

ILLINOIS LUTHERAN CHAMPIONSHIP

TRACK AND FIELD MEET

GRADE SCHOOL RULES

(Latest Revision: Jan, 2008)

Changes are highlighted

FORMAT

- 1.01 There shall be two divisions of individual and school team competition based upon sex and as further defined herein.
- 1.02 Each division shall consist of all events as defined in the rules of the Illinois Elementary School Association ("IESA"), as amended by the rules of the Lutheran Sports Association of Illinois, Inc. ("LSA").
- 1.03 The state meet shall be conducted annually during the month of May.
- 1.04 The school team competition shall be based upon a point standing. The points awarded shall be based upon the results of all events in the applicable division of play.

PARTICIPANT SELECTION CRITERIA

- 2.01 The LSA Board of Directors shall select, or cause to be selected by whatever means in their opinion is appropriate in the circumstances, the most representative individuals in the state (also see Rules 2.02 and 2.03) for participation in each division.
- 2.02 The LSA Board of Directors reserves the right to install general and specific qualifying standards for each event.
- 2.03 **All athletes must qualify by time or distance placing first in any meet or first or second in a sanctioned meet will no longer qualify an athlete.**

SCHOOL TEAM ELIGIBILITY

- 3.01 For the state meet, all member grade schools of the Lutheran Sports Association of Illinois which have one or more individual students participating in the state meet shall be automatically entered in the school team competition.
- 3.02 Each school team is allowed a maximum of two persons in each division to function as coach, manager or statistician. Each school team must have at least one person who must be at least twenty-one years of age to function in one of the above capacities.

PARTICIPANT ELIGIBILITY

4.01 Players must be students of the sponsoring grade school and have complied with the eligibility rules of their league(s) and/or tournament(s). A student is defined as a full-time student of the participating school. To participate in the Tournament of Champions, players must have been full-time students before February 10 of the given tournament year.

Illustrations

Q: A home schooled student is taking PE and choir at our school. They want to compete in athletics. Our School Board has granted her permission to play. Is she eligible for STATE events?

A: No, she is not eligible for STATE events as she is not full time student.

Q: Our school offers an open gym program for the local public school students. They often practice with us. Are they eligible for STATE events?

A: No. They are not full time students at your school.

4.02 No student is eligible to participate in the same sport for two different schools during the same academic year. A student becomes a member of the school team when he/she participated in a practice or athletic contest.

4.03 A student who transfers his/her attendance from one school to another shall become eligible upon completing the eligibility requirements.

Illustrations:

Q: My daughter played volleyball in the spring at one school. She transferred schools and played volleyball in the fall at another school. Is she eligible?

A: Yes. It is a new school year.

Q: My son started the basketball season at one school. Due to circumstances we transferred him to another school. He would like to play basketball there. Is he eligible?

A: No, but if you believe special circumstances may apply an exemption letter for the Board of Directors consideration and acceptance will need to be written as per the directions in rule 10.07.

4.04 All students shall be in grades three (3) through eight (8) and shall not have passed eighth grade standing. Students who have met or completed the requirements for the eighth grade are not eligible.

4.05 For the purpose of meeting the requirements of Rules 4.01 and/or 4.02, a school will be considered to have had one 7th and/or 8th grade basketball roster whether that be a single team or a combined school roster for boys and/or one 7th and/or 8th grade basketball roster whether that be a single team or a combined school roster for girls during the current season.

Illustrations:

Q: Our school would like to combine our teams for the state tournament. We would like to have our 5&6 team suit up and play with the 7&8 team. What do I need to do?

A: All of these athletes are eligible. You will need to list all of the players on the tournament application.

4.06 Any individual unable to comply with Rules 4.01 through 4.05, as applicable, will not be permitted to participate in the Tournament of Champions.

4.07 No student shall be a member of a high school team.

Illustrations

Q: I have a player who is playing on a "high school feeder team." This team is comprised of students in grades 7-8. Is he eligible?

A: Yes

4.08 A player must not have reached the age of fifteen (15) prior to the first day of September.

- 4.09 If a player turns fifteen (15) years old prior to the first day of STATE competition, the principal must send a letter using the school letterhead that verifies that the player has been a student for the entire school year. The letter should be sent to the event chairperson.
- 4.10 A participant in a relay may be replaced by another athlete who already meets the registration requirements for participation and is registered in another event. This replacement runner must not violate any of the event participation rules already in place. If a coach wishes to replace a relay runner, the coach must notify the stager by the second call of the event. If a coach uses an illegal runner, the relay team will be disqualified.

Illustrations

Q: I have a player who is turning fifteen in October. What steps do I need to follow to insure his eligibility?

A: The principal must send a letter using the school letterhead that verifies that the player has been a full time student for the entire school year. The letter should be sent to the event chairperson.

Q: I have a player who will be turning fifteen on the second day of the STATE competition. Is she eligible?

A: Yes.

Q: I have a player who will turn fifteen a few days after the STATE tournament. Is he eligible?

A: Yes.

