

Foundation for Interscholastic Youth Athletics
TRACK & FIELD PROGRAM 2022



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REGISTRATION

1. To register for any FIYA track & field meet, create a free account on athletic.net
2. Creating a free account needs to be done **AT LEAST ONE WEEK** prior to date of track meet.
3. After submitting information to create a free account, you will receive a confirmation email in 1-2 days. Now your account is verified and ready to register for specific FIYA track & field meet.
4. On Athletic.Net, you can **type “FIYA”** into search bar and you should be able to find the various FIYA track & field meets. Click the one you wish to register. Please note the registration deadline for the meet as listed on athletic.net.
5. Keep reading through track packet to best understand how you should register.
6. Lastly, the cost for each FIYA track & field meet is \$15 per athlete of a non-member school and \$12 per athlete of a member school. No payment is needed until conclusion of the track season when FIYA will send your school an invoice. You will be charged for each athlete you register regardless of whether they compete. Please ensure that you register your athletes accurately.

ORDER OF EVENTS / APPROXIMATE TIMELINE

Approx. Time	TRACK	LONG JUMP	TURBO JAV	SHOT PUT
Start of meet	<p>200 meters D2 girls, boys D1 girls, boys</p> <p>50 meters (concurrently with 200M) D3 girls, boys</p>	D1 boys	D2 girls/boys	
~ 1 hour mark	<p>1600 meters D2 girls/D1 girls (comb) D2 boys/D1 boys (comb)</p> <p>4 x 100 Relay D3 girls, boys D2 girls, boys D1 girls, boys</p>	D1 girls	D3 girls/boys	D1 girls/boys
~ 2 hour mark	<p>400 meters D3 girls, boys (WF) D2 girls, boys D1 girls, boys</p> <p>100 meters D2 girls, boys D1 girls, boys</p>	D2 girls	D1 girls/boys	D2 girls/boys
~ 3 hour mark	<p>800 meters D3 Girls, Boys (WF) D2 Girls, Boys (WF) D1 Girls, Boys (WF)</p> <p>100 meters final D2 girls, boys D1 girls, boys</p>	D2 boys	OPEN	OPEN

~ 4 hour mark	4 x 200 Relay <i>OR</i> 4 x 400 Relay (2 turn stagger)	OPEN		
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TRACK & FIELD GENERAL RULES

- **Competition Divisions:**
 - ▶ **Division 1 (D1)** is for 8th grade and below
 - ▶ **Division 2 (D2)** is for 6th grade and below
 - ▶ **Division 3 (D3)** is for 4th grade and below.
 - ▶ Athletes must compete in only **one Division** and should wear their appropriate bib number at all times.
 - ▶ Athletes may compete up - in an older division, but must compete in **ALL** of their other events in that **SAME** division. Athletes may NOT compete in a lower age division.
- **Meet Online Registration (athletic.net):**
 - ▶ Coaches must register **all athletes AND their events** on their team account via athletic.net **no later than 24 hours prior to the meet.**
 - ▶ Coaches are advised to double check their registration / team roster to make sure each athlete is in their appropriate events, gender, AND age divisions.
- **Number of Events:**
 - ▶ **At the D1 & D2 level**, each athlete may compete in no more than **FOUR events**; there are no restrictions on what four events.
 - ▶ Each school may enter no more than **THREE athletes** into each event. Any violation will result in a disqualification.
 - ▶ **At the D3 level**, each athlete may compete in as many as **FOUR events**. Each school may enter **unlimited** athletes for the 50M, 400M and 800M but no more than **SIX** athletes per gender into the turbo javelin.
 - ▶ At all levels each school may enter a maximum of **TWO relay teams** per level per relay event but only one counts for team points (in D1 and D2).
- **No spikes of any kind or shoes made to take spikes will be allowed.** Any athlete wearing illegal shoes in any competition will be immediately disqualified from the meet.
- **PLEASE NO PACING** BY FELLOW ATHLETES OR COACHES.

- **All running events will be run in heats *except* for the following:**
 - 800M Run, 1600M Run for all Divisions
 - 400M in Division 3 only
 - Each of these events will begin with a waterfall start and likely will combine girls and boys in both divisions and separate the times per gender accordingly.

