

2005 - 2006

**CYO
TRACK**



**SUPPLEMENTAL RULES TO THE
NATIONAL HIGH SCHOOL FEDERATION**

CATHOLIC YOUTH ORGANIZATION

Rules and Regulations

TRACK & FIELD

THIS IS A SUPPLEMENT TO THE CYO ATHLETIC HANDBOOK. IT IS AN ABSOLUTE NECESSITY FOR ALL COACHES TO THOROUGHLY REVIEW THE HANDBOOK.

CYO TRACK & FIELD SUPPLEMENTAL RULES FOR 2005 –2006

ELIGIBILITY

1. The Catholic Youth Organization (CYO) is a parish based athletic organization of the Archdiocese of Washington
2. The burden of responsibility for players' eligibility rests with the parish registering the team(s). This includes pastors, priests, deacons, principals, coaches, delegates, and moderators. Any parish that violates any player eligibility rules may be barred from the championship and play-offs for up to three (3) years.
3. Any Catholic child, or non-Catholic child attending Catholic school is eligible to participate. A non-Catholic child must play for the Catholic school the child is attending; unless they do not field a CYO team in his/her age group. If the Catholic school that the non-Catholic child attends does not have a team in his/her age group, then that child may play for the next bordering parish to the child's official residence, that has a team in his/her age group, upon approval of the OYM/CYO Office.
4. A Catholic child must compete for the parish in which he/she resides (parish territorial boundaries). If the player's parents are registered in one parish and reside in another, and the player does not attend the Catholic school in either parish, a certified waiver form must be obtained from the parish in which the competitor resides before the competitor can play for the parish in which the competitor's parents are registered. The delegate or athletic director of the releasing parish must sign this waiver form. The competitor becomes eligible upon approval of the OYM/CYO Office.

5. If neither the parish nor the Catholic school has a team in a competitor's age division, a Catholic child may play for any bordering parish that has a team in his/her age division, upon approval of the OYM/CYO Office. A competitor playing with an other parish due to the above circumstance must be treated as any other competitor from that parish. The only distinction allowed is a moderate increase in the parish participation fee.
6. A Catholic competitor who resides in one parish and attends Catholic school in another parish may choose between the school he/she is enrolled in or his/her home parish for participation in the CYO. However, once a choice has been made to compete at the school or at the parish; the Catholic competitor may not switch from school to parish or parish to school, without approval of the OYM/CYO Office.
7. No competitor may compete in two (2) age groups at the same time. A competitor must compete in the same age group all season. No girls are permitted to compete against boys' and no boys are permitted to compete against girls'. This does not preclude a meet director from running boys' and girls' distance races together. (This is not applicable to the 6-under). A competitor must represent the same parish or school for the entire season.
8. A competitor must have competed in their qualifying event in a minimum of two (2) open parish track meets during the season AND competed in non-relay events a minimum of three (3) different open parish track meets with his team during the season.
9. The burden of responsibility for players' eligibility rests with the coaches, delegates, and moderators in each parish.
10. Any parish, which violates any player eligibility rules, may be barred from the championship for up to three (3) years.
11. **The OYM/CYO Office must approve any exceptions to the above rules.**
12. Initial rosters must be submitted on computer disk and up to five (5) competitors may be added until NOON on Friday April 08, 2004.

AGES, EVENTS & LIMITATIONS

1. Competition is to be grouped by age and separate for boys and girls. The age groups will be:

5 and 6 9 and 10
7 and 8 11 and 12 13 and 14

For the CYO Track Season, the competitors' ages will be determined by their age on May 30.

For all meets any athlete who is in the eighth (8th) grade or below and who was born in 1989 or later is eligible to run in the thirteen (13) and fourteen (14) age group.

2. Events are scheduled for the following age groups:

5 - 6...(all events ribbons by heats)...standing long jump, 12" softball throw, 60 meter dash, 100 meter run, 4 x 100 meter relay.

7 - 8...running long jump, 12" softball throw, 1600 meter run, 100-meter dash, 800-meter relay, 800 meter run, 400 meter run, 200-meter dash, 400-meter relay.

9 - 10...running long jump, discus (1 kilo/2.2 lbs.), shot put (**6 lbs.**), 1600 meter relay, 100 meter dash, 1600 meter run, 800 meter relay, 800 meter run, 400 meter run, 200 meter dash, 400 meter relay.

11 - 12...running long jump, discus (1 kilo/2.2 lbs.), shot put (**6 lbs.**), 1600 meter relay, 100 meter dash, 1600 meter run, 800 meter relay, 800 meter run, 400 meter run, 200 meter dash, 400 meter relay.

13 - 14...running long jump, discus (1 kilo/2.2 lbs.), shot put (**8 lbs.**), 1600 meter run, 100 meter dash, 800 meter relay, 800 meter run, 400 meter run, 200 meter dash, 400 meter relay.

3. Each competitor will be limited to four (4) events including relays.

NOTE: Individual Meet Directors may add or delete events as they see fit to satisfy the needs of their meet.

