

2026 CHINO VALLEY YOUTH TRACK & FIELD MEET

GENERAL RULES & REGULATIONS

UNIFORMS

- 1) Shoes - All participants must wear shoes in competition. The use of slippers or socks does not meet the requirement.
- 2) Spikes - Track and turf spikes are **not permitted**. Track shoes designed for spikes are also **not allowed**, even if the spikes are removed.
- 3) Participants may not wear jewelry, hair beads, decoration, or sunglasses (unless prescribed).

AWARDS

- 1) Awards will be given to the First (1st), Second (2nd), and Third (3rd) place finishers in each event, with participant ribbons to all others.
- 2) Advancement: The First (1st) through Third (3rd) place finishers in each event will be eligible to advance to the SCMAF Championships Track and Field Meet. Qualifiers are responsible to submit registration paperwork and payment to the Neighborhood Activity Center as indicated in the advancement letter.

GOVERNING RULES AND MODIFICATIONS

The official SCMAF Youth Sports Rules shall govern all SCMAF Track and Field competitions. SCMAF has created these rules based upon National Federation of State High Schools (NFSHSA) and the California Interscholastic Federation (CIF). NFSHSA or CIF rules shall be employed except when they are in conflict with the SCMAF Youth Sports Rules. In such cases, the Official SCMAF Youth Sports Rules shall apply.

- 1) A runner committing two (2) false starts shall be disqualified.
- 2) A runner may be disqualified if he/she interferes, obstructs, or gains an advantage over another runner or runners. Athletes are not disqualified for leaving assigned lanes if no advantage is gained.
- 3) Long Jump participants will be allowed three (3) official jumps. **Due to time constraints, no warm-up jumps are allowed.**
- 4) Softball Throw participants will be allowed (3) consecutive official throws. **No warm-up throws** are allowed (12" leather softball for all athletes).
- 5) The 50 meter and 100 meter dashes will run qualifying heats leading into the final, provided there are more than 8 qualifiers.
- 6) The 200 meter dash will be run in lanes by flights (overall best time wins). All 200 meter dashes will run on a curve.
- 7) The 400 meter run will be in lanes by flights (overall best time wins).
- 8) The 800 meter and 1600 meter runs will be held in a bunch start, one race.
- 9) Bunch starts may be used at the discretion of the meet director.
- 10) Participants may not wear watches or timing devices during competition.

A flight is a final against time. In the longer distance races, heats are replaced with flights. There may be several flights of a particular race if several participants are competing. The times are taken for each runner and placed in order of quickness to determine the final placement of each runner. If a child finishes 1st in their flight, that doesn't necessarily mean that their time is the fastest overall.

Parents/Coaches will NOT be allowed on the track.

Questions should be directed to your team representative/coach.

OFFICIATING GUIDELINES

RUNNING MARSHALL

The Running Marshall's job is to officiate all running events on the track. Note the following violations:

- 1) Running out of the lane if the athlete gains an advantage.
- 2) Running out of the lane on the curve, going from an assigned higher lane such as lane 6 and moving down to lane 2 while still running on the curve.
- 3) Impeding the progress of another runner:
- 4) Stepping in front of the athlete and causing impeded runner to break stride or run out of his/her lane.
- 5) Touching another athlete during the race, causing the impeded runner to stop running, slow down, or miss a stride.
- 6) Leaving the track and then returning to the track if an advantage is gained.

SOFTBALL THROW OFFICIALS

- 1) Athlete may enter the throwing area from the back.
- 2) No official should be in the throwing pad or throwing area.
- 3) Athlete may use any method to throw the ball.
- 4) Athlete must exit toward the rear of the throwing area.
- 5) **Fouls:**
 - a. When the athlete steps on top of or over the toe-board or foul line.
 - b. When the athlete steps on top of the parallel lines enclosing the pad.
 - c. When the ball lands outside or on the sector lines.
- 6) Measure the point of landing of the softball in the landing area, with the zero end of the tape.
- 7) Draw the tape back and measure from the inside of the foul line as the tape is drawn through the competition throwing area.
- 8) Record a foul as an F on the recording sheet.
- 9) Athlete is permitted a maximum of 3 throws.
- 10) **No warm-up throws are allowed.**

LONG JUMP OFFICIALS

- 1) **Athlete jumps from a 1-foot take off.**
- 2) Athlete is allowed three jumps in non-consecutive order.
- 3) Athlete jumps from toe-board or behind toe-board.
- 4) Athlete jumps minimum of one meter in distance.
- 5) Measure in inches from the nearest landing point to the toe-board foul-line.
- 6) Use the 0 end of the tape in the landing pit.
- 7) Draw tape back to 90 degrees of the toe-board and landing mark.
- 8) **Fouls:**
 - a. Athlete crosses the toe-board foul-line during their jump. Athlete may step on foul line but may not cross it.
 - b. Athlete walks back out of take-off area. Must exit from the front of the landing point of the hand to the board.
 - c. Athlete jumps from two feet rather than using single leg take-off.
- 9) If athlete falls back, and makes a mark with hand, measure from the nearest point of the hand to the board.
- 10) **No warm-up jumps or runs are allowed.**

SHOT PUT OFFICIALS

- 1) The athlete may enter the shot put ring from back of the circle and must exit from back half of circle.
- 2) Shot must be put, not thrown. Shot must be put from the shoulder with one hand only. Shot must be in close proximity to the chin. The shot must not at any time be brought behind the line of the shoulders.
- 3) Boys will use an 8.8 lbs shot. Girls will use a 6 lbs shot.
- 4) **Fouls:**
 - a. Stepping over the toe-board. Stepping on top of the toe-board. Stepping on top of the ring or circle.
 - b. Touching any part of the circle when inside the circle with the foot or hand.
 - c. Shot lands outside of the sector or on the sector line.
 - d. Fouls are recorded as F and registered as a shot.
 - e. Shot is marked from the nearest point of the surface to the toe-board.
 - f. Tape is read from the inside of the toe-board as the tape is drawn to the center of the circle. Zero end of the tape is placed at the point of landing in the sector.
 - g. Each athlete is allowed a maximum of 3 puts in competition.