

**CYO Boys and Girls Track & Field League**  
**Rules & Regulations**

A. General Notes and Rules

1. All league meets will be on Sunday, if at all possible.
2. A change in schedule can only be possible if coaches mutually agree. All rescheduled meets must be run prior to the City Meet.
3. All Boys' League Meet Events will be run in the following order:
 

a. Field Events (1st 30 minutes)	g. 800 Meter Run (4 <sup>th</sup> , 56, and Cadet)
b. 1600 Meter Run (4 <sup>th</sup> , 56 and Cadet)	h. 100 Meter Dash (4 <sup>th</sup> , 56, and Cadet)
c. 100 Meter Hurdles (Cadet)	i. 400 Meter Relay (4 <sup>th</sup> )
d. 400 Meter Run (4 <sup>th</sup> , 56 and Cadet)	j. 800 Sprint Meter Relay (4 <sup>th</sup> )
e. 50 Meter Dash (4 <sup>th</sup> and 56)	k. 400 Meter Relay (56 and Cadet)
f. 200 Meter Dash (4 <sup>th</sup> , 56, and Cadet)	l. 800 Sprint Meter Relay (56 and Cadet)
4. All Girls' League Meet Events will be run in the following order:
 

a. Field Events (1st 30 minutes)	f. 200 Meter Dash (4 <sup>th</sup> , 56, and Cadet)
b. 1600 Meter Run (4 <sup>th</sup> , 56 & Cadet)	g. 800 Meter Run (4 <sup>th</sup> , 56, and Cadet)
c. 100 Meter Hurdles (Cadet)	h. 100 Meter Dash (4 <sup>th</sup> , 56, and Cadet)
d. 400 Meter Run (4 <sup>th</sup> , 56, and Cadet)	i. 400 Meter Relay (4 <sup>th</sup> )
e. 50 Meter Dash (4 <sup>th</sup> , and 56)	j. 800 Sprint Meter Relay (4 <sup>th</sup> )
	K. 400 Meter Relay (56 and Cadet)
	l. 800 Sprint Meter Relay (56 and Cadet)
5. Participants may compete in track shoes or tennis shoes, but **shoes must be worn**. The Use of starting blocks is optional in both the League Meet Season and the City Meet. A 1/4" spike must be used for both shoes and starting blocks. Runners in track shoes must stay off all bleacher seats. Uniforms are required.
6. **Eligibility**  
 The General Eligibility Standards Rules are as follows:  
  
 Parish and School Affiliation for all grades- All full time students of the parish school and all registered parishioners of the participating parish.
  - a. **Cadet Age Group** - 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade students who have not reached the age of 16 before the completion of the athletic season in which they are competing. Any student over this stated age limit who wishes to participate must submit a written request to the CYO Office for review at least three weeks prior to the start of an athletic season.  
  
**Special Note:** If a student has completed the 8<sup>th</sup> grade and has graduated with his class from grade School, that student is no longer eligible to participate in the CYO grade school athletic program.
  - b. **56 Age Group** - 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grade student who have not reached the age of 14 before the completion of the athletic season in which they are competing. Any student over this stated age limit who wishes to participate must submit a written request to the CYO Office for review at least three weeks prior to the start of an athletic season.

- c. **4<sup>th</sup> Grade Age Group** - 4<sup>th</sup> grade students who have not reached the age of 12 before the completion of the athletic season in which they are competing. Any student over this stated age limit who wishes to participate must submit a written request to the CYO Office for review at least three weeks prior to the start of an athletic season.

7. Competition Levels:
- (4<sup>th</sup>) - 4<sup>th</sup> Grade Students
  - (56) - 5<sup>th</sup> & 6<sup>th</sup> Grade Students
  - (Cadet) - 7<sup>th</sup> & 8<sup>th</sup> Grade Students

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8. Participants are limited to competing in a maximum of three (3) events at the City Meet and during the league season. This is because of the tremendous number of participants and the limited amount of time at the meets.

Also, in an effort to keep the competition between teams as balanced as possible, regardless of team size, only two (2) teams from any parish may be entered in a relay event. All teams competing will be eligible for a ribbon, but only one (1) relay team from each parish will be scored.

