

SITA RULES (updated 4/2017)

1. INSURANCE: Each school is responsible for its own insurance and for any injuries that may befall its students. It is highly recommended that each student have a sports physical.

2. AGE REQUIREMENTS: A student's age will be determined by his/her age on April 1st. This is not changed by a subsequent birthday during the season. IE: If a student turns 13 on April 1st, this student is considered to be 13 for the entire season. If a student turns 13 on the following day, he/she is considered to be 12 for the season.

3. EVENTS:

- a. Students are allowed to participate in a maximum of three events (most will compete in only two):
 - One 300 (4 x 75) meter relay (including Bubble Gum Relay)
 - One sprint **or** One field event (**NOT BOTH**)
 - One 800 (4 x 200) Relay **or** 1600 (**NOT BOTH**)

b. ORDER OF EVENTS:

- 1. 300 Relays
- 2. Sprints (concurrent with Field Events)
- 3. Field Events: Softball Throw & Jumps (concurrent with sprints)
- 4. MILE
- 5. 800 Relays (Co-ed, Girls, Boys)
- 6. Non-Scoring 800 (time and weather permitting to be determined by starter-decision will be made after 1600 run)

c. SPRINT: Athletes who compete in a sprint **will not compete** in a field event (jump or throw). Each school will be assigned two sprint lanes per event:

- 8/under boys and girls-60 meter
- 9,10,11,12,13,14/under boys and girls-75 meter

EXCEPTION: 15 year olds : There is no 15/under sprint. A 15 year old **may not** compete in the 14/under or any other relay or sprint. He/she may compete in the 800 relays or the mile. Older athletes may not compete in younger age groups; younger athletes may compete in older age groups per the discretion of their coaches.

Regarding staying in lanes: The athletes should stay in their lanes, but should they veer to the left or right and in no way impede another runner, they will be allowed to complete the race without being disqualified. If there is any interference with a runner in his/her correct lane, they will be disqualified. Determination will be made by the officials.

d. FIELD EVENTS: Athletes who compete in a field event (jump or throw) **will not compete** in a sprint. No one will be on the infield unless they are participating in a field event "that is in progress". Coaches must fill out jump and throw event rosters prior to the start of these events at the scoretable. Three boys and three girls per school per event. Coaches will make sure that field event volunteers are aware of their athletes who will compete in the 800 relays or 1600 so they can move to the head of the line and compete first.

Standing Jump 9/under 11/under Long Jump 13/under 15/under	Softball Throw 9/under 11/under 13/under 15/under
---	---

7. RELAYS: Each school will be assigned two 300-meter relay lanes with 4 students in each lane (4-10/under, 4-12/under and 4-14/under =total 24 boys and 24 girls).

8. 800-METER-RELAY: (Girls, Boys and Co-Ed) students may participate in this event as a 3rd competition-one team per school per event. Co-ed must be two boys and two girls. Athletes competing in this event may not compete in the mile. Lead off runner will run in their lane until they hand off to the second runner. Second runner upon getting the baton can cut to the first lane without interfering with an inside runner... the third and fourth runner can run in the first lane for the rest of the race. Exchange zone will be enforce. (diamond to diamond)

Non-scoring 800 relay for 10 to 12-year olds. This will be a mixed relay of four runners meaning that either boys or girls can be included, no specific number of either gender (2 boys, 2 girls, or 3 boys, 1 girl, 4 boys, 4 girls, etc), and no points will be awarded. The race will take place at the end of the meet when all events have concluded. Each school will be allowed to enter two teams of four.

9. 1600 (mile): After the sprints and during the field events, 3 boy and 3 girl runners from each team compete. **HOWEVER-** only 2 boys and 2 girls will be eligible to score, **the 3rd runner of each gender from each school will be designated clearly as non-scorers.** Passing will only occur to the right of the lead runner. No passing on the inside (left shoulder) of the lead runner in lane 1. Blocking or drifting to an outside lane to prevent a runner from passing will result in the drifting runner being DQ. Athletes competing in this event may not compete in the 800 relay. Minimum age: 10 by April 1st.

