

# CYS Middle School Track & Field Rule Addendums

## Version 2025-2026

### TRACK INFORMATION & ORDER OF TRACK EVENTS

1. 100 Meter Dash – **ALL ATHLETES PARTICIPATE**
2. 1600 Meter Run
3. 4 x 100 Relay
4. 400 Meters
5. 800 Meters
6. 200 Meters – **ALL ATHLETES PARTICIPATE**
7. 4 x 400 (1600) Meter Relay - one team per school

### MINI MEET SCORING

**Individual Events:** 100m, 200m, 400m, 800m, 1600m, 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** (Points are doubled): 4 x 100 and 4 x 400

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

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

Mixed Relays A CYS only event is a 4 x 100 relay for kids of any age that are not scored.

### CHAMPIONSHIP MEET SCORING

**Individual Events:** 100m, 200m, 400m, 800m, 1600m, Long Jump, Vortex, Shot Put

**Points:** 1st Place = 10 points, 2nd Place = 8 points, 3rd Place = 6 points, 4th Place = 5 points, 5th Place = 4 points, 6th Place = 3 points, 7th Place = 2 points, 8th Place = 1 point

No more than **39 points** are available for an event.

**Relay Events** (Points are doubled): 4 x 100 and 4 x 400

**Points:** 1st Place = 20 points, 2nd Place = 16 points, 3rd Place = 12 points, 4TH Place = 10 points, 5th Place = 8 points, 6th Place = 6 points, 7th Place = 4 points, 8th Place = 2 points

No more than **78 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 are awarded. Example: A tie for 2nd place is worth 7 points each and no 3rd place is awarded. Example: A tie for 3<sup>rd</sup> 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.

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### **SCORING TIES IN FIELD EVENTS**

In field events (shot put, long jump, vortex) the second-best distance of the tied athletes break 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.

The general rules CYS will go by is the National Federation of State High School Associations Track & Field Rule Book. 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.

### **MEET PARTICIPATION**

1. All Athletes can participate in the 100m and 200m Events.
2. Each team can use 3 athletes per event at the mini-meets and 2 athletes per event at the championship meet.
3. Each athlete may participate in up to 4 events.
4. An athlete may not participate in the same event for two different grade levels. If someone does the 7<sup>th</sup> grade long jump, that person may not do the 8th grade long jump as another of his/her 4 events.
5. 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. Middle 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. Our coaches should tell the “pacing athlete” to quit running alongside the competing athlete. The meet director should allow the finish to stand as is. (No coaches should be running alongside their athletes. They will be disqualified as they should know better)

### **SUBMITTING MEET ENTRIES**

1. Enter your boys’ and girls’ meet entries online to the provided weblink by WEDNESDAY of your meet.
2. 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.
3. 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.
4. 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 after each mini-meet.

### **RUNNING EVENT INFORMATION**

#### **STARTS**

The short-distance races (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.

Last Update Date: October 27, 2025

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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 into 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.

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 (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.

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### 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.

**Running Events are run in the following order (SOME EVENTS MAY BE COMBINED):**

6th grade girls

6th grade boys

7th grade girls

7th grade boys

8th grade girls

8th grade boys

### FIELD EVENT INFORMATION

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. Athletes must use the appropriate javelin/shot put for the grade level that they are competing in.

Field events will open immediately after the starting prayer and close at the start of the 800-meter track event.

### JAVELIN

The javelin throw is a measure of distance only. No points are to be deducted for accuracy. There is a starting line (spray painted is fine) that if crossed is marked as a scratch (foul). All throws must land within the marked sector. We will be using the shorter "TRAINER" plastic javelin.

<u>Grade</u>	<u>Men</u>	<u>Women</u>
8	600 gram	600 gram
6 & 7	450 gram	450 gram

**MEASURING: The javelin throw is measured from the center of the starting line to where the tip makes an initial impact with the ground.**

### SHOT PUT

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. Shot put sizes should be as follows.

<u>Grade</u>	<u>Men</u>	<u>Women</u>
8	4kg (8.8lbs)	6lbs
6 & 7	6lbs	6lbs

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. Athletes must

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exhibit a controlled exit using the rear half of the circle, which we adjust in CYS (see-below for clarification).

**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 center edge of the toe kick to the nearest disturbance of the soil caused by the shot's impact.**

#### **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.

Long jumpers jump from behind the takeoff board/line. The foot the athletes jump off must be behind the edge of the board closest to the pit. It can be on or behind the board, but the foot cannot touch past the board, or it will be considered a scratch.

**MEASURING: The long jump is measured from the front edge of the take-off board to the nearest disturbance in the pit made by any part of the jumper's body contact**

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](http://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.