



## 2026 Spring Youth Track and Field Rules

### **ELIGIBILITY:**

- City of Statesville Youth Track and Field League is open to boys and girls in grades 3<sup>rd</sup>- 8<sup>th</sup>.
- There shall be no limit to size, race, creed, color, or religion. It is the sole responsibility of the coach to fill his/her team.
- Participants must compete with the HUB their home school falls under if their home HUB has a team. Non-public school players must compete for the team in their public-school area.
  - Overflow of a team member from one school can be transferred to a school short on players with the coordination between directors.
  - Exceptions to this rule must be submitted as a waiver request and approved by both schools and the league track coordinator/director.
- **No player shall be cut except for the following reasons:**
  - Foul language
  - Unexcused missed practices
  - Unsportsmanlike conduct
  - Destructing inter-squad relationships
- Participants must register through their HUB. HUB schools are responsible for distributing rosters to individual schools and coaches.
- Participants must have a current physical, as well as release forms and code of conduct forms, completed before they can practice.

### **COACHES:**

- Each coach will be required to submit to a background check from the City of Statesville.

### **DIVISIONS:**

- **JV** – 3<sup>rd</sup> and 4<sup>th</sup> grade students
  - (2nd Graders can compete in the JV with Parents' approval and signed release.)
- **VARSITY** – 5<sup>th</sup> and 6<sup>th</sup> grade students
- **MIDDLE SCHOOL** – 7<sup>th</sup> and 8<sup>th</sup> grade students
  - (Sixth graders can compete in either the Varsity or the Middle School Division, but cannot compete in both.)

### **PRACTICES:**

- No organized practice or play before the date announced by the City of Statesville
- No more than two practices per week in pre-season
- No more than two practices per week after the season opener
- Preseason practices cannot be longer than two hours.
- After the season opener, practices will be a maximum of one-and-a-half-hour duration.

## MEETS:

- The League will host four meets. (Three Regular Season Meets and One County Championship)
- All events are hosted at the four high schools.

## EVENT RULES:

- All meets shall be conducted under the National Federation of State High School Rules with the following exceptions.
  - Field and individual running events: score/place by grade and gender
  - Shot Put: Six-pound shot put for all grades.
  - Discus: All grades will use a high school girls' discus (1 kilogram)
  - All relay teams will be by school only to include boys' and girls' teams; no mixed gender teams can score. Relay teams can be comprised by combining participants in 3rd-4th-5th -6 or 6th-7th-8th.
  - Grades JV and Varsity will start with running events, while Middle School will start with field events. Once the JV and Varsity Running events conclude, Middle School will begin running events, and JV and Varsity will begin field events.
- **Order of Running Events:**
  - 100-meter dash
  - 1600-meter run
  - 4 x 100m relay
  - 400-meter run
  - 4 x 200m relay
  - 800-meter run
  - 200-meter dash
  - 4 x 400m relay
- All participants are limited to four events. One must be a relay or field event.
- Participants not actively involved in the races or events must stay in the football stands on the home side of the field until their event is called.
  - **First call**-Move to the designated warm-up area.
  - **Second call**-proceed to line up the coordinator for the event called.
  - **Third call**-proceed to the event area only after directions from the lineup coordinator.
  - **Event completed, return** to stands.

## CHAMPIONSHIP MEET

- The final meet will be the Championship Meet. Winners of 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place will receive medals.
- In the championship meet, teams are limited to 3 participants per event, per grade, and gender. In the championship meet, teams are also limited to 3 relay teams per relay event per age division (JV/Varsity and Middle School) and gender.
- All participants in the championship meet must have competed in at least one meet in that specific event before the medal meet to be eligible. (ex: must have long jumped and have a mark on the record to be able to compete in long jump for medal meet)
- For relay events, any runner may participate in the championship event if the school has had a team in the event in one of the prior meets.

**EVENT SCORING:**

- Scores will be awarded for boys' and girls' teams separately. The boys and Girls team score will consist of JV, VARSITY, and MIDDLE SCHOOL combined team score.
- Divisions for scoring will be as follows:
  - JV - 3<sup>rd</sup> and 4<sup>th</sup> Grade Boys Division
  - JV – 3<sup>rd</sup> and 4<sup>th</sup> Grade Girls Division
  - VARSITY - 5<sup>th</sup> and 6<sup>th</sup> Grade Boys Division
  - VARSITY - 5<sup>th</sup> and 6<sup>th</sup> Grade Girls Division
  - Middle School Boys - 7<sup>th</sup> and 8<sup>th</sup> Grade Boys Division
  - Middle School Girls - 7<sup>th</sup> and 8<sup>th</sup> Grade) Girls Division
- Scoring by number of total schools in meets (see chart below from the NFSHSA):

<b>Number of teams competing in the Meet</b>	<b>Individual Scoring</b>	<b>Relay Scoring</b>
2	5-3-1	5
3	5-3-2-1	5-3
4	6-4-3-2-1	6-4-2
5	8-6-4-2-1	8-6-4-2
6	10-8-6-4-2-1	10-8-6-4-2
7 or more (6 scoring)	10-8-6-4-2-1	10-8-6-4-2-1