10. UNIFORMS: Not required but one color or some distinguishing marking helps.

11. DISQUALIFICATIONS:

a. If a relay or athlete is disqualified, the relays or athletes that finish that race behind the disqualified relay or athlete will all be moved up one place for scoring and ribbon purposes. No other consideration will be given to how an athlete or team may have finished had they not been impeded by the disqualified team or athlete.

b.. Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but is not limited to, disrespect to any official, any flagrant behavior, intentional unwanted contact, taunting, bullying, criticizing or using profanity toward anyone present for any reason. This shall apply to all coaches, contestants, parents and other team/school personnel. PENALTY: Disqualification from the event and further competition in the meet. SITA disapproves of any form of physical or mental abuse that is intended or designed to embarrass, ridicule, or demean others under any circumstances, including on the basis of race, religion, gender or national origin.

12. BUBBLE GUM RELAYS: Athletes in Grade 4 and under are eligible. Athletes who compete in the Bubble Gum races are not eligible to compete in a 300 (4 x 75) relay. There will be a maximum of two heats for bubble gum races. Each school will be allowed two bubble gum teams; they may add other teams based on schools not filling all lanes. There will be a non-descriptive ribbon given out to “each” participant. Since points are not awarded for the bubble gum races, participant ribbons will be awarded to each member of all competing teams. At this age emphasis should be on participation and practice rather than placement in the race.

13. PACING: No pace runners whatsoever during 1600 or any of the relays.

14. SPIKES – STARTING BLOCKS: No running spikes of any kind, no starting blocks.

15. JEWELRY: We recommend “no jewelry”.

16. OFFICIALS: Coaches and school parents are the officials. Each school should have adults available to help with events. The head official and or directors will make the final call on rule infractions. Finish Line judges at all races have the final decision on times and placement. Video or other digital images will not be considered in the outcome of the race.

17. SCORING MEETS: Runners will be awarded places by eye-not time! Baseball throw will be measured to the lesser inch. Jumpers will be measured to the nearest lesser 1/2 inch.

POINTS FOR 3-4-5-6 SCHOOL MEETS:

# of Schools	Points
3	5-3-2-1
4	6-4-3-2-1
5	8-6-4-2-1
6	10-8-6-4-2-1

18. TIES IN FIELD EVENTS:

- a. Softball throw – When there is a tie have the athletes involved throw again to determine a winner.
- b. Jump – go to next longest jump to determine place even if it is shorter than the next untied place.

19. EQUIPMENT: All schools will provide a first aid kit and ice packs for their team. Please make sure the students know where to locate the kit. Schools assigned to the finish line will provide each volunteer with a stopwatch; Schools assigned to the long jump pit will provide a rake.

20.WEATHER CANCELLATIONS:

- a. Lightning-30 minute delay.
- b. Inclement weather: If all 300 relays and sprints have been completed and cancellation is necessary, the meet stands as completed.

21. Whenever applicable, SITA follows the National Federation of State High School Associations (NFHS) rule book when making a judgment on any issues during a track meet.

22. S.I.T.A (Southtowns Invitational Track Association) is held for the sole benefit of your student athletes. Team standings, points, etc. are not considered when decisions are made. We believe the education that can be gained through athletics is a very important part of being a good citizen and neighbor. **SITA was formed in 1983, and has served thousands of "OUR KIDS"!!!**

CONVERSION TABLE

8 BOYS AND GIRLS	60 METER SPRINT	196' 10"
9 THRU 14 BOYS AND GIRLS	75 METER SPRINT	246'
10,12,14 BOYS AND GIRLS RELAYS	300 METERS (4 x 75 METER)	984'
BOYS, GIRLS & CO-ED	800 METER RELAYS (4 x 200 METER)	2624'
BOYS AND GIRLS 1600 METERS		