

# DIOCESE OF TOLEDO

## CYO GRADE SCHOOL TRACK

### 2010 RULES & INFORMATION

1) **ELIGIBILITY**

All participants must be members of the parish and/or its educational system in order to participate on the parish team. All participants MUST participate for their own parish. One participant constitutes a track team. Any exceptions must be approved by the CYO Athletic Committee before participating. Members of any other school track teams are not eligible (Junior High School).

2) **COMBINING PARISHES**

Individuals may train with a neighboring parish if their parish does not sponsor a CYO track program, but when it comes to the Diocesan Championship Meet competition each participant must enter under their parish name. One person constitutes a track team.

3) **AGE LIMIT**

JUNIOR - entrants must be in the 6th, 7th or 8th grade and under 15 years of age on or before August 1, 2009. CADET - entrants must be in the 4th, 5th or 6th grade and under 13 years of age on or before August 1, 2009. A 6th grader may be either a "Cadet" or "Junior" but can not compete in both divisions during the same meet. NO participant may be under the 4th grade in school. Use of an ineligible participant will result in loss of event for the individual and team points for that event.

4) **TEAM ROSTER**

A roster (on a CYO roster form), signed by the parish pastor, must be submitted to the CYO office by Wednesday, April 7th. There should be a separate one for each division (cadet boys, cadet girls, ....). Names may continue to be added to the original roster by using the CYO "late roster addition form" (appendix XVIII). There will also need to be a roster completed for all meets with the names of the participants and the events which they will compete in.

5) **MEET CANCELLATIONS**

Prior to a meet, if the weather is questionable, the CYO Hotline (419-243-4CYO) will be updated whenever possible. Cancellations will **NOT** be posted on the CYO website. If a meet begins and is then delayed by rain or lightning coaches should instruct the athletes to return to cars and wait for a decision from the meet director. Coaches will be informed at each pre-meet coaches meeting as to the specific delay policy for that day.

6) **WEARING APPAREL**

Participants should wear shorts and t-shirts. Precautions should be taken for sweatpants and long sleeved sweaters for warm-ups and after the events. The CYO program will allow spikes to be worn, (beginning in the 2005 season) for the Junior division ONLY. These spikes may not exceed 1/4" (per National Federation rules). Waffled shoes are permitted for both the cadet & junior divisions.

NO bare feet are allowed. It is suggested that parishes suit their team in uniformed colored shirts to help identify the different parishes.

The presentation of any type of gang "identifiers" at any CYO track meet or practice is prohibited. Any participant, coach or referee who is wearing anything that has been labeled as a current gang "identifier" will be denied the opportunity to participate. The meet director shall make this ruling for anyone in violation.

7) **EQUIPMENT**

Batons, shot-puts, discuses, etc. are furnished by CYO (Please return equipment promptly). **DO NOT BRING YOUR EQUIPMENT TO THE TRACK MEET.** Starting blocks will not be used in CYO track meets. The cadet shot put will be 6 lbs. and the junior shot put will be 8 lbs.

8) **CONDUCT**

The referee shall decide all questions relating to the actual conduct of the events. He/She will have the power to disqualify any athletes or coach from further competition in the Meet for unsportsmanlike conduct. Athletes must listen for and respond immediately to all announcements and calls. NO event will be held up because of tardiness of any athlete.

9) **FOOD**

Due to the length of the meets, coaches are asked to plan their own lunches and refreshments for their participants and themselves. Coaches should make all parents aware of the length of the meets so that they may send some lunch and/or snacks with their son or daughter.

10) **EVENT PROCEDURES**

For each event, there will be a first call. At that point you are to send your representative team to the designated spot.

If the event should be a field event, such as a high jump, running long jump, shot-put, etc., and your contestant is in two of the events which have been called at the same time, have the contestant report to the nearest event and hand in his/her event card. Have them tell the judge that he or she is entered in another event which is being run off at the same time. Then the contestant should go to the second event and finish up his trials. THE ONLY EXCEPTION TO THIS IS AS FOLLOWS: High Jump - if the boy/girl is in the High Jump and in another field event, he/she should go to the High Jump pit first. He/she should report to the judge that he/she is entered and then go immediately to the other field event, finish up the three (3) tries consecutively and then go back to the High Jump pit.

In all relay events be sure that your boys and girls are instructed as to exchanges. We might suggest that you bring along adults to walk your team around the track. Make certain that your contestants get off the track properly and do not interfere with the oncoming runners. Remember that one runner, interfering with another team may cause disqualification of your team even if they are ahead. Have your contestants stay in their lanes in all runs until the timers and judges and officials have gotten the proper information. Then the contestant should to immediately back to his team point. NO spectator or coach should go near the Clerk of Course. Announcements will be made as to the top teams after each event.

11) **STARTING HEIGHTS FOR THE HIGH JUMP**

Cadet boys - 3'8", Cadet girls - 3'5", Junior boys - 4'2" and Junior girls - 3'10". These heights will increase by 2" for each advance until there are seven (7) participants left and then increase 1" for every advance after that. Each participant will have three (3) tries at each height.

12) **LONG JUMP**

Each participant will be allowed two (2) jumps. After each participant has completed their two jumps the top seven (7) participants will be called back to compete in the finals. The finals will consist of two (2) additional jumps for each of the finalists and the places will then be awarded based on the best jump for each participant (of their four (4)).

13) **RUNNING EVENTS**

It is illegal for a coach or teammate to run along side a runner during an event. When a race begins all coaches and team members must stay away from their runner. Any contact with the runner during the race will result in the runner's disqualification from that race. This will be STRICTLY enforced!

14) **CYO WEB SITE**

All information (schedule for the day, entry forms,...) for each meet will be posted on the CYO web site <[www.cyss.org](http://www.cyss.org)> as it becomes available throughout the season. Results will also be posted as they become available. The CYO staff can only post meet information and results which are provided by those sponsoring each meet.

15) **CYO DIOCESAN MEET**

The deadline to submit rosters and fees for the CYO Diocesan Meet is Tuesday, May 11th. Event cards may be picked up in person at the CYO office or they will be mailed out if the roster is received prior to the stated deadline. The fee for the Diocesan Meet is \$6 per participant (limit of three events).

**CYO Office**

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CYO Web Site: <http://www.cyss.org/CYO/index.htm>