

LUTHERAN SPORTS ASSOCIATION OF WISCONSIN

TRACK AND FIELD MEET

GRADE SCHOOL RULES

FORMAT

- 1.01 There shall be two divisions of individual and school team competition based upon gender and as further defined herein.
- 1.02 Each division shall consist of events defined by the rules of the Lutheran Sports Association of Wisconsin, Inc. ("LSA").
- 1.03 The state meet shall be conducted annually during the month of May on the Saturday before Memorial Day weekend.
- 1.04 The school team competition shall be based upon a point standing. The points awarded shall be based upon the results of all events in the applicable division of competition.

First Place – 10 Points
Second Place – 8 Points
Third Place – 6 Points
Fourth Place – 5 Points
Fifth Place – 4 Points
Sixth Place – 3 Points
Seventh Place – 2 Points
Eight Place – 1 Point

PARTICIPANT SELECTION CRITERIA

- 2.01 The LSA Co-Directors shall select, or cause to be selected by whatever means in their opinion is appropriate in the circumstances, the most representative individuals in the state (also see Rules 2.02 and 2.03) for participation in each division.
- 2.02 The LSA Co-Directors reserve the right to install general and specific qualifying standards for each event.

- 2.03 All athletes must qualify by time or distance. Qualifying times and distances and the fee amounts will be determined by Co-Directors and will be made available by April 1st of each year.
- 2.04 Each individual shall be limited to participation in four (4) events, of which no more than three (3) can be individual events. Each school shall be limited to one (1) entry in each relay event and three (3) entries per event per gender.
- 2.05 Schools may enter up to five participants for each relay. Schools may use any of those five participants in any of the heats for that particular relay. That relay will count as an event for each participant regardless of if they actually participate or not. The LSA will provide five awards in cases where schools have entered five participants. The only substitutions allowed for relays teams will come from the participants registered as part of the relay team. The team will consist of four participants plus an alternate allowing each relay team to have up to five members listed. No changes can be made the day of the meet.
- 2.06 Once the official school representative has scratched a competitor from an event, they will not be allowed to re-enter that event.

SCHOOL TEAM ELIGIBILITY

- 3.01 For the state meet, all member grade schools of the Lutheran Sports Association of Wisconsin which have one or more individual students participating in the state meet shall be automatically entered in the school team competition.
- 3.02 Each school team is allowed a maximum of two persons in each division to function as coach, manager, or statistician. Each school will be allowed a total of four persons to serve in the capacity of coach, manager, or statistician. Each School must have designated one person to serve as head coach and must have at least one person who must be at least twenty-one years of age to function in one of the above capacities.

PARTICIPANT ELIGIBILITY

4.01 Players must be students of the sponsoring grade school and have complied with the eligibility rules of their league(s) and/or tournament(s). A student is defined as a full-time student of the participating school. To participate in the state track meet, athletes must have been full-time students before February 10 of the given state track meet year.

Illustrations

Q: A home schooled student is taking PE and choir at our school. They want to compete in athletics. Our School Board has granted her permission to play. Is she eligible for STATE events?

A: No, she is not eligible for STATE events as she is not full time student.

Q: Our school offers an open gym program for the local public school students. They often practice with us. Are they eligible for STATE events?

A: No. They are not full time students at your school.

4.02 No student is eligible to participate in the same sport for two different schools during the same academic year. A student becomes a member of the school team when he/she participated in a practice or athletic contest.

4.03 A student who transfers his/her attendance from one school to another shall become eligible upon completing the eligibility requirements.

Illustrations:

Q: My daughter played volleyball in the spring at one school. She transferred schools and played volleyball in the fall at another school. Is she eligible?

A: Yes. It is a new school year.

Q: My son started the basketball season at one school. Due to circumstances we transferred him to another school. He would like to play basketball there. Is he eligible?

A: No, but if you believe special circumstances may apply an exemption letter for the Board of Directors consideration and acceptance will need to be written as per the directions in rule 10.07.

4.04 All students shall be in grades three (3) through eight (8) and shall not have passed eighth grade standing. Students who have met or completed the requirements for the eighth grade are not eligible.

4.05 Any individual unable to comply with Rules 4.01 through 4.04, as applicable, will not be permitted to participate in the state track meet.

4.06 No student shall be a member of a high school team.

Illustrations

Q: I have a player who is playing on a "high school feeder team." This team is comprised of students in grades 7-8. Is he eligible?

A: Yes

4.07 A player must not have reached the age of fifteen (15) prior to the first day of September.

4.08 If a player turns fifteen (15) years old prior to the first day of STATE competition, the principal must send a letter using the school letterhead that verifies that the player has been a student for the entire school year. The letter should be sent to the event chairperson.

Illustrations

Q: I have a player who is turning fifteen in October. What steps do I need to follow to insure his eligibility?

