

## PLAYER ELIGIBILITY

- Players must be age 4 - 4<sup>th</sup> grade for the current school year.
- At any time during the season, Kids, Incorporated may request proof of eligibility.

## EQUIPMENT

- Players must wear their assigned Kids, Incorporated t-shirt.
- Tennis shoes are required. No metal/steel spikes are allowed.
- Jewelry or hair accessories of any kind are not permitted, with the exception of plain bobby pins.
- Hard or plaster casts are not permitted.

## MEET RULES

- There will be four track meets.
- Each meet will have eight relay or shuttle events.
  - a. Three events involve four runners.
  - b. Five events involve eight runners.
- Meets will be ran on a 220-yard grass track at various locations in Amarillo.
- All meets will have ribbons provided for 1<sup>st</sup> - 6<sup>th</sup> place.
- Each child will participate in a minimum of three races unless the child has to leave the track meet early or arrives late.
- Each participant may run in a maximum of four races.
  - a. Exception: In the case where a child has only run in three races, the coach may enter a group in another race that may require another child to run in a fifth race. This allows each child to run in four races. No child should run in more than five races.

## COMMON TERMS

- Start/Finish Line: The lines that cross the lanes of the track on the front straightaway.
- Front Straightaway: The straight portion of either side of the track may be designated as the front straightaway and will have a solid line for the start/finish line.
- Back Straightaway: The straight portion of the track opposite the side designated as the front straightaway.
- Stagger Line: A line that crosses any single lane.
- Clockwise: The right to left direction around the track with the start line at six o'clock.
- Counterclockwise: The left to right direction around the track with the start line at six o'clock.
- Front Stagger Line: The line which crosses any given lane and is placed in a counterclockwise direction from the start line so it equalizes the length of all lanes.
- First Turn: The curved portion of the right end of the track with the starting line at six o'clock.
- Second Turn: The curved portion of the left end of the track with the starting line at six o'clock.
- Lap: One complete turn of any lane from its starting point to the finish line.
- Assigned Lane: The lane in which the team must run.
- Pole: The point where the inside of lane 1 starts to turn.

## COMMON TERMS CONT.

- Cut-To-Pole: Crossing from the outer lanes to the inside lane (lane 1) in order to shorten the distance required to complete a lap. Runners must be 1 1/2 steps ahead of or behind the closest runner to do so.
  - a. Race #4, PK - 4<sup>th</sup>: Runner 4
  - b. Race #8, PK - 2<sup>nd</sup>: Runners 3, 4, 5, 6, 7, and 8
  - c. Race #8, 3<sup>rd</sup> and 4<sup>th</sup>: Runners 2, 3, 4, 5, 6, 7, and 8
- Handoff: Passing a baton from one runner to another. All relay handoffs will be dead stick (front) or behind the back exchanges.
- Relay: An event in which each runner runs an equal part of the distance and hands off a baton to a succeeding runner moving in the same direction.
  - a. Races #7 and #8
- Shuttle: An event where two or more runners run, but with each succeeding runner changing the direction of travel.
  - a. Races #1, #2, #5, and #6
- Medley: An event where two or more runners run in the same direction, but run unequal distances.
  - a. Race #4
- Reverse Relay: The same as a relay, except runners change directions at the midpoint in the race.
  - a. Race #3
- Heat: A group of individual runners of the same grade level that participate in the same event at the same time.
- Anchor Person: Last runner on any given team in a particular relay event.

## HANDOFFS

- Dead Stick Handoff (front handoff): Used in exchanging the baton on the stagger line.
  - a. The outgoing runner is positioned behind the stagger line and to the left side of the lane, ready to receive the baton.
  - b. Have arms extended in front of your body, just below eye level, with both hands open and your thumbs hooked together. This will make a pocket for the baton when the handoff is made.
  - c. Teach runners the two-hand exchange to help avoid dropped batons.
  - d. As the incoming runner approaches the waiting runner, they move to the left side of the lane, preparing to put the baton in the hands of the waiting runner.
  - e. The incoming runner, holding the baton in a vertical position, does not need to lose any speed since they can transfer the baton without slowing down.
  - f. The outgoing runner cannot cross the stagger line until they have received the baton.
- Behind the Back Handoff: Used in exchanging the baton in relays.
  - a. The outgoing runner is positioned to the right side of the lane with their left hand extended behind with the palm up.
  - b. The incoming runner positions the baton horizontally and places the forward end in the palm of the outgoing runner.
  - c. The outgoing runner watches the exchange and grabs the baton as it is handed to them.
  - d. The outgoing runner needs to stand directly behind the stagger mark.
  - e. You are allowed to lead off from behind the stagger mark and begin moving forward before you receive the baton.