- **FIELD EVENTS: Shot put, long jump, and turbo javelin will be contested in flights**
 - Athletes who must leave for another event may do so and complete their attempts later only with the prior approval of the event judge.
 - It is advised that athletes report to the field event judge as *soon as we make first call of their event*, check in for their Division giving their name, school, division, and bib number, and notify the field judge that they will be competing in a track event and will return later to perform their jumps/throws.
 - **Contestants who leave a field event without approval from the field judge will be declared finished and not allowed any more attempts.**
 - **Contestants who do not report to field event by final call will also be disqualified.**
 - Because of these rules, please have all of your athletes, coaches, and spectators paying close attention to our field events' first, second and third calls so we can avoid athlete DQ and the field events run as smooth as possible.

- **Automatic Timing & Live Results (<http://www.westsidetiming.com>)**
 - All FIYA meets are conducted with automatic timing. Results at the meet may be viewed on [westsidetiming.com](http://www.westsidetiming.com) (you may share this link with participants, families, and spectators to see immediate scores and times as they're posted during the meet)
 - Upon conclusion of the track meet, track coaches -- not spectators or athletes -- may review unofficial results posted on [westsidetiming.com](http://www.westsidetiming.com) and issue an inquiry by sending an email to johnmueller@onfiya.org by 12PM on the day after the track meet. Written inquiries after the deadline will not impact the results of the track meet.

AWARDS & SCORING

FIYA Track & Field Awards will be given as follows:

- **For each individual FIYA Track & Field Meet**, trophies will be given to the top **three** school teams per meet for D-1 Boys, D-1 Girls, D-2 Boys, D-2 Girls.
 - **Top six finishers in each event will score** 10, 8, 6, 4, 2 & 1 points respectively. Remember that an athlete may win their individual heat but not be in the overall top six finisher. Conversely, an athlete could finish in 2nd or below in his/her heat and still be a top six finisher.
 - **Custom ribbons will be made for top 4 finishers in all events for Division 1 and Division 2.**
 - **1st, 2nd, 3rd place & participant ribbons for all Division 3 heats.**
- **For Season Track Champions**, trophies and medals will be given to the Division 1 Girls Champion and Division 1 Boys Champion. To qualify, a school must participate in at least 50% of the FIYA track & field meets during a season. Your team must finish in the top 5 team scores at an individual meet and points are awarded as follows: **5th Place - 1 point; 4th Place - 2 points; 3rd Place - 3 points; 2nd Place - 4 points; 1st Place - 5 points.**

If there is a tie in team scores with multiple teams for a top five finish, we will add the point totals and divide by the number of tied teams. By way of example, if two schools tie for 2nd and 3rd place, we add the points (4 + 3) and divide by 2 so each team will be awarded 3.5 points.

There is a maximum number of track meets for which a school team can earn points during a track season. The maximum number is the total number of FIYA track & field meets offered in a season minus one. In other words, if FIYA offers 5 track meets, a school team can earn points in its four best meets (we drop the lowest score if the school team competed in all 5 meets).

If there is a tie in accumulated points upon conclusion of the track season with multiple teams, the tiebreaker will be the team that competes in the MOST FIYA track and field meets in the season wins. If the tiebreaker does not resolve the champion, there will be co-champions.

MEET LOGISTICS

ARRIVAL AT TRACK MEET

- ▶ **Gates open** about 1 hour before track meet; all adult spectators are charged \$5 per person. Please let your families know that exact change is appreciated.
- ▶ **Coaches** should pick up track packets (bibs, pins & rosters) from clerk table at track meet. **Coaches** should bring Meet Program (which will be emailed) after online registration closes and this Track & Field Program.
- ▶ **Coaches Meeting** will be conducted at Finish Line about 15 minutes prior to track meet start time. It will be a very brief meeting and the track meet will start immediately thereafter.
- ▶ **ONLY athletes with bib numbers and coaches** (with our distributed wristbands) are allowed on the field
- ▶ If a parent or spectator needs to give their athlete water, first aid, etc., please send with another athlete or coach wearing a wristband to avoid additional traffic and disorganization on the track.
- ▶ Please **only enter and exit the track** at the same, designated location
- ▶ Please **ONLY cross the track once given permission** by FIYA representative for safety purposes and so no ongoing event is interrupted.
- ▶ Respect our host venues and only bring water onto the field (**No other food or drink allowed**)
- ▶ Please pay attention to call announcements and encourage your athletes to report immediately.