A: The principal must send a letter using the school letterhead that verifies that the player has been a full time student for the entire school year. The letter should be sent to the event chairperson.

Q: I have a player who will be turning fifteen on the second day of the STATE competition. Is she eligible?

A: Yes.

Q: I have a player who will turn fifteen a few days after the STATE meet. Is he eligible?

A: Yes.

SCHOOL TEAM ENTRY APPLICATION

- 5.01 Each sponsoring school is required to submit by the entry deadline date, an entry application and applicable entry fees in the form of a check or money order made payable to the Lutheran Sports Association of Wisconsin, Inc.
- 5.02 All entry applications must be approved by the principal of the sponsoring school.
- 5.03 Applications of event champions who do not meet official qualifying standards, if any, must also be acknowledged and approved by the applicable league or meet chairman.
- 5.04 All entry applications must bear the signature of an authorized official of the school, agreeing to waive all responsibility of the LSA, the meet hosts, the meet site, and meet officials and/or volunteers for any injury to any participant or damage of any equipment used in the state meet.
- 5.05 Acceptance of entry applications shall be final and entry fees accompanying approved applications shall not be refundable.

EQUIPMENT

- 6.01 All individuals and school teams are required to supply their own practice, competition (optional), and locker equipment. However, the LSA Co-Directors reserve the right to have all participants use LSA-supplied equipment in competition.
- 6.02 Under no circumstances will a player be allowed to participate in an event without conventional track and/or field attire and conventional gym, track and/or field shoes.
- 6.03 Starting blocks are blocks or pedals mounted on a frame to ensure a rigid surface against which the feet may be braced to start a race. Springs, hand or body supports shall not be permitted.

COMPETITION RULES

- 7.01** National Federation of State High School Associations track and field rules shall govern competition, except where specifically superseded by LSA rules.
- 7.02** Any protest must be submitted to the LSA Co-Directors in accordance with National Federation of State High School Associations rules immediately following the incident being protested.

RELAYS

- R.01** Relays are races between teams of four competitors, each running only one distance (leg). An individual leg of the race is finished when the incoming competitor passes the baton to the succeeding or outgoing competitor.
- R.02** An exchange zone is designated for exchanging the baton during relay races. It is an area the width of one lane and 20 meters (22 yards) long. The lines marking the limits of the exchange zone are included in the 20-meter (22 yard) measurement.
- R.03** The acceleration zone is that distance in each lane, 10 meters (11 yards) preceding the exchange limit line in relay races in which the incoming competitor is running 200 meters (220 yards) or less. A distinctive mark shall be made on the track to denote this extended running limit, and the line marking the limit of the acceleration zone is included in the 10 meter (11 yard) measurement.
- R.04** In relay races which are run the entire distance in lanes, teammates of each starting competitor shall occupy the same lane of corresponding position at each exchange mark, and the baton may be exchanged only in such lane or position.
- R.05** A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners. If the baton is

dropped in the exchange zone, in a legitimate attempt to hand it, either competitor may retrieve it, even from another lane, provided the competitor does not interfere with an opponent and the baton is retrieved within the limits of the original exchange zone extended across the track. If the baton is dropped outside the exchange zone, it must be retrieved by the competitor who dropped it.

R.06 After passing the baton, the relieved competitor should stand still or jog straight ahead and step off the track when clear.

LANE SEEDING

L.01 Forming heats, drawing lanes, and determining the number of competitors to qualify in each heat shall be done by the LSA Co-Directors and officials.

L.02 For the first round of competition, runners who are known to have the best times should be placed in different heats and given preferred lane assignments.

L.03 After the first round, the formula to be used for forming heats when times are available for all qualified contestants is as follows:

- a. Weigh place first
- b. Weigh time second
- c. Working from left to right:
 - i. Group and seed first-place winners by their times.
 - ii. Group and seed second-place winners by their times.
 - iii. Group and seed third-place winners by their times.
 - iv. Group and seed fourth-place winners by their times.
- d. If all heats do not have the same number of contestants, draw for the extra contestant assignment to a heat by lot.

THE START:

S.01 All races shall be started with the firing of a closed-barrel pistol (starter's pistol) or gunless device which provides smoke or a flash visible to timers. A misfire does not indicate a start.

S.02 The starting commands for races or opening relay legs of less than 800 meters outdoors shall be: “On your marks.” At this signal, the competitors will immediately take their proper positions behind their starting lines. After they have taken their positions and are steady on their marks, the starter then shall instruct them, “Set.” At this command, all competitors shall at once and without delay, assume their full and final set position in such a manner that no part of their person touches on or over the starting line. When all competitors are set and motionless, the starter shall fire the starting device.

S.03 The starting command for individual races, or opening relay legs of 800 meters or more outdoors shall be to ask all competitors to take position three meters behind the starting line or dashed arc behind the line. With the command “On your marks” all competitors will step to the starting line without delay. When all competitors are steady, the starter shall fire the starting device.