SCHOOL TEAM ENTRY APPLICATION

- 5.01 Each sponsoring school is required to submit by the entry deadline date, an entry application and applicable entry fees in the form of a check or money order made payable to the *Lutheran Sports Association of Illinois, Inc.*
- 5.02 All entry applications must be approved by the principal of the sponsoring school and must bear the official school seal.
- 5.03 Applications of event champions who do not meet official qualifying standards, if any, must also be acknowledged and approved by the applicable league or meet chairman.
- 5.04 All entry applications must contain the following information for each participant: Full name, date of birth, year in school, event(s), qualification criteria and certification by the sponsoring school's principal.
- 5.05 All entry applications must bear the signature of an authorized official of the school, agreeing to waive all responsibility of the LSA, the meet hosts, the meet site, and meet officials and/or volunteers for any injury to any participant or damage of any equipment used in the state meet.
- 5.06 Acceptance of entry applications shall be final and entry fees accompanying approved applications shall not be refundable.

EQUIPMENT

- 6.01 All individuals and school teams are required to supply their own practice, competition and locker equipment. However, the LSA Board of Directors reserves the right to have all participants use LSA-supplied equipment in competition.

- 6.02 Under no circumstances will a player be allowed to participate in an event without conventional track and/or field attire and conventional gym, track and/or field shoes.

COMPETITION RULES

- 7.01 Illinois Elementary School Association track and field rules shall govern competition, except where specifically superseded by LSA rules.
- 7.02 The state meet shall have one or more Meet Chairman(men), one Track Events Coordinator, one Field Events Coordinator, and Event Coordinators, scorekeepers, timekeepers and other officials deemed necessary by the LSA Board of Directors.
- 7.03 Any protest must be submitted to the LSA Board of Directors in accordance with Illinois Elementary School Association rules immediately following the incident being protested. Competition in the event(s) affected shall be suspended while the Directors adjudicate the protest, and the judgement rendered may not be appealed once competition resumes.

AWARDS

- 8.01 In each event of each division of competition, one medallion shall be awarded to the first, second and third place finisher and one place ribbon shall be awarded to each other participant in the finals of the event.
- 8.02 In each division of competition, a school team trophy shall be awarded to the schools which, by virtue of total team points awarded, accumulate the first, second and third most team points. One place ribbon shall be awarded to the fourth through eighth place teams.

GENERAL

- 9.01 The Principal, and the Principal's designees, shall be responsible to the LSA and STATE hosts for matters pertaining to all athletic and non-athletic activities of their school at the STATE meet. In addition, they shall be responsible to insure that their school is properly represented at all STATE events and shall be responsible for the conduct of their participants and other persons from their school, including spectators. Coaches, managers and squad captains shall also be responsible for individual and team conduct both at and away from all meet sites.
- 9.02 It is the clear obligation of students, school staff, boards of education and all other official representatives of participating schools to practice and promote the highest principles of Christian behavior, sportsmanship and ethics of competition. It is also their obligation to maintain proper crowd control at all STATE activities. The LSA, its directors, volunteers, host schools, tournament sites and tournament officials shall have no responsibility for crowd control nor of the actions of school representatives, including spectators. The Board of Directors shall have full authority over all schools, their representatives and spectators and shall have full authority, at its sole discretion, to penalize any school, any of whose representatives or spectators may be adjudged upon competent evidence to have violated these obligations.
- 9.03 Housing accommodations, transportation and meals shall be the responsibility of participating individuals and teams, except that all teams not commuting from their home towns for each day's competition schedule must stay in LSA-approved lodging facilities.
- 9.04 General schedules will be on the LSA website approximately ten days before the first date of competition. Official, specific schedules shall be available to all participants when they register at a specified meet site.

- 9.05** Individuals and school teams must comply with the eligibility rules of their own league and/or meet and the state meet.
- 9.06** These rules will not operate to make an individual or school team eligible when such individual or school team would be ineligible under the rules of a school's regular season league(s) and/or meet(s). The rules of an individual or school team's regular season league(s) and/or meet(s) will not operate to make an individual or school team eligible for the state meet when such individual or school team would be ineligible under state meet rules.
- 9.07** Requests for granting of exceptions to published rules must be submitted in writing to all members of the LSA Board of Directors, as noted on the LSA's official letterhead stationary, no less than fifteen (15) days before the date by which a ruling on such requests is required.
- 9.08** Supplementary rules may be issued for each state meet and, if issued, become and are considered to be a part of these rules and regulations.

FIELD EVENT PROCEDURES

HIGH JUMP

- H.01** Each competitor shall be allowed a minimum of one practice jump.
- H.02** Participants who miss three (3) times at a given height are eliminated from the field.
- H.03** All competitors must give priority to the high jump. Contestants in more than one field event should be at the high jump area at the start of field events and make up their other events later.
- H.04** The bar will be raised in 2" increments until eight (8) participants remain. Thereafter, the bar will be raised in 1" increments.
- H.05** A competitor may pass and not take their turn, but must clear at least one height to be awarded a place. Once a participant attempts a height, he/she must clear that height to remain in the competition. At that point, the competitor may not pass again.
- H.06** A competitor may attempt to clear the bar in any manner, provided that the take off is from one foot.
- H.07** Misses include: a) knocking down the bar or standards; b) breaking the vertical plane of the bar (either ground or pit) without clearing the bar; or c) not completing a trial within 90 seconds of notification.
- H.08** In the case of a tie, the tie will be broken as follows: the participant with the fewest misses on the previous jump, and then preceding jumps until the tie is broken. If a tie still exists for a place other than first place, the tie will then stand. If the tie is for first place, the competitors tying shall have one more attempt at the height which they all failed. If a tie still exists, the bar shall be raised (if two or more competitors clear the height) or lowered (if all competitors fail to clear the height) in increments of 1", and remaining participants shall be allowed one jump until the champion is determined.

