



CYO: Track & Field Rules and Regulations (Updated 2/21/2024)

Basic Rules:

- Teams participating in CYO Track & Field compete by OHSAA and NFHS rules and regulations.
- Individuals may train with a neighboring parish. However, each participant must compete under their school / parish name for individual events. One person constitutes a track team.
- Signed rosters must be submitted to the CYO office prior to the season. Meet rosters must also be submitted as part of check-in procedures for each meet, including the championship.
- Members of any other school track teams are NOT ELIGIBLE and must compete in three (3) CYO Meets in order to be eligible for the CYO Track & Field Championships.
- **The "All Play" CYO Policy is in place for all sports.**

Meet Regulations:

- Coaches will have a pre-game conference with game officials regarding sportsmanship and expectations.
- All teams and coaches will meet at mid-field to recite the "CYO" Prayer.
- Event Details:

Level	Grades	Season	Events
Minors	3 rd – 4 th	4 meets	Track: 100M Run, 200M Run Field: Long Jump (3 jumps), Discus, Shot Put
<i>3rd Grade competitors will run in their own division as Minors. 4th Grade will still compete as Cadets.</i>			
Cadets	5 th – 6 th	5 meets	Track: 100 M Run, 200M Run, 400M Run, 800M Run, 1600M Run, 400M Relay, 800M Relay, 800M Medley Relay Field: High Jump, Long Jump (3 jumps), Discus, Shot Put (6 lb.)
Juniors	7 th – 8 th	5 meets	Track: 100 M Run, 200M Run, 400M Run, 800M Run, 1600M Run, 400M Relay, 800M Relay, 1600M Relay, 1600M Medley Relay, 1600M Meter Relay (4x400) Field: High Jump, Long Jump (3 jumps), Discus, Shot Put (8 lb.)

High Jump

- Starting Heights: *Cadets:* Boys - 3'8" / Girls - 3'5"; *Juniors:* Boys - 4'2" / Girls - 3'10"
- Increased by 2" for each advance, 1" for each advance when seven (7) participants left

Long Jump, Discus, and Shot Put

- Each participant is allowed three (3) attempts; Places are awarded based on the best of those attempts

Apparel and Equipment:

- Teams are responsible for supplying participants with matching team jerseys and shorts for competition
- Spikes are permitted for the Junior division ONLY and may not exceed 1/4" (per NFHS rules); Waffled shoes are permitted for both the Cadet and Junior divisions
- Pants with zippers or belts are PROHIBITED while competing; All jewelry is PROHIBITED while competing
- Field equipment furnished for **Diocesan Championship ONLY** – DO NOT BRING YOUR EQUIPMENT TO THE CHAMPIONSHIP TRACK MEET... All other Meets must provide their own equipment. Starting blocks will not be used in CYO track meets

Misconduct

The Meet Official shall decide all questions relating to actual conduct at events and has the power to disqualify any athletes or coach from further competition in the meet for conduct determined to be unsportsmanlike. Athletes must listen for and respond immediately to all announcements and calls. NO event will be held up because of tardiness of any athlete. Coaches are instructed to coach only within their designated coaching area per pre-event instructions from the official and are not permitted to run alongside a runner during competition.