

# MEET RULES

## KIWANIS de AMIGOS RELAYS

(As Revised 2/2/25)

### ENTRY LIMITATIONS:

- There may be only one Boys' Team from each school and only one Girls' Team from each school.
- Each Team may enter only two athletes in each individual event (example, 2 athletes per team in Shot Put- Boys Grade 6th; 2 athletes per team in Shot Put – Boys Grade 7, etc.). The one exception is the 100 Meter Race that allows only one athlete (maybe a 6th, 7th or 8th grader) per team.
- Each Team may have one entry per relay event (example, Girls 4 X 100 Relay, Boys 4 X 400 Relay, etc.).
- Each School may have only one CO-ED Relays team.
- Each athlete may enter a maximum of three (3) events (field and/or track).

### TEAM SCORING:

- The boy's teams and the girl's teams will be scored separately.
- Team points awarded includes: 1st Place = 10 points; 2nd Place = 7 points; 3rd Place = 5 Points; 4th place = 3 points; and 5th place = 1 point.
- CO-ED Relay Exception: Both the boy's and the girl's teams will be awarded full points per place won.
- All results and SCORES will be POSTED at [www.roadrunnerracetiming.com](http://www.roadrunnerracetiming.com)

### EVENT REGISTRATION:

- **School-Team “pre-registration” on Internet website [www.Athletic.net](http://www.Athletic.net) is REQUIRED** Athlete Pre-Registration using the “Team Entry Form” on the website is required. This allows printing of individual athlete tags required for all events and it will register athletes in individual events. If a school-team arrives at the Coach's Check-in table the day of the event, and the school has not “pre-registered” on [www.Athletic.net](http://www.Athletic.net), they will not be allowed to compete.
- CO-ED Relay team assignments do not need to be provided to the registrar. We will rely on the honor system that your CO-ED entries are eligible for the event.
- On the day of the meet at Check-In, coaches will NOT be allowed to make changes to their team's pre-registration. NO SUBSTITUTIONS except in relays teams and these do not have to be recorded prior to the race. If an athlete competes in an event for which they have not been pre-registered (except relays), they will not be scored or allowed to place and win an award.
- “The Liability Release Forms” Are Mandatory, Athletes will not be Allowed to participate without a signed Release form. Coaches are to turn in the signed liability release forms at the Coach's Check-In desk on the day of the meet. Please have the signed liability release forms stacked in alphabetical order (A to Z) based on gender as this will expedite the check-in process.
- **Wristbands:** At Check-In you will be given wristbands with the names of each participating athlete. Each athlete must place their band on their wrist with the name facing toward the official reading it.
- The Coaches Meeting will start promptly at 7:45 A.M. in the small westside bleachers.
- The athletes must listen to the announcer, and report to the appropriate sign-in volunteer when their event is called.
- Each individual athlete or Team (i.e., Girls 4X100 Relay) will be personally responsible to report to the sign-in volunteer/official for each event for which that athlete or Team is entered.
- Athletes are responsible for entering themselves into an event, not their coach.
- For all Running Events, Sign-in at the Race Check-In Desk at the North end of the field, under the blue canopy tent. Please approach the tent from the grass side, not the track side.
- For all Field Events, Sign-in at the specific event location. For example, if a 6th grade boy wishes to enter the high jump, that athlete will report to the high jump pad that is conducting that event (example, HJ Pad #3-Boys 6th Grade) and contact the sign-in volunteer/official at that specific high jump pad.
- If an athlete is pre-registered for both the high jump and another field event, it is recommended that they go to high jump first. This is especially true if they are 6<sup>th</sup> graders since the high jump heights are initially set for 6<sup>th</sup> graders and rapidly progress higher.
- Upon reporting to the sign-in volunteer/official, each athlete is to give his name, grade, and school name. It will be helpful if an athlete will verbally spell their name to the sign-in volunteer. **EACH ATHLETE MUST WEAR A WRISTBAND WITH FIRST AND LAST NAME AND ATHLETE NUMBER.** Position the wristband where someone facing the athlete can read the information on the wristband.

- Maps will be located at key points on the field that show where an event will be held. Each of the events will have a sign identifying the event held at that location (example, HJ Pad #2: Girls Grade 7 & Girls Grade 8).