LONG JUMP

- L.01** Each competitor shall be allowed a minimum of one practice jump which is not measured.

- L.02 Participants will receive three (3) jumps. The top eight (8) competitors will receive two (2) additional jumps.
- L.03 If a contestant is involved in another event, he/she will be allowed to complete the jumps that he/she missed.
- L.04 The sand must be leveled after each jump during the competition.
- L.05 The jumper shall take off from behind the scratch line or the scratch line extended. If the jumper's shoe extends over the scratch line, the jump shall count as a trial, but not be measured. It shall also count as a trial, but not be measured, if a competitor runs across the scratch line extended.
- L.06 Each legal jump shall be measured perpendicularly from the scratch line (or its extension) to the point in the pit touched by the person or apparel of the jumper which is nearest the scratch line. Jumpers must walk forward out of the pit away from the scratch line.
- L.07 Each jump shall be measured to the lesser 1/4".
- L.08 If a tie exists, the length of the second longest jump will be used to determine the higher place.

TRIPLE JUMP

- T.01 Each competitor shall be allowed a minimum of one practice jump which is not measured.
- T.02 Participants will receive three (3) jumps. The top eight (8) competitors will receive two (2) additional jumps.
- T.03 If a contestant is involved in another event, he/she will be allowed to complete the jumps that he/she missed.
- T.04 The sand must be leveled after each jump during the competition.
- T.05 The jumper shall take off from behind the scratch line or the scratch line extended. If the jumper's shoe extends over the scratch line, the jump shall count as a trial, but not be measured. It shall also count as a trial, but not be measured, if a competitor runs across the scratch line extended.
- T.06 Each legal jump shall be measured perpendicularly from the scratch line (or its extension) to the point in the pit touched by the person or apparel of the jumper which is nearest the scratch line. Jumpers must walk forward out of the pit away from the scratch line.
- T.07 Each jump shall be measured to the lesser 1/4".
- T.08 If a tie exists, the length of the second longest jump will be used to determine the higher place.
- T.09 The hop shall be made so that the competitor shall first land upon the same foot with which he/she had taken off. In the step, the competitor shall land on the other foot from which the jump is subsequently performed.
- T.10 If a competitor, while jumping, touches the ground with a trailing leg, it shall be considered a trial, but not be measured.

DISCUS

- D.01 Each competitor shall be allowed a minimum of one practice throw which is not measured.
- D.02 Participants will receive three (3) throws. The top eight (8) competitors will receive two (2) additional throws.

- D.03 All competitors will use the same discus provided by the STATE officials.**
- D.04 A competitor must start from a stationary position inside the circle.**
- D.05 It is a foul if the competitor, after stepping into the circle, fails to pause before starting the throw, or touches the circle (not including the inner face of the circle) or the ground outside the circle before the throw is marked. A foul throw is counted as a trial, but will not be measured.**
- D.06 Measurement shall be made from the nearest edge of the first mark made by the discus to the point on the inside edge of the circle in line with the center of the circle. Measurements shall be made to the lesser 1".**
- D.07 If a tie exists, the length of the second-best throw shall be used to determine the higher place.**
- D.08 No taping of the hands or fingers is allowed. Gloves are not allowed.**
- D.09 If a contestant is involved in another event, he/she shall be allowed to complete the throws that he/she missed.**
- D.10 The discus weight shall be 1 kilogram or 2.2 pounds.**

SHOT PUT

- S.01 Each competitor shall be allowed a minimum of one practice put which is not measured.**
- S.02 Participants will receive three (3) puts. The top eight (8) competitors will receive two (2) additional puts.**
- S.03 All competitors will use the same shot put provided by the STATE officials.**
- S.04 A legal put shall be made from the shoulder, with one hand only, so that during the attempt, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle.**
- S.05 It is a foul if the competitor, after stepping into the circle, fails to pause before starting the put, or touches the circle (not including the inner face of the circle) or the ground outside the circle before the put is marked. A foul put is counted as a trial, but will not be measured.**
- S.06 Measurement shall be made from the nearest edge of the first mark made by the shot to the point on the inside edge of the circle in line with the center of the circle. Measurements shall be made to the lesser 1/4".**
- S.07 If a tie exists, the length of the second-best put shall be used to determine the higher place.**
- S.08 If a contestant is involved in another event, he/she shall be allowed to complete the puts he/she missed.**
- S.09 The shot put shall weigh 4 kilograms or 8.8 pound.**