

## MIDDLE SCHOOL EXTRAMURALS

### **TRACK AND FIELD RULES AND GUIDELINES**

- Maximum of four days per week of practice for seventh and eighth grade participants. **Maximum of three days per week of practice for sixth grade participants up to the first track and field meet with approval from the building principal. After the first track and field meet, maximum of two days per week for sixth grade participants.**
- Each athlete must have a minimum of ten (10) practice days before the first competition.

#### **COMPETITION LEVELS**

- Sixth (6<sup>th</sup>) Grade – will only compete against other 6<sup>th</sup> graders of their gender.
- Seventh (7<sup>th</sup>) Grade – will only compete against other 7<sup>th</sup> and/or 8<sup>th</sup> graders of their gender.
- Eighth (8<sup>th</sup>) Grade – will only compete against other 7<sup>th</sup> and/or 8<sup>th</sup> graders of their gender.

Please note, if a student is cut from another team during the same season and joins a non-cut team, they will abide by WIAA rule 17.12.3 which states:

“Practices in one (1) sport can not be transferred toward the number of practices required in another sport.”

#### **GENERAL INFORMATION**

- Emergency information/Equipment - emergency information cards and a first aid box must be carried by the coach to all meets.
- “*Activity Contract Form*” must be on file with the Athletic Director at each school.
- Physical - Each athlete is required to have a current physical form on file with the Athletic Director.
- School issued uniform – school colors and school name
- Each athlete must have a parent permission slip, current grade check, and proof of an ASB sticker purchase on file with the building athletic director.

#### **EQUIPMENT**

- Spike track shoes are optional.
- No jewelry allowed.
- Starting blocks can be used.
- Students may provide their own warm-ups but must be removed prior to competing.
- If a student uses spandex type shorts, they will be accepted under the gym shorts only.
- Running tights are acceptable under the gym shorts only.
- Three (3) stop watches
- One finish line string or tape

- Four batons
- Three clipboards
- Four hurdles per lane for the 55 Meter Hurdles

### **RULE CLARIFICATIONS**

- Each student will be allowed to participate in a maximum of four (4) events. **No more than three (3) can be running events.**
- No team scores will be kept.
- The coach will be responsible for monitoring and recording personal times for goal setting and personal records.
- There will be up to two (2) heats per event for each grade and gender.
- For the 400 Meter Relay (4 x 100), 7<sup>th</sup> and 8<sup>th</sup> grade teams will be allowed to combine if a school does not have enough participants to run at each grade level. The combined 7<sup>th</sup>/8<sup>th</sup> grade relay team will run against the 8<sup>th</sup> grade teams. 6<sup>th</sup> grade teams must run against 6<sup>th</sup> grade teams.
- Students not running or participating are to remain seated in the bleachers. This will facilitate getting through each event in a timely manner.

### **JAMBOREE REGULATIONS**

**For students to be eligible for the middle school track and field jamboree, each athlete must participate in a minimum of three (3) meets during the season. If a student has not competed in three (3) meets, they will be ineligible for the jamboree.**

**A roster will be sent to the District Athletic Office the Thursday before the jamboree by the building athletic director. Roster must include; first name, last name, grade and number of meets each student has participated in during the season.**

### **ORDER OF EVENTS**

#### **☐ Running Events**

- 1600 Meters (Boys and Girls)
- 55 Meter Hurdles (Boys and Girls – All grades)
- 400 Meter Dash (Boys and Girls – All grades)
- 100 Meter Dash (Boys and Girls – All grades)
- 800 Meter Run (Boys and Girls – All grades)
- 200 Meter Dash (Boys and Girls – All grades)
- 400 Meter Relay - 4 x 100 (Boys and Girls – All grades)
- Coed Medley (2 x 100; 1 x 200; 1 x 400;)

#### **☐ Field Events**

- Long Jump

**Each school will provide:**

- timers - two or three per meet (can be competent students)
- one finish line string holder (can be a student)
- one adult assistant @ long jump