### **AWARDS:**

- Medal awards will be presented to the top five (5) places in each event by category (example, Shot Put Boys Grade 6).
- The top three (3) Boy's Teams & top three (3) Girl's Teams will receive team awards.
- If Teams tie for a place, the tie will be broken based on the team with the most 1st place scores. If the tie remains, the team with the most 2nd place scores will win. If the tie remains, the team with the most 3rd place scores will win. This process will continue until the tie is broken.

### **TIES & AWARDS:**

- Once the process of determining ties (example, High Jump – Ties) has been completed, the same place (1<sup>st</sup>, 2<sup>nd</sup>, etc.) medal will be given to each of the athletes who tied. This applies to both field and running events.

### **RUNNING EVENTS:**

- Lane placements shall be drawn at random.
- If there are only ten (10) contestants (or relay teams) entered in a particular event, the Head Starter may choose to place all ten contestants on the track at one time and run a final race.

### **1600 METER RACE:**

- Best five (5) times will determine the top five (5) places regardless of the number of heats per category.
- It is the Head Starter's decision as to how many contestants will compete on the track at the same time.

### **100 METER RACE:**

- Due to time constraints, each team will only be allowed one (1) entry into this event. The entry may be from the 6th, 7th or 8th grade. This event is not broken down by grade category.
- Best nine (9) times will be in the finals.
- In the preliminary heats if there is a tie for the 9<sup>th</sup> place, the tie will be decided by going to the hundreds or thousands of a second on the electronic time recorded. If an electronic time clock is not in use, the tie will be decided by the toss of a coin.

### **RELAY RACES:**

- Each relay team may consist of 6th, 7<sup>th</sup>, or 8th graders. There is no limitation on the relay members per grade level.
- All relay heats will be run for time, and time will establish the final placements. There will be no preliminary or semi-final relay races.
- In the CO-ED Relay each relay team will consist of two girls and two boys and the athletes may be from any of the grades (6th, 7<sup>th</sup>, or 8th). The boys will run the first and the third legs of the CO-ED Relay race and the girls will run the second and fourth legs of the CO-ED Relay.
- Each team is responsible to bring their own baton for the relays.

### **HIGH JUMP RULES:**

- Each competitor is allowed three (3) jumps per each bar height. If a competitor misses three consecutive times, he/she is out of the competition and is given credit for her/his highest jump successfully completed. This is to be recorded in the BEST column of the event score form.
- Once a new height has been reached and the official announces the new level, participating athletes have no more than ten (10) minutes to report to that official for their participation.
- Once the last remaining competitor fails a final height, the officials will rank all the competitors in a particular event (example, High Jump – Boys – Grade 6) based on their best jump.

### **TIES** shall be broken as follows:

- The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- If the tie remains, the competitor with the lowest total number of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
- If a tie remains:
  - Each of the competitors who tie for a particular place (example, 1st Place) will be given credit (rank = 1st) and team points will be split between them [e.g. 1st Place (10 points) plus 2nd Place (7 points) = 17

points / 2 = 8.5 points each for 1st and 2nd place], and then 3rd place would receive 5 points; 4th place would receive 3 points and 5th place 1 point.

- If a tie occurs for 1st place and a new “meet record” is established for that event, each of the tied contestants will be credited with the new meet record.
- If a competitor is not available to attempt a jump height due to his/her competing in another event, the competitor will miss that particular height. The competitor must then attempt the height being jumped at the time he/she returns to that competition. However, if the event (example, High Jump – Boys – Grade 6) is completed, when he/she returns to the jump area, he/she will not be allowed to take further jumps and will be scored based on his/her best jump prior to leaving competition.
- The starting heights for the High Jump are:

Girls’ 6th Grade – 3’6”	Boys 6th Grade – 3’10”
Girls’ 7th Grade – 3’8”	Boys 7th Grade – 4’2”
Girls’ 8th Grade – 4’0”	Boys 8th Grade – 4’6”
- High Jump Pad #1 – Boys Grade 7<sup>th</sup>, and Boys Grade 8<sup>th</sup>
- High Jump Pad #2 – Girls Grade 7<sup>th</sup>, and Girls Grade 8<sup>th</sup>
- High Jump Pad #3 – Boys Grade 6<sup>th</sup> and Girls Grade 6<sup>th</sup>