S.04 Starting violations which constitute a false start include:

- a. Failure to comply with the starter’s commands.
- b. Having any part of the body in contact with the starting line or running surface beyond the line, when the starting device is fired.
- c. Failure to remain motionless after assuming the set position prior to the starting device being fired.
- d. Failure to place starting blocks within the respective competitor’s lane.
- e. Repeated use of disconcerting acts.

S.05 A competitor who commits a false start shall be disqualified.

S.06 A race shall be recalled in the first 100 meters when a competitor falls due to contact with another competitor in the following situations:

- a. The race is not started in lanes (waterfall start) or;
- b. Two or more competitors are assigned to a single lane.

S.07 If a competitor’s starting blocks are slipping due to a condition of the track or a malfunction of the starting block, the starter may authorize an attendant to hold or support the blocks.

S.08 Competitors competing in a race while using the starting blocks will have from when the heat in front of them starts to the time the official starter makes the “On your marks” call to place, adjust, and take a practice start in the blocks.

AWARDS

- 8.01 In each event of each division of competition, one medallion shall be awarded to the first, second and third place finisher and one place ribbon shall be awarded to each other participant in the finals of the event.
- 8.02 In each relay event of each division of competition, medallions in places 1st-3rd and ribbons in places 4th-8th shall be awarded to all members of the relay, including the alternate.
- 8.03 In each division of competition, a school team trophy shall be awarded to the schools which, by virtue of total team points awarded, accumulate the first, second and third most team points.

GENERAL

- 9.01 The Principal, and the Principal's designees, shall be responsible to the LSA and STATE hosts for matters pertaining to all athletic and non-athletic activities of their school at the STATE meet. In addition, they shall be responsible to insure that their school is properly represented at all STATE events and shall be responsible for the conduct of their participants and other persons from their school, including spectators. Coaches, managers and squad captains shall also be responsible for individual and team conduct both at and away from all meet sites.
- 9.02 It is the clear obligation of students, school staff, boards of education and all other official representatives of participating schools to practice and promote the highest principles of Christian behavior, sportsmanship and ethics of competition. It is also their obligation to maintain proper crowd control at all STATE activities. The LSA, its directors, volunteers, host schools, tournament sites and

tournament officials shall have no responsibility for crowd control nor of the actions of school representatives, including spectators. The Co-Directors shall have full authority over all schools, their representatives and spectators and shall have full authority, at its sole discretion, to penalize any school, any of whose representatives or spectators may be adjudged upon competent evidence to have violated these obligations.

- 9.03 General schedules will be on the LSA website approximately ten days before the first date of competition. Official, specific schedules shall be available to all participants when they register at a specified meet site.
- 9.04 Individuals and school teams must comply with the eligibility rules of their own league and/or meet and the state meet.
- 9.05 These rules will not operate to make an individual or school team eligible when such individual or school team would be ineligible under the rules of a school's regular season league(s) and/or meet(s). The rules of an individual or school team's regular season league(s) and/or meet(s) will not operate to make an individual or school team eligible for the state meet when such individual or school team would be ineligible under state meet rules.
- 9.06 Requests for granting of exceptions to published rules must be submitted in writing to the Co-Directors, no less than fifteen (15) days before the date by which a ruling on such requests is required.
- 9.07 Supplementary rules may be issued for each state meet and, if issued, become and are considered to be a part of these rules and regulations.

FIELD EVENT PROCEDURES

HIGH JUMP

- H.01 Each competitor shall be allowed a minimum of one practice jump.
- H.02 Participants who miss three (3) times at a given height are eliminated from the field.

- H.03 All competitors must give priority to the high jump. Contestants in more than one field event should be at the high jump area at the start of field events and make up their other events later.
- H.04 The bar will be raised in 2" increments until eight (8) participants remain. Thereafter, the bar will be raised in 1" increments.
- H.05 A competitor may pass and not take their turn, but must clear at least one height to be awarded a place. Once a participant attempts a height, he/she must clear that height to remain in the competition. Once the competitor attempts a height, he/she has three attempts to clear that specific height, and must clear that height to remain in the competition.
- H.06 A competitor may attempt to clear the bar in any manner, provided that the take off is from one foot.
- H.07 Misses include: a) knocking down the bar or standards; b) breaking the vertical plane of the bar (either ground or pit) without clearing the bar; or c) not completing a trial within 60 seconds of notification.
- H.08 If a tie exists then the following procedure(s) will be used to break the tie:
- a. The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.
 - b. If the tie still remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
 - c. Passed trials shall not count as misses.
 - d. If the tie remains after applying (a) and (b) and:
 1. It concerns first place, the competitors tying shall make one more attempt for the height at which they failed. If no decision is reached, the bar shall be lowered by one inch. If two or more of the tying competitors clear the height, the bar shall be raised by intervals of 1 inch. Each competitor shall attempt one trial at each height until the winner is determined.
 2. No passed heights shall be permitted in the jump-offs.