## ADDITIONAL RULES

- Kids, Incorporated staff, meet directors, and meet volunteers are allowed on the inside of the track. Everyone else must stay outside of the track so that the meet director and meet volunteers can have a clear view of the races.
- The meet director and lane judges will work with each team to assist all participants during each race.
- Coaches, runners, or spectators who intentionally or unintentionally interfere with a race will cause disqualification of their team for that particular race.
- Individuals and/or teams are subject to being disqualified in a particular race when any of the following occur:
  - a. Throwing or tossing the baton.
  - b. Having your foot over the line on dead stick handoffs.
  - c. Runners running out of their assigned lane.
  - d. Runners colliding and affecting a runner's ability to continue or affecting the race results.
  - e. A second false start violation.
- The meet director will have the final decision making authority.
- Each team will need to provide at least one ribbon person and one lane judge for each meet.
- Please be at the track at least 30-minutes before the meet is scheduled to begin.
- Coaches meetings will be held 20-minutes before the meet begins.

## ROSTER SIZE

- If a team has 17 members, this will allow every child to participate in a minimum of three races.
- If a team has 18 members, they are allowed to run two teams in a one 8 man race. For example - the 440-yard shuttle (PK - 2<sup>nd</sup>, Race #1) and the 3/4 mile shuttle (3<sup>rd</sup> & 4<sup>th</sup>, Race #1).
- If a team has 19 or 20 members, they are allowed to run two teams in one 8 man race. For example – the 880-yard shuttle (PK - 4<sup>th</sup>, Race #5).
- If a team has 21 members, they are allowed to run two teams in a 4 man race and an 8 man race. For example- the 440-yard shuttle (PK - 4<sup>th</sup>, Race #2) and the 880-yard shuttle (PK - 4<sup>th</sup>, Race #5).
- If a team has 22 members, they should split into two teams.
- If a team has less than 13 runners, please review the suggestions below:
  - a. 12 members: Cancel one four-man race.
  - b. 11 members: Cancel one eight-man race.
  - c. 10 members: Cancel one four-man and one eight-man race.
  - d. 9 members: Cancel two eight-man races.
  - e. 8 members: Run four eight-man races.
  - f. 4 members: Run only four-man races.
  - g. 5, 6, or 7 members: Work with the meet director to decide your best options.

\*If running two teams in a heat or scratching a race, coordinate with the track meet director to decide your best options.

## **COACHES**

- The head coach is responsible for:
  - a. The physical and mental well-being of all children while entrusted to their care.
  - b. Maintaining an adequate level of discipline on his or her team.
  - c. The conduct and control of their team's fans and spectators.
  - d. Ensuring minimum races for all runners.
- All assistant coaches must be listed on the roster and have a background check on file. If no background check is on file, the coach will be removed from the sideline.
- Should head coaches or their assistant coaches violate any Kids, Incorporated playing rules or directives, they may be subject to disciplinary actions.

## **CODE OF CONDUCT**

- The Code of Conduct applies to parents, coaches/volunteers, spectators, parents, contracted employees, officials, and professional staff.
- Profane, obscene, abusive, degrading/threatening language, gestures and/or taunting in the presence of anyone attending a Kids, Incorporated event is prohibited.
- Do not handle a child/participant in an aggressive or abusive manner.
- Any act of violence is prohibited.
- Accept the decision of the game officials as being fair and called to the best of their ability.
- Do not knowingly permit an ineligible player to play in any game.
- Please use good sportsmanship.
- The use of drugs, alcohol, vaping, or tobacco in any form is not permitted while attending any Kids, Incorporated event.
- No firearms or weapons will be permitted at any Kids, Incorporated event.

## **CONCUSSION PROTOCOL**

**AT ANY TIME, AT THE SOLE DISCRETION OF KIDS, INCORPORATED, VIOLATION OF THE CODE OF CONDUCT IS SUBJECT TO SUSPENSION OR EXPULSION FROM OUR PROGRAM.**

In the event that an injury occurs during a Kids, Incorporated sponsored activity, and where a possible head injury is involved, the Kids, Incorporated office should be notified immediately. Generally, our paid officials will contact our Director of Programs, Jerry Branch, should an event of this nature occur.

Kids, Incorporated will require a "Permission To Return" document from a licensed, medically-trained professional, before allowing the player to participate in future scheduled activities.

If you have any questions about this policy, please contact Jerry Branch at 806-376-5936.