9. **Events for the Boys' League Meet Season and City Meet are as follows:**

**Cadet** - 100 Meter Dash, 200 Meter Dash, 400 Meter Run, 800 Meter Run, 1600 Meter Run, 400 Meter Relay, 800 Meter Sprint Medley Relay (2 X 100; 1 X 200; 1 X 400), Long Jump, Shot Put 8lbs, High Jump and 100 Meter Hurdles (10 hurdles are to be set at 30" and placed at 42' 8" to the first hurdle and 27' 10 3/4" between the rest of the hurdles. The distance from the last hurdle to the finish line should be 34' 5 1/2".

**56** - 50 Meter Dash, 100 Meter Dash, 200 Meter Dash, 400 Meter Run, 800 Meter Run, 1600 Meter Run, 400 Meter Relay, 800 Meter Sprint Medley Relay, Long Jump, High Jump and Shot Put 6lbs.

**4<sup>th</sup> grade** - 50 Meter Dash, 100 Meter Dash, 200 Meter Dash, 400 Meter Run, 800 Meter Run, 1600 Meter Run, 400 Meter Relay, 800 Meter Sprint Medley Relay, Long Jump, High Jump and Baseball Throw.

10. **Events for the Girls' League Meet Season and City Meet are as follows:**

**Cadet** - 100 Meter Dash, 200 Meter Dash, 400 Meter Run, 800 Meter Run, 1600 Meter Run, 400 Meter Relay, 800 Sprint Medley Relay, Long Jump, Kickball Throw, High Jump, Shot Put 6lbs and 100 Meter Hurdles (10 hurdles are to be set at 30" and placed at 42' 8" to the first hurdle and 27' 10 3/4" between the rest of the hurdles. The distance from the last hurdle to the finish line should be 34' 5 1/2".

**56** - 50 Meter Dash, 100 Meter Dash, 200 Meter Dash, 400 Meter Run, 800 Meter Run, 1600 Meter Run, 400 Meter Relay, 800 Meter Sprint Medley Relay, Long Jump, High Jump, Kickball Throw and Softball Throw.

**4<sup>th</sup> grade** - 50 Meter Dash, 100 Meter Dash, 200 Meter Dash, 400 Meter Run, 800 Meter Run, 1600 Meter Run, 400 Meter Relay, 800 Meter Sprint Medley Relay, Long Jump, High Jump, Kickball Throw and Softball Throw.

11. Parishes are to furnish their own meet officials at the league meets. Officials should schedule events so that boys and girls competing in more than one running event have as much rest as possible between events. The safety of the contestants must be our primary concern.

12. There is no limit to the number of contestants in an event. If necessary, heats should be run.

13. Attempts for **Field Events** will be as follows:

- A. **Boys:**
- Long Jump - 3 attempts
  - High Jump (minimum) - 2 attempts
  - High Jump (past minimum) - 3 attempt at each height
  - Shot Put - 3 attempts
  - Baseball Throw - 2 attempts

B.	<b>Girls:</b>	Long Jump	- 3 attempts
		Shot Put (minimum)	- 3 attempts
		High Jump (minimum)	- 2 attempts
		High Jump (past minimum)	- 3 attempts at each height
		Kickball Throw	- 2 attempts
		Softball Throw	- 2 attempts