NOTES:

1. If the height which the tied competitors last attempted is not the same, because of a passed height by one or more of the remaining competitors, the bar shall be lowered to the lowest height last attempted by any of the remaining competitors to begin the jump-off. 2. No passed heights shall be permitted in the jump-offs.
2. The tie concerns any place other than first place, the competitors shall be awarded the same place.
3. A competitor shall be credited with his/her best achievement if it occurs in a jump-off for first place.

LONG JUMP

- L.01 Each competitor shall be allowed a minimum of one practice jump that is not measured.
- L.02 Participants will receive three (3) jumps. The top eight (8) competitors will be scored from these three jumps.
- L.03 If a contestant is involved in another event, he/she will be allowed to complete the jumps that he/she missed.
- L.04 The sand must be leveled after each jump during the competition.
- L.05 The jumper shall take off from behind the scratch line or the scratch line extended. If the jumper's shoe extends over the scratch line, the jump shall count as a trial, but not be measured. It shall also count as a trial, but not be measured, if a competitor runs across the scratch line extended.
- L.06 Each legal jump shall be measured perpendicularly from the scratch line (or its extension) to the point in the pit touched by the person or apparel of the jumper that is nearest the scratch line. Jumpers must walk forward out of the pit away from the scratch line.
- L.07 Each jump shall be measured to the lesser 1/4".
- L.08 If a tie exists, the length of the second longest jump will be used to determine the higher place.

DISCUS

- D.01 Each competitor shall be allowed a minimum of one practice throw. Practice throws will not be measured.
- D.02 Participants will receive three (3) throws. The top eight (8) competitors will be scored from these three throws.
- D.03 All competitors shall use the 1 kilogram discus.
- D.04 A competitor must start from a stationary position inside the circle.
- D.05 It is a foul if the competitor, after stepping into the circle, fails to pause before starting the throw, or touches the circle (not including the inner face of the circle) or the ground outside the circle before the implement lands or leaves the circle out the front half of the circle after the implement has landed. A foul throw is counted as a trial. Foul throws will not be measured.
- D.06 Competitors may enter the circle from anywhere, but must exit the circle through the back half of the circle after the implement has landed for the attempt to be ruled a fair throw.
- D.07 Measurement shall be made from the nearest edge of the first mark made by the discus to the point on the inside edge of the circle in line with the center of the circle. Measurements shall be made to the lesser 1".
- D.08 If a tie exists, the length of the second-best throw shall be used to determine the higher place.
- D.09 No taping of the hands or fingers is allowed, except to cover an open wound or cut. If a competitor is taping an open wound or cut, the competitor must allow head event judge to verify the competitor is covering up a wound or a cut. Gloves are not allowed.
- D.10 If a contestant is involved in another event, he/she shall be allowed to complete the throws that he/she missed.

D.11 The LSA must approve all throwing implements for use during competition. Implements will be weighed and inspected. 4 “house discs” will be provided. You can use your own school disc provided it passes inspection. If your disc does not pass inspection, it will be “impounded” until the competition is over. If you don’t bring a disc or your disc does not pass inspection, you have the following options: 1) Use one of the “house discs” 2) Ask one of the competing schools to use theirs. The official weight of the discus to be used is 1 kilogram. The LSA is not responsible for loss of or damage to personal implements.

SHOT PUT

- S.01** Each competitor shall be allowed a minimum of one practice put. Practice puts will not be measured.
- S.02** Participants will receive three (3) puts. The top eight (8) competitors will be scored from these three puts.
- S.03** All competitors shall use the 4 kg shot put (boys) or 6 pound shot (girls).
- S.04** A legal put shall be made from the shoulder, with one hand only, so that during the attempt, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle.
- S.05** It is a foul if the competitor, after stepping into the circle, fails to pause before starting the put, or touches the circle (not including the inner face of the circle) or the ground outside the circle before the put is marked. A foul put is counted as a trial. Foul puts will not be measured.
- S.06** Measurement shall be made from the nearest edge of the first mark made by the shot to the point on the inside edge of the circle in line with the center of the circle. Measurements shall be made to the lesser 1/4".
- S.07** If a tie exists, the length of the second-best put shall be used to determine the higher place.

- S.08** If a contestant is involved in another event, he/she shall be allowed to complete the puts he/she missed.
- S.09** The LSA must approve all throwing implements for use during competition. The LSA will have some “house shot puts” available for use if you don’t have your own. The official weight of the shot put to be used is 4 kg for boys and 6 pounds for girls. The LSA is not responsible for loss or damage of a personal implement.