ARCHDIOCESAN CHAMPIONSHIP

1. The CYO Championship Meet will be under the direction of the Director of CYO Programs. He will be assisted in ruling on any protests the Championship Meet Director and the Assistant Director.
2. Each team may enter a maximum of four (4) competitors in each individual event. The twelve (12) competitors selected to participate in the Championship Meet will be seeded in accordance with the rules and regulations voted on by the track coaches/delegates prior to the start of the regular season. Teams may enter two (2) relay teams per relay race as long as they qualify.
3. The 200-meter dash, 400 meter run, 400 meter relay, and 800 meter relay will be run in heats and places determined on times.
4. The 100-meter dash, 200-meter dash, 400-meter dash, 400-meter relay, and 800-meter relay will be run entirely in lanes. Depending on the track.
5. In the field events each competitor will be given three (3) initial attempts. Eight (8) finalist will then be selected based on the results of the initial three (3). The finalist will be given three (3) final attempts.
6. Competitors in field events will be given three (3) attempts in each event. Competitors who have several events to compete in simultaneously may request consecutive attempts, either before or after their other event, but they must complete the field event while their age/sex group is competing that event.

7. The Order of Events for the Championship Meet shall be:

1600 meter relay (**4 x 400**)

100 meter dash – **trials**

1600 meter run

400 meter relay (**4 x 100**)

400 meter run

100 meter dash – **finals**

800 meter run

200 meter dash

800 meter relay (**4 x 200**)

8. The **Championship Meet Director** will attempt to schedule field events so that no age/sex group is competing in two (2) field events at the same time.

GENERAL RULES

1. Items not covered herein shall be conducted in accordance with the Track and Field Rules of the [National Federation of State High School Associations \(NFHS\)](#).
2. A competitor must wear either their team uniform or a nondescript outfit. Uniforms from other teams will not be accepted.
3. Sizes and weights of field event equipment:

SHOT PUT: 9-10...6 lbs.
 11-12...6 lbs.
 13-14...6 lbs. – Girls
 13-14...8 lbs. - Boys

DISCUS: 9-10...1 kilo (2.2 lbs.)
 11-12...1 kilo (2.2 lbs.)
 13-14...1 kilo (2.2 lbs.)

The discus should consist entirely of rubber.

NO SPIN WILL BE ALLOWED IN ANY OF THE ABOVE FIELD EVENTS.

4. A competitor, who is charged with two (2) false starts in a running event or relay, will result in the runner or team (in the case of a relay team) being disqualified from that event.
5. Competitors in the 11-12 and 13-14 age groups may use starting blocks that properly conform to the track surface where the meet is being held.

PROTESTS

1. The Director of CYO Programs along with each team's head coaches shall make up the protest committee for the championship meet.
2. This committee shall deal with protests stemming from the championship meet. In other meets the decision of the meet director shall be final.
3. Protests with respect to judgment calls shall not be allowed. Protests may be made only with respect to interpretation of the rules.
4. Protests must be received in writing before noon on Monday following the meet. The results of the championship meet are final as of noon the day following the meet unless protested.

PRACTICE POLICY

1. No practice may begin prior to March 1st. Practice is defined by having all three of the following present at the same time: a coach, competitors, and a stopwatch. Tryouts do not count as a practice.
2. It is mandatory that once the season begins, no teams may have more than three (3) practices per week. A violation of this rule will make the team ineligible for the Championship.

MISCELLANEOUS

1. **SCOUTING AIDS:** No camera of any type may be used to film a future opponent. You may film your meets, but no films may be swapped or used for scouting purposes. Vocal tape recorders may be used as a substitute for paper and pencil, but not to record comments of opposing coaches or players.
2. **PARENTS MEETING:** Each parish is expected to schedule and conduct a pre-season Parent Information Meeting. The meeting format should include a discussion of the CYO philosophy, rules, coach and player conduct, and other parish expectations for the program.
3. **SPECTATORS:** It is requested that over zealous rooters, whether parents or not, be asked to stay off the track and/or field, as only the participants and the coach are allowed this privilege. CYO officials and referees will be instructed to remove from the meet any coaches, parents, or participants who do not live by Christian ideals (i.e.: by using profane or abusive language, or harassing officials, players, or spectators).
4. **VOLUNTEER PARISH TIMERS:** It is requested that each parish supply at least two volunteers per meet to act as timers throughout the day of the meet. The meet director and the coach of your team will gladly instruct you on how you can help us perform this very special volunteer service.
5. **ALCOHOL:** Beer and alcohol, as well as any form of illegal drugs, are forbidden at CYO game sites. This rule extends to all parking lots and other church or public grounds.
6. **SMOKING:** No smoking is permitted near the track or in field at any time. If a coach or spectator needs to smoke, please instruct them to go to another area, regardless of the weather.

7. **FOOD AND BEVERAGES:** If food and beverages will be consumed during a meet, please remember to take special care to clean up your area when leaving for the day.
8. **EARLY ARRIVALS:** Team members are to be supervised by an ADULT (21 years or older) if they are going to come earlier or stay later than their scheduled meet time.

FOR FURTHER INFORMATION AND PROCEDURES REGARDING REGISTRATION, PROTESTS, COACHES CERTIFICATION, AND EX-EMPTIONS, PLEASE REFER TO THE CYO ATHLETIC HANDBOOK.