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- C. Contestants in the baseball, kickball or softball throws are allowed either a 1 1/2 or 2 step run-up. The ball must be released behind the throwing line. Softball size is 12" ball.
- D. Minimum distance in the Boys Shot Put are as follows:  
Cadet - 25', 56 23'
- E. Minimum distance in the Girls Shot put is as follows:  
Cadet - 20'
- F. Minimum heights in the Boys' High Jump are as follows:  
Cadet - 4'6"; 56 - 3'8"; and 4<sup>th</sup> grade - 3'0";
- G. Minimum heights in the Girls' High Jump are:  
Cadet 4'0", 56 - 3'4"; 4<sup>th</sup> grade - 2'11"
14. Contestants must take-off on one foot in the High Jump.
15. In the relays, the baton must be passed to the next runner within the designated passing zone. For the relays during the league meet season, use the normal start, the California Exchange (first runner to the passing zone is allowed the inside lane, etc.). At the City Meet, all 400 Relays will be run in lanes, with a staggered start, the 800 Medley Relay in lanes for the first lap.
16. If a record is broken during the trials or finals of any event at the City Meet, the new distance or time will be considered a *CYO Record*.
17. An exception to the National Federation Rules will be that a runner will be disqualified on a second false start rather than the first.
18. Items such as hats, baseball caps, kerchiefs, bandanas, sunglasses, etc. shall not be worn while participating. The wearing of jewelry while participating is prohibited (Exception: wrist watch). A headband may be worn if it is a solid color and no more than two inches in width. No vulgarity or derogatory words or wording may be displayed on any part of the uniform. **Shoes must be worn during any event.**
19. **Eligibility:**  
**Age and Parish Affiliation guidelines are as follows:**  
Age and Grade: Fourth, fifth, sixth, seventh and eighth grade students who have not reached the age of 16 before the completion of the athletic season in which they are competing.  
Parish and School Affiliation - All full-time students of the parish school and all registered members of the participating parish.
20. There may be individual cases involving a small number of Catholic youth affiliated with another parish or school who want to participate because their own parish or school does not sponsor this activity. These individuals may participate for a bordering parish when that parish is willing to grant permission.

21. In addition to the general eligibility standards for participation in *CYO* sports and the specific eligibility rules for each sport, all student athletes are subject to the academic policies of the sponsoring parish.
22. Each participant must be registered thru the *CYO* Website in order to be placed on a parish's team roster.
  - A. Every participant in the *CYO* Track Program must have a physical examination before competing in a meet, and be on file at your parish or school of registration.

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23. Protests will be accepted by the *CYO* Athletics Policy Committee only if they cover players' eligibility violations. Protests must be filed with the *CYO* Office, in writing, not more than 48 hours after the incident.
24. New boys or girls who are eligible for the Grade School Track Program according to the rules and who previously have not run on any parish team, may be added to the roster at any time during the league meet season, as long as the eligibility blanks are properly completed, the participant's registration fees are paid. New boys or girls may also be added for the city meet, with the same restrictions.

## *CYO* Concussion Initiative And Policy

There has been no issue more important in athletics in recent years than concussions and head injuries. The *CYO* has adopted a concussion policy that will be in effect for all *CYO* sports. This policy was formulated in conjunction with the physicians, athletic trainers and administrators of St. Vincent Sports Performance and the Athlete's Concussion Alliance. The *CYO* wishes to thank everyone at St. Vincent Sports Performance who helped to develop this important concussion policy.

Concussions or mild traumatic head injuries are common injuries in sports resulting from a blow or bump to the head. Early recognition and appropriate treatment of concussions are vital for recovery, prevention of future concussions and the safe return to playing athletics.

With this in mind, the following policy pertaining to concussions will be followed in all *CYO* sports:

Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game, match or team practice until the player has passed a sideline concussion evaluation and test. Some of the warning signs of a concussion are loss of consciousness, headache, dizziness, confusion or balance problems.

Each team will be given a sideline concussion evaluation and test that has been prepared by St. Vincent Sports Performance so that all coaches will be able to recognize a possible player concussion. This sideline concussion form will list the many symptoms of a concussion and will include several tests to administer to the player with a possible concussion. These include a memory function test, a concentration test and a balance test all designed to help coaches recognize the signs of a concussion.

If the athlete answers incorrectly to any of the questions, exhibits any single symptom of a concussion or cannot perform the balance test, he may not under any circumstances, return to play for that day. If a player fails the concussion test, the player may not return to play or practice until the athlete has been cleared by a licensed health care provider. Written approval must be received before the young athlete may participate again.

After the sideline concussion evaluation and tests have been completed, the person conducting the evaluation and tests, the head coach and the player's parents or legal guardians must sign the evaluation and test form attesting to the fact the concussion evaluation has been completed and whether the player has passed or failed the evaluation. A copy of the signed form must be mailed, faxed or emailed to the *CYO* Office with an additional copy given to the parish athletic director.

All pertinent information can be found on the *CYO* Website [www.cyoarchindy.org](http://www.cyoarchindy.org) under the Athletics Link.