

MYTM RUNNING EVENTS RULES

1. Starting Rules & Commands

- Sprints/Dash for K/1 grades, 100yd dash only.
- Sprints/Dash 50yd, 100yd, 200yd (shuttle run) for 2/3 grades & 4/5 grades.
- The 200yd dash is a “shuttle run”. Runners will race 100yds in one direction, run around a cone, and race back 100yds to the finish line.
- Starter’s Command. Command will be “On your marks” (runners move to starting line), “Set” (runners are motionless at starting line). The gun fires when all runners are steady and motionless. Normally, there is a 2-second pause after the “Set” command.
- False Starts. 1 false start per race, first false start will result in a warning. The second false will result in disqualification.

2. Lane Running Rules

- Lane Compliance. In all running events, the runners must stay within their assigned lanes from start to finish. Crossing over into another runner’s lane will result in disqualification.

All runners should stay in their designated lanes after crossing the finish line. Runners will be excused from the track once their tags have been removed.

3. Relay Rules

- 4 x 100yd Team Relay for 2/3 grades & 4/5 grades only. No relay for K/1 grades.
- Each team member will race 100yds (alternating directions) while carrying the baton.
- Baton Exchange. The runner receiving the baton cannot step over their designated starting line to grab the baton from their teammate. They can reach and grab the baton if their feet are behind the line. Dropping the baton will result in team being disqualified.
- Finish Line. The winner is decided when the runner’s torso (not head, arms, or legs) crosses the vertical plane of the finish line.

The Starter has the final authority on any situation (false start, lane non-compliance, dropping baton) that could result in disqualification.

MYTM FIELD EVENT RULES

1. Standing Broad Jump

- Athletes are allowed 2 jumps. No practice Jumps.
- Starting Position. Both feet behind the takeoff line, parallel and stationary.
- Take off. From the starting position the athlete must jump with both feet leaving the ground simultaneously. No “double jumps”. Feet cannot leave the ground or cross the takeoff line before the jump.
- Landing. The athlete must land on both feet. Falling or stepping backward after landing is a foul. A foul will count as an attempt.
- Measurement. Distance from the takeoff line (inside dimension) to the nearest point of contact in the landing area.
- Qualifying Distance. **The athletes must clear the minimum distance of 5'-0" for 2/3 grades and 4/5 grades to qualify for a measurement.**

2. Softball Throw

- Athletes are allowed 2 throws. No practice throws.
- Throwing Box. The athlete must be within the “throwing box” when performing the throw.
- Throw Line. All throws must be made from behind the “throw line”. Stepping on or over the “throw line” prior to releasing the ball is a foul. A foul will count as an attempt.
- Measurement. Distance from the throw line (inside dimension) to the point where the ball first touches the ground.
- Qualifying Distance. The throw must clear the minimum distances to qualify for a measurement.

Girls 2/3 grade = 50'-0" minimum

Boys 2/3 grade = 70'-0" minimum

Girls 4/5 grade = 60'-0" minimum

Boys 4/5 grade = 90'-0" minimum

A marker will be placed on the field to identify the minimum distance.