

**Small Schools Athletics Federation (SSAF)**

Technical Guidelines

***U10 Coed Track & Field***

Revised April 01, 2019

***General Rules***

- (1) A team may bring a maximum of 40 participants. All teams are allowed a maximum of 4 athletes in one event.
- (2) All athletes are allowed to participate in 4 events (2 running events and 2 field events), PLUS relay.
- (3) All athletes must wear school shirts with school name clearly identifiable, or face possible disqualification.
- (4) Only 1 relay team per school may participate in the following relay events: U8 boys, U8 girls, U10 boys, U10 girls.
- (5) 100 m sprint (boys and girls) and 200 m sprint (boys and girls) will have a 'Championship Heat' at the end of the age group composed of the fastest 6 times overall per age group.
- (6) Track events take precedence over field events. If there is a conflict between a student going to a track or field event, he/she must check in at the field event first then do a track event first.
- (7) Medals will be given to the top 3 finishers in each event. There is 1 banner for the school that is declared the overall winner of the U10 Coed Track and Field Meet by accumulating the most points.

***Age Requirements***

\*\*\*\*\* Please note that the age requirements for relay are different from all other events....read carefully. \*\*\*\*\*

**\*\*\*\*\* Track and Field Events \*\*\*\*\***

6/7 years old.....All athletes who were born in 2012 year and 2011 year

8 years old..... All athletes who were born in 2010 year

9 years old..... All athletes who were born in 2009 year

**\*\*\*\*\* Relay Teams \*\*\*\*\***

Under 10 team.....All athletes who were 8 and 9 years old in 2018 (born in 2010 and 2009).

Under 8 team.....All athletes who were 6/7 years old in 2018 (born in 2012 and 2011)

## Events offered

6/7 yrs	8 yrs	9 yrs
100 m	100 m	100 m
200 m	200 m	200 m
400 m	400 m	400 m
St. L. Jump	St. L. Jump	St. L. Jump
R. L. Jump	R. L. Jump	R. L. Jump
Softball Throw	Softball Throw	Softball Throw
Relay	Relay	Relay

\*\*\*\*\* St. L. Jump.....Standing Long Jump

\*\*\*\*\* R. L. Jump.....Running Long Jump

## Team Responsibilities

- (1) All teams must complete the SSAF eligibility sheet and email it to the convenor and SSAF Vice President at least 10 calendar days or earlier prior to the meet.
- (2) Teams must arrive at least 15 minutes prior to the scheduled start of the meet. If a team is late it will throw the entire meet out of schedule.
- (3) Be prepared for any weather.
- (4) Coaches must ensure all students know their events and times. Ensure all relay racers know their order (runners 1 through 4).
- (5) All athletes must wear school shirts with school name clearly identifiable, or face possible disqualification.
- (6) Remind parents and students to remain off the track. All parents and spectators are to remain behind the boundaries at all pit events so that the officials may accurately measure and record results without disruptions and distractions.

## Coaches Job Descriptions

### **TRACK EVENTS:**

#### **Start: 2 people**

- Must ensure athletes are in proper order and lane
- Students start running from standing start
- One person must start the race

#### **Timer: 1 timer per lane**

- Time the runner in your lane.

#### **Finish: 4 people**

- Help the finish line to funnel the runners after finishing ensuring that athletes are in the correct order when times are being recorded.

### **Recorder and assistant recorder: 2 people**

- Record the times of all the runners per race
- Pass recorded times to bench so they can keep track of the top 6 fastest times

### **Bench: 2 people**

- Keep the overall top 6 times (out of all the races for that age group combined) on a bench so they can have a 'Championship Race' at the end of their category. The first 6 racers/times will remain on the bench until they get knocked off by a better time.