SHOT PUT SPECIFIC RULES

1. All competitors will be allowed three throws.
2. Athletes will compete in flights, as determined by the event judge. Athletes may leave to compete in another event and return to complete their throws provided they notify and get permission from the event judge.
3. A throw may not be initiated until the competitor is given verbal permission by the event judge.
4. Division 1 Boys use the 8 lb. shot; all other levels use the 6 lb. shot.
5. No taping of any part of the hands or fingers permitted unless there is an open cut or wound that must be protected by tape. Taping of the wrist is allowed. A support belt may be worn but gloves may not.
6. 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. No harness or mechanical device attached to the hand or arm shall be used. The put must be made from inside the circle.
7. It is a foul if the competitor does not enter or exit from the back of the circle, or if after stepping into the circle, fails to pause before starting the put, or touches the circle (not including the inner face of the stop-board or the band, if one is used) or the ground outside the circle, or the top of the stop-board before the put is marked. It is also a foul if the shot does not fall within the sector lines.
8. The measurement of a put shall be from the nearest edge of the first mark made by the shot to the inside edge of the stop-board nearest such mark, measured along the extended radius of the circle.

LONG JUMP SPECIFIC RULES

1. All competitors will be allowed three trials.
2. In the long jump, the head must remain in the superior position. Somersault technique is not permitted.
3. A trial may not be initiated until the competitor is given verbal permission by the event judge.
4. The competitor shall take off from behind the scratch line. It shall count as a scratch if:
 1. The competitor's shoes extend over the scratch line or makes a mark in front of it.
 2. A competitor runs across the scratch line.
 3. If, in the course of landing or leaving the pit, the competitor touches the ground outside the landing area, nearer the scratch line than the nearest mark made in the landing pit.
 4. The competitor fails to initiate an attempt that is carried to completion within the required time

TURBO JAVELIN SPECIFIC RULES

1. All competitors will be allowed three throws.
2. Athletes will compete in flights, as determined by the event judge. Athletes may leave to compete in another event and return to complete their throws provided they notify and get permission from the event judge.
3. Division 1 Boys use the 400 gram turbo javelins; all other levels use the 300 gram turbo javelins.
4. Three aspects of the throw must remain uniform among all competitors. You must hold the grip on the javelin, release it using an over-the-shoulder technique, and you may not turn your back to the field until the javelin leaves your hand. Throwing in another manner results in a foul. This rule ensures safety because the javelin remains under control when throwing it over your shoulder.
5. After beginning your throw, you may not touch any boundary line of the runway. Touching outside the lines results in a foul. If the javelin drops during the course of your throw, it is a foul.
6. Javelin must land tip first. A throw landing flat or tail first is a foul and is not measured. When you throw the javelin with proper technique, it should land tip first because of the position of the center of gravity and the javelin design. This ensures that you throw the javelin with technique, rather than hurling it. In addition, any javelin landing outside the throwing zone is a foul.
7. After completing your throw, no part of your body can touch over the foul line arc. A white line at the end of the runway designates the foul line. Once the javelin lands within the throwing zone, you may walk off the runway behind the arc line. When any part of your body goes over the line, whether during the follow through of your throw or accidentally walking out the front of the runway, a foul will result. This is to ensure that you are under control when leaving the runway following your throw.

WE LOOK FORWARD TO THIS YEAR'S TRACK & FIELD SEASON WITH YOU!

Be sure to follow, “like”, and subscribe to FIYA on Facebook, Instagram, Twitter, YouTube, and Pinterest **@fiyathletics** and our email newsletter for all: updates, info, photos, videos, and MORE from our Track and other sports' seasons.

Tag us @fiyathletics in any of your posts from the season to be featured!
Use the hashtags #FIYAthletics | #FIYAtrackandfield

