

MARIN MIDDLE SCHOOL ATHLETIC LEAGUE

Track & Field Rules & Expectations

What Middle School Track & Field Is All About

The purpose of middle school athletics is to provide a fun, safe, positive, and educational experience that promotes skill development, personal growth, and healthy competition. Through participation, student-athletes develop confidence, character, discipline, teamwork, and respect for others while learning the values of sportsmanship, responsibility, and perseverance.

Middle school athletics are designed to foster a lifelong appreciation for physical activity and encourage every participant to reach their full potential in a supportive and inclusive environment.

AT A GLANCE

Events	Running, relays, long jump, high jump, shot put
Event Limit	Each athlete may compete in a maximum of 5 events per meet (includes track events, field events and the relays)
Start Time	4:00 PM for area meets unless arranged otherwise Championship Meet starts at 10am
Ribbons	Ribbons given to 2nd-5th places for Relays, Track and Field Events.
Medals	Top finisher(s) in all eight divisions (A, B, C, D for boys and girls)
Relay Trophies	Medals for 1st Place for each participant and one trophy is awarded to winning team in each classification, Ribbons for 2nd-5th Places.
Championship	MMAL Championship Meet hosted by MCOE with coach/volunteer support
League Champion?	Team with the lowest total points at the Championship Meet

How a Track & Field Meet Works

Meets are run under current NFHS Track & Field Rules unless modified by league rules.

Memorandum of Understanding:

- Each participating school will complete and submit a signed MOU with the Marin County Office of Education prior to the Championship Meet. The MOU outlines the responsibilities of parties and payment requirements for participation.

Track and Field runs multiple events simultaneously — Athletes may be competing in a running race while a field event is happening at the same time. Here's what to know:

- Events include running races, relay races, long jump, high jump, shot put, and potentially others depending on the facility.
- Each athlete may compete in up to 5 events per meet, including relays. These 5 are to include track events, field events and the relays. The competitor is limited to a maximum of 2 + 1 in the track and field events; 2 track and 1 field, or 2 field and 1 track. In addition to the track and field events, the competitor can also compete in the 4 X 100M Relay and/or 4 X 400M Relay. The total of events entered shall not exceed 5 events.
 - 5 events: 3 track and field + 2 relay
- If an athlete competes in more than 5 events, they forfeit all ribbons, places, and points — and those are awarded to the next competitor.
- Athletes sometimes leave one event mid-rotation to compete in another — this is expected and officials are aware.

Each area meet can qualify the following per class:

100 Meter Dash	2 Individuals
200 Meter Dash	2 Individuals
600 Meter Dash	5 Individuals
1200 Meter Dash	5 Individuals
4x100 Meter Relay	2 Teams
4x400 Meter Relay	2 Teams
All Field Events (Long Jump, High Jump, Shot Put)	5 Individuals

Coaches Responsibilities

Coaches are responsible for ensuring athletes understand event rules, safety procedures, and sportsmanship expectations. Coaches should encourage proper preparation, hydration, and healthy competition.

Scoring

Host schools will provide scoring documents to visiting schools for practice meets. All entries in the running and field events shall be submitted to the meet director the Friday preceding MMAL Championship Meet. Times should accompany each running entry for lane selection.

- Individual and team scoring will follow league guidelines.
- Points are awarded based on finishing place or event placement.
- Divisions are split into A, B, C, and D groups for both boys and girls

Running Events

- Athletes must stay in their assigned lane during lane-designated races.
- The runner must stay behind the starting line until the race has started.

- In longer races (600M/1200M) where lanes are not assigned they can run in any lane.
 - The runners will be organized along a waterfall start line.
 - If a spill occurs at the start or on the first turn of the race due to no fault of a particular runner, the race will be recalled and restarted.
 - To pass another runner and cross in front of them, the runner must be at least one full stride in front.
 - Cutting inside the track to the infield for three or more strides will result in disqualification from the event.
- False starts will be enforced according to league rules. In any race, two false starts shall automatically disqualify the contestant.
- Intentionally interfering with another runner may result in disqualification.
- Running events will not be held up for an athlete who is still competing in a field event.