### **Relay "Changeover": 1 person at each baton exchange**

- Must ensure athletes are in proper order and lane
- Organize the runners for the future heats

## **FIELD EVENTS:**

### **3 people per event**

- Ensure that all the rules are being followed for your event
- Ensure that only athletes who are supposed to be competing are competing
- Keep event running smoothly and on time!!
- Crowd control

## **EVENT RULES AND REGULATIONS**

### **EVENT: STANDING LONG JUMP AND RUNNING LONG JUMP**

#### **Equipment: rake and measuring tape**

#### **Rules:**

- Each athlete gets one practice jump and two jumps to be recorded
- The athlete must jump on or before the take-off line (board) for running long jump. If any part of the foot is over the take-off line (board), this will count as a foot-fault. The athlete will not get to take the jump again.
- Once the athlete has jumped, the closest imprint in the sand towards the take-off line (board) will be measured. Measure from the front edge of the take-off line (board).
- The maximum running distance is 44m for running long jump
- Ties are decided by additional jumps to declare the winner
- **Standing Long Jump**: The athlete must stand with both feet on the ground before he/she takes a jump for standing long jump. He/she must jump on or before the take-off line (board)
- Once the athlete has jumped, the closest imprint in the sand towards the take-off line (board) will be measured. Measure from the front edge of the take-off line (board).

### **EVENT: SOFTBALL THROW**

#### **Equipment: Safety Softballs, measuring tape**

#### **Rules:**

- Each athlete gets one practice and three attempts to be recorded
- Athletes may take a 5 yard run before releasing the ball
- The ball must be thrown baseball style with an over-hand grip. No underhand swinging motions.
- Measurements are made from the front edge of the spot (line) the ball was thrown from to the spot where the ball hit the ground (not where it rolled to). Measure to the nearest centimeter.

### **EVENT: 100 M**

**Equipment: stop watches, flags, pylons, whistle or horn**

**Rules:**

- Heats will be run first and top 6 runners/times overall will race in a final 'Championship Heat' at the end of each age group.
- Need to have a lane judge/timer for each lane used in the race
- Record the times for all runners in each heat
- Keep top 6 times on a bench until they are knocked off by a faster time. Top 6 after all heats have run will run in the "Championship Heat"
- Boys will run on one side of the stadium, and girls will run on the other side of the track at the same time if it is possible.

### **EVENT: 200 M**

**Equipment: stop watches, flags, pylons, whistle or horn**

**Rules:**

- Heats will be run first and top 6 runners/times overall will race in a final 'Championship Heat' at the end of each age group.
- The race begins on the curve with runners start in staggered positions and race in separate lanes for the entire course. Race ends on the home straight (straight line finish).
- Need to have a lane judge/timer for each lane used in the race
- Record the times for all runners in each heat
- Keep top 6 times on a bench until they are knocked off by a faster time. Top 6 after all heats have run will run in the "Championship Heat"

### **EVENT: 400 M**

**Equipment: stop watches, flags, whistle or horn**

**Rules:**

- Record times for all runners in each age category
- Need to have lane judges, as runners must stay in their own lane
- Stagger starts....straight line finish
- Set up pylons/markers for the age groups to line up behind

### **EVENT: 4 X 100 RELAY**

**Equipment: stop watches, batons, pylons, flags**

**Rules:**

- Runners will be asked to go directly to their starting area (starting line, changeover #1, #2, #3), at which point they will be sorted into their lanes and heats.
- The order of the races will alternate boys' then girls' team, from youngest to oldest age group (U8 boys, U8 girls, U10 boys, U10 girls, U12 girls)
- Supervisors raise their flags once all runners at their station are ready.
- Exchange of batons may only occur in take-over zones which are marked out at 20 m long.
- The runner who is due to receive the baton may start running from any point up to 10 m behind the rear end of the take-off zone, but must receive the baton within the marked area.
- The runners must stay in their lanes, even after the baton exchange has occurred. Failure to do so is interference and may lead to disqualification of that particular relay team.
- Runners must not drop the baton or the team will be disqualified.
- Timing is very important in running this event. If a runner is late for their race, the team will be disqualified.
- Runners must know their order (1 to 4), and need to be supervised by a teacher/coach until their race starts.

**\*\*\*\*\* EVERY PARTICIPANT (TEACHERS/COACHES, AND STUDENTS) MUST BE AWARE OF THESE RULES, REGULATIONS, AND SCHEDULE OF EVENTS \*\*\*\*\***