## LONG JUMP RULES:

- Each competitor will get three (3) jumps.
- After each event (example, Long Jump – Boys – Grade 6) is completed, the officials will rank all the competitors in that event based on their best jump (RANK column). Each of the competitor’s best jump is to be listed in the Best Jump column.
- Ties produced by identical measurements shall be **broken** by which athlete has the second-best performances of the tying competitors. If a tie still exists, the third-best performance of the tying competitors will be used to break a tie.
- Refer to HIGH JUMP above for awards and point allocations.
- Long Jump Pit #1 – Boys’ 6th Grade and Girls 6th Grade
- Long Jump Pit #2 – Boys’ 7th Grade and Girls 7th Grade
- Long Jump Pit #3 – Boys’ 8th Grade
- Long Jump Pit #4 – Girls’ 8th Grade

## SHOT PUT RULES:

- Each competitor will get three (3) throws.
- Equipment: **6 lb. Shot (red)** – Boys Grade 6 and Girls Grades 6, 7 & 8  
**8 lb. Shot (blue)** – Boys Grades 7 and 8.
- Ties produced by identical measurements shall be broken by the second-best performances of the tying competitors. If a tie still exists, compare the tying competitors third best throws.
- Refer to HIGH JUMP above for awards and point allocations.
- Shot Put Ring #1 – Boys Grade 6th and Girls Grades 6th & 7<sup>th</sup> (6 lb. red ball)
- Shot Put Ring #2 - Boys Grades 7th & 8th (8 lb. blue ball) and Girls Grade 8<sup>th</sup> (6 lb. red ball)

## GENERAL RULES:

- Athletes are to wear their school uniforms.
- Track shoe spikes are NOT allowed!
- NO starting blocks will be used.
- NO cell phones, ear buds or headsets are allowed in the competition area at any time. This area includes the track, all field event areas, and the infield.
- Athletes are to ENTER the track & field only through the gate located at the NORTH end of the track. Athletes are to EXIT the track only through the SOUTH gate of the track. NO CLIMBING OVER FENCES, PLEASE.
- Use the bleacher ramps and steps. Please do not climb over the railings.
- Only “athletes” who are competing are permitted on the track and infield. Sorry, no coaches allowed. *Let’s repeat that. Only athletes competing in an on-going event are permitted on the track and/or infield. Schools may have their relay team or runners disqualified if their athletes are on the infield or track areas and not currently competing. This will be enforced! Officials cannot effectively do their job if non-competing athletes block their view of competing athletes.*
- Neither the track nor infield is to be used for “warm-up” or practice. Athletes may use the U.A. Intramural field (not the soccer field) located east of the track to “warm-up”.
- No chewing of gum is allowed on the field or the track.
- Food and beverages may be purchased from the U. of A. concession (south of the bleachers).

- Restrooms are in the same building as the concessions.
- U. of A. prohibits radios, boom-boxes, and headphones in the stadium area.
- Entry into the track stadium is free. No fees will be charged schools, athletes or spectators.
- The Officials and the Kiwanis de Amigos assume that all schools and coaches will be on the HONOR SYSTEM (example, grade level of athletes are accurate as to event and athletes compete in no more than three events).
- The officials, scorers, and award presenters are all volunteers. They are doing this to assist middle schools in building strong track and field program, and to see that these athletes receive recognition for their competitive efforts. Smile and thank the volunteers for their efforts. It's the only pay they receive.
- If a coach disagrees with an official, they may appeal to the Head Official. It is important to point out that these officials are very experienced and have been running the University of Arizona track and field meets for many years.
- Under no circumstances should parents of athletes seek to contact the track officials. Parents should only contact their child's coach, and then the coach may follow up by consulting an official. Coaches, please advise the parents of your athletes accordingly.
- Every effort will be made to announce the results of each competitive event in a timely manner. Coaches, please tell your athletes not to ask officials, scorers, award personnel or the announcer for this information.
- Professional trainers will be available to assist injured athletes.
- ATHLETES OR TEAMS NOT FOLLOWING THE ABOVE RULES MAY BE SUBJECT TO DISQUALIFICATION.

**[www.kiwanisdeamigos.org](http://www.kiwanisdeamigos.org)**