Relays

- The baton must be exchanged within the designated exchange zone.
- The baton must be carried from start to finish.
- Runners must stay in their lane after passing the baton and remain there until all runners have passed their baton and the receiving runners have moved out of the area.
- Relay Areas: A relay area will be arranged with classes and school names. After the last call, if the school does not have 4 runners, that school will be dropped from the race.
- 4 x 100 Meter Relay
 - During an exchange, a runner stepping into another lane and disturbing the baton exchange in that lane will disqualify the offending team.
 - Runners must stay in their lane after passing the baton and remain there until all runners have passed their baton and the receiving runners have moved out of the area.
- 4 x 400 Meter Relay
 - There shall be four separate 4x400M relays: Boys A/B, Boys C/D, Girls A/B, and Girls C/D. Each relay shall consist of two runners in the upper classification and two runners in the lower classification.
 - If necessary, teams are allowed to include more than two runners from the lower classification.
 - Teams are not allowed to include more than two runners from the upper classification.
 - Relay teams will be assigned a lane. The first runner will stay in their lane for the entire 400 meter leg.
 - The first baton exchange will occur in their assigned lane.
 - All runners are allowed to merge to inside lanes at the assigned marker.
 - All other exchanges will occur in order of race. The team with its runner in front shall have the inside exchange position, the 2nd runner's team gets 2nd exchange position, etc.
- Co-Ed 4x400 Meter Relay:
 - There shall be two separate Mile Relays: Co-Ed A/B and a Co-Ed C/D. Each relay team shall consist of one male runner from the two classifications and two female runners from the two classifications.
 - All rules from the 4x400M Relay apply to the Co-Ed 4x400M Relay.
- After the race, the runner is to remain in their lane or on the track (depending on race) until the judges tell them to leave.

Note: At practice meets, heats will be run in the 100M, 200M, and 400M if there are more runners than available lanes.

Field Events

Field events run alongside the track races. Athletes rotate through attempts and may step away briefly to compete in a running event, then return.

Long Jump

- Each athlete gets 2 attempts.
- Athletes may jump in any order since many are juggling other events.
- The length of the run is unlimited
- The longest legal jump counts as their official mark.
- Athletes exit out the back of the sand pit after each jump

***MEASURE:** The long jump is **measured** to the spot in the sand where an athlete's body touched closest to the take-off point. Measure from the edge of the take off line/board closest to the long jump pit (using a tape measure). Measure to the closest $\frac{1}{4}$ inch

- Any of the following results in a **FAULT/SCRATCH**:
 - Foot jumps from past the take off line
 - Any mark/step on the ground in between the take off line & the sand

When the event is finished, please indicate 1st, 2nd, and 3rd place for each group.

- The tie-breaker is to compare the athlete's 2nd best attempt. If both attempts are exactly the same, only then would there be a tie.

High Jump

- Athletes must clear the bar without knocking it off. Two consecutive misses at the same height eliminates them.
- The bar moves up 2 inches at a time.
- If an athlete returns from another event and the bar has moved up, they continue at the current height — the bar does not go back down.

High Jump Qualification Opening Heights					
Boys			Girls		
	Area Meet	Championship Meet		Area Meet	Championship Meet
A	4'6"	4'8"	A	4'0"	4'2"
B	4'4"	4'6"	B	3'10"	4'0"
C	4'2"	4'4"	C	3'8"	3'10"
D	4'0"	4'2"	D	3'6"	3'8"

***MEASURE:** The height from the ground to the center of the bar (using a tape measure)

Record jumps as follows:

- √ = cleared (athlete doesn't jump again until next height)
- — = miss (Note: 3 "run ups" = a miss)

Judge any of the following as MISS/SCRATCH:

- Knocking the bar off the standard
- Jumping off of two feet (instead of off one foot)
- Touching the bar/mat on a run up
- Some people may tell you that if they exit the mat before the bar falls off then it is not a scratch; this is not true!
- It is left up to your judgment as to whether the wind or the athlete caused a bar to fall off the standard.
- Jumpers may not exit the mat by crawling back under the bar

Athletes may jump in any order as some of them are competing in other events, but do not lower the bar to accommodate athletes who missed jumping at lower heights. In other words, if they return from another event and the bar has since gone to a new height, then the bar stays at that new height. They may continue jumping at that point as long as they haven't yet been eliminated.

When the event is finished, please indicate 1st, 2nd, and 3rd place for each group.

- The tie-breaker is the fewest missed attempts at the highest cleared height. Go back as many heights as needed to break the tie. If all jumps are exactly the same all the way through, then if still a tie, the contestant with the fewest number of total jumps will win. If both attempts are exactly the same, only then would there be a tie.

Shot Put

- Boys use a 4 kg (approximately 8 lb. 13 oz.) shot. Girls use 6 lb. shot.
- Please properly instruct your athletes on shot put technique to avoid injury
- Each athlete gets 2 attempts and should rotate to the back of the line or go to another event between puts — not two in a row.
- The best legal put is the official mark.

