are the same, a tie is awarded, and the points split.

MEET PARTICIPATION

- Players can only compete up to 1 grade levels. No player may participate below their grade level.
- Each team has 2 athletes per event at the championship meet.
- Each athlete may participate in up to 4 events
- An athlete may not participate in the same event for two different grade levels. If someone does the 4th grade long jump, that person may not do the 5th grade long jump as another of his/her 4 events. The coach's discretion should be used on the child's ability to play up.

CYS Grade School Track & Field Rule Addendums

Version 2025-2026

- CYS Track and Field is the first taste of track for most of our young athletes. Combining the rule book and disqualifying kids should not be the practice of meet directors. If no advantage is gained during violation of a rule, the event should be left alone.
 - **EXAMPLE: Pacing.** Pacing is when a runner not racing in the event runs alongside a runner who is racing. Grade school athletes have no idea how to pace or how to take advantage of pacing. An athlete who runs alongside a competing runner cheering is not giving that runner an advantage over the rest of the field. **No coaches should be running alongside their athletes. They will be disqualified as they should know better.**

SUBMITTING MEET ENTRIES

- All entries are to be entered in Florida Runners online by the time specified by CYS, the WEDNESDAY before your meet.
- Substitutions and additions can be made at mini meets at the starting line so do not worry if your line-up changes between Wednesday and Saturday. They always do.
- Meet results are to be scanned by each meet director to participating schools on Monday after the meet so coaches can begin compiling their data for the championship meet.
- **DO NOT LOSE YOUR ORIGINAL MEET RESULTS.** Original meet results and score sheets are to be supplied by each mini-meet director to the CYS Track Commissioner after each mini-meet.

RUNNING EVENT INFORMATION

STARTS

The short-distance races (50m, 100m, 200m, 400m, and 4x100m) are laned events with a maximum of eight runners or teams per heat. Each competitor is assigned a lane and must remain in that lane for the entire race. Runners will start from the appropriate start markings on the track.

The 800m may use either a laned start with a break line or a waterfall start, depending on the number of participants and meet flow:

- 8 or fewer runners: Use a laned start with a break line. Runners must remain in their lanes until the designated break line, then may safely cut in to lane 1.
- 9–16 runners: Use a single waterfall start.
- 17–24 runners: Use either a single or double waterfall, depending on space and safety.

The 1600m and all races longer than 800m will use a waterfall start.

WATERFALL STARTS

In a waterfall start, runners line up along a curved starting line and may move toward lane 1 when it is safe to do so. No runner may cut in if it would interfere with another athlete's path.

For a single waterfall, runners should be arranged with faster-seeded athletes to the outside and slower-seeded athletes toward the inside. This helps reduce congestion when cutting in.

Last Update Date: October 27, 2025

CYS Grade School Track & Field Rule Addendums

Version 2025-2026

For a double waterfall, divide the field so that the fastest group (about the top third) starts on the forward waterfall (lanes 5–8). Those runners must stay outside until the break line, where all competitors may merge toward lane 1. The remaining runners start on the rear waterfall (lanes 1–4).

CUTTING IN

“Cutting in” refers to when runners move from their assigned lane toward lane 1 after the race begins.

- For 400m and shorter races, all runners must remain in their lanes for the entire race.
- For 800m and longer races, runners may cut in only after the start and only when it can be done safely without interfering with others.
- The break line is a marked line on the track after which runners can depart their lane and safely move into the inside lane for the remainder of the race. It is used for laned 800m and double waterfall races as well as the 4x400m race.

FINISHES

The finish is determined by the torso of the athlete crossing the finish line — not the head, neck, arms, or legs.

After finishing a laned race (50m, 100m, 200m, 400m, 4x100m), athletes should turn and walk back to the finish area, remaining there until all times have been recorded and any discrepancies resolved.

For longer races, each runner should receive a number card or finish tag (either before the race or immediately after finishing) and must hold it until their place and time have been officially recorded. Runners are responsible for ensuring their finish information is properly captured.

NOTE

Officials should clearly mark the break line and remind athletes that interference during a cut-in may result in disqualification.

The 1600m and all races longer than 800m will use a waterfall start.

FIELD EVENT INFORMATION

HINT: Volunteers confirm the name of the athlete and their school as they prepare to throw or jump and again as you record their score. This eliminates problems later.

Javelin

The javelin throw is a measure of distance. A 300 ft tape measure is placed on the infield of the track. There is a starting line (spray painted is fine) that if crossed is marked as a scratch (foul). One practice throw followed by 2 measured throws.

MEASURING: The vortex throw is measured as a raw distance and not accuracy.

Shotput

Competitors take their throw from inside a circle 7 feet (2.13 m) in diameter, with a toe board approximately 4 inches (0.10 m) high at the front of the circle.

- Grades K-2 will use a 600-gram or 1 pound shotput

Last Update Date: October 27, 2025

CYS Grade School Track & Field Rule Addendums

Version 2025-2026

- Grades 3-5 will use a 2KG or 4 pounds

Athletes can enter the ring from any side. The athlete must rest the shot close to the neck and keep it tight to the neck while throwing. Athletes can touch the inside edge of the circle but must not touch the top or outside of the toe board. Shot put must land in a legal sector of the throwing area. Athlete must exhibit a controlled exit using the rear half of the circle, which we adjust in CYS (see below for clarification). One practice throw followed by two measured throws.

SHOTPUT Foul throws occur when an athlete:

- Does not exit from the rear half of the circle. (CYS ADJUSTMENT – NO FOUL WILL RESULT – JUST REMIND THE ATHLETE THAT IN HIGH SCHOOL THIS WILL RESULT IN A FOUL.)
- Fouls if any part of the athlete's shoe, body, etc touches • The top of the toe board • The top of the iron ring
- Anywhere outside the circle after having entered it
- Throws a shot which falls outside the throwing sector. (This will be enforced.)

MEASURING: The distance thrown is measured from the inside of the circumference of the circle to the nearest disturbance of the soil caused by the shot's impact.

STANDING LONG JUMP

Athletes should be lined up in groups of 10 at a time (flights) and allowed to jump and rotate back through the line until they get their 3 jumps in. As they finish, get another group of 10 athletes and do the same. The groups do not need to be in the same age group or sex. Most kids will just be hanging around waiting to jump. This will save a lot of time, and the athletes will not jump cold each time.

MEASURING: The long jump is measured from the closest point indented in the sand to the front edge of the take-off board. One practice jump followed by two measured jumps.

The general rules CYS will go by is the National Federation of State High School Associations Track & Field Rule Book. Copies are available online at www.nfhs.org/rules-track.htm. Exceptions to the rule book are made to best suit our league. Rules may be changed during the season to best suit the CYS league.