

CYO Track
Rules & Modifications
(updated 5/15)

The CYO Meet Director has the ultimate responsibility for the running and conduct of the entire meet. The CYO Meet Director can assign penalties up to and including player and/or team disqualifications for violation of these Rules and Modifications.

The Decisions of the CYO Meet Director may not be appealed.

1. Eligibility

- a) Eligibility is defined in the CYO Policy & Procedure Manual.
- b) There is no limit on the number of names entered on a parish roster for each division (grade). However, for a child to participate in CYO Track, the child must be listed on the parish roster.
- c) Each parish may have two entries in each event. For Relays the labels should be clearly written with the names of the four runners and placed on the anchor of the race. The Individual's name must appear on the labels for the dashes.
- d) Labels need to be on each runner when crossing the finish line – if no tag at finish line, team or individual may be disqualified.

2. Weather

- a) In the case of inclement weather the Parish Coordinator will be notified by the CYO office 2 hours prior to the scheduled start time of the meet.
- b) If a meet is in progress and has to be discontinued due to weather or for any other reason, the meet will continue from the point it was discontinued on the “rain date.”
- c) In situations of Lightning and/or Thunder the track will be cleared with a waiting period of 30 minutes. If no additional lightning occurs, the meet will resume. If within those 30 minutes lightening continues, the meet will be cancelled.

3. Track Meet Rules

- a) Meets will be conducted under the current NFHSA Track and Field Rules as modified by CYO. The CYO Meet Director, in concurrence with the Officials, shall make decisions on all points not specifically covered by the rules.
- b) Contestants' uniform shirts must be identical and **display the Parish name on the front**. The shorts must be of same color for all team members.
- c) No spikes allowed.
- d) Contestants may enter no more than 2 running events. Grades 4-8 may enter 1 field event (exception for designated alternate).
- e) Relays may have 1 designated alternate. All other team members must run in 2 events before anyone may run in a 3rd event.
- f) Designated Alternates may run only in relay events in their grade or may move up one grade. Under no circumstance may the designated alternate's running events be other than relays.
- g) An athlete is permitted to compete at their grade level or 1 year grade level above.
- h) Clerking for Field Events will close 1 hour after scheduled start time of the event.
- i) It is an infraction if a runner passes the baton to a succeeding runner who is not in the same lane or not a teammate, even if both teams finish the event in their proper lanes. PENALTY– both teams will be disqualified. The Zone Inspector will make the decision with concurrence of the Referee.
- j) **If a non-participating contestant interferes with a competitor during competition, the non-participating contestant may be disqualified from the meet. The non-participant's teammate(s) may also be disqualified from that event.**
- k) Spectators / families, balls or baby carriages on track during events – that parish team or individual will be disqualified from the event. WITHOUT WARNING!
- l) If the head coach has not assigned the Parents / Spectators to the track (infield) as volunteers, the Parents / Spectators must be in the stands. **Parents interfering with the final finish line or order of placement, that runner or relay team will be disqualified.**

m) **Coaches / Coordinators arguing finish placement even after the Head Official decision is made, the coach or coordinator will be ejected from the finals. The ejection will be written up for the Disciplinary Committee to address.**

n) **The mandatory form “Spring Track Regional ’15” needs to be filled out with the names of the athletes and alternates and be submitted to the CYO office at least 5 days following the regional. If the names do not arrive in the CYO office on time, those teams that placed in the regionals will not run in the finals. This is not appealable.**

4. Personnel on the Field including Parent and Spectators

a) All parents and spectators who are not functioning as meet volunteers must be in the stands.

b) Only head coaches and those with specific responsibilities are permitted on Infield, Zone inspection, Finish area, and Clerking area.

c) All volunteers must have parish shirts or badges with the name of the parish for which they are a volunteer. A minimum of 3 volunteers are needed from each parish – **mandatory – three walkers to assist with walking to relays or from clerking to zone.**

d) No children on infield except in the Clerking area.

e) No one is allowed in the infield during the track meet – all teams need to sit on the outside of the track or in the stands.

5. Awards:

a) Awards will be determined by the actual order of finish – these are timed finals

b) Sportsmanship awards will be given at Finals.