***MEASURE:** The shot put is **measured** from the start/inside of the wooden bar to the point the shot first hit the ground.

Any of the following result in a **FAULT/SCRATCH**:

- Stepping on or past the trig (raised wooden bar). It may however be touched on the side facing the shot putter
- Not entering and exiting from the rear of the circle
- A throw instead of a put. On a put the hand/wrist should be in front of the elbow all the way through the motion

When the event is finished, please indicate 1st, 2nd, and 3rd place for each group.

- The tie-breaker is to compare the athlete's 2nd best attempt. If both attempts are exactly the same, only then would there be a tie.

In a field event, the contestant must take their turn when their name is called or forfeit that turn, unless they inform that judge when it is necessary for them to compete in a running event or make a try in another field event, and return immediately upon completion of that event or try.

Other Field Events

- Additional events may be offered based on league guidelines and facility availability.
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Officials

- Officials' calls are "final".

Practice Meets

- The host school's coach serves as the judge for the meet.
- Adults or high school students keep time.
- Teams should provide a list of their field event entries to officials at practice meets.

Championship Meet

- An officials and coaches meeting shall precede the MMAL Championship Meet at which time the meet director shall discuss rules, events, and other matters pertaining to the handling of the meet.
 - Officials and the coaches shall be given written instructions as to rules, etc. in regard to the event they are running at the MMAL championship meet. All officials at this meet must be adults with experience.
 - Member schools shall assign experienced adults to officiate at the MMAL Championship Meet.
 - Experienced adult officials are required for all events.
 - The field event official is the judge for any disqualification questions in their area, unless a referee has been appointed.
 - A complete set of results will be provided to each school's coach after the Championship Meet.
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Ejections & Conduct

If a participant, coach, or spectator is ejected from a meet:

- The home team reports the incident including the name and role of the person to the league commissioner within 24 hours
 - The ejected person may not attend or participate in the next contest
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Safety Rules for Everyone

- Athletes must follow all instructions from meet officials and event supervisors.
- Each competitor must have on file with his school a verification of a physical examination within the last calendar year.
- Each school must have on file a permission slip signed by a parent or guardian.
- Insurance: Each school represented is to check with its district concerning its policy.
- Any athlete over the age of 15.5 years of age will be ineligible to compete.
- Warm-up areas should be used safely and responsibly.
- During Event:
 - The infield is for Judges or athletes competing in an event – please inform your school team and audience to remain off the infield unless they are competing in an event that allows entry to infield.
 - Coaches who are not assigned to a role will help with crowd control and notifying athletes of events.
 - Parents are asked to not interfere with the meet in any way and NEED to stay off the infield at all times.
 - Only parents who volunteer are allowed entry to infield.
- Parking at Area and Championship Meets

- Please be respectful when parking and follow the rules of the area.
- Any athlete showing signs of injury, illness, heat-related concerns, or concussion symptoms will be removed from competition and evaluated according to school and league protocols.
- Race modifications or cancellations may occur due to extreme heat, air quality concerns, or unsafe course conditions.
- When temperatures are forecast at triple digits, meets should be rescheduled.

We are very fortunate to have local schools that host our events and we want to ensure that they continue to do so. PLEASE help by cleaning up your area when you leave the meet.

Physical Examination

- o Each competitor must have on file with his/her school a verification of a physical examination within the last calendar year.
- o Coaches must have runners' medical release forms at all meets.

Parent Permission

- o Each school must have on file a permission slip signed by a parent or guardian. Please include a media release for photos.

Insurance

- o Each school represented is to confirm district/school policy prior to race.

Uniforms & Equipment

- Athletes should wear school-issued or school-approved uniforms when available.
- Appropriate athletic footwear is required. Spiked, cleated, or crocs shoes shall not be allowed.
- Jewelry should be removed or secured according to league and school policies.
- The host school provides all timing equipment, event supplies, and course materials such as cones and caution tape.
- Equipment may not be questioned once an event has begun.

Sportsmanship

Track & field is a sport where individual effort shines — and where athletes often cheer each other across the finish line. MMAL expects that spirit at every meet.

- Coaches, athletes, and spectators are expected to demonstrate good sportsmanship at all times.
- Intentional interference with another runner or competitor may result in disqualification or further disciplinary action.
- Athletes should show respect toward competitors, coaches, officials, volunteers, and spectators.
- Encouraging teammates and competitors is strongly encouraged.
- Coaches are responsible for the conduct of their athletes and spectators.

MMAL Championship Meet

- The Championship Meet is organized by MCOE with help from coaches and volunteers from all participating schools.
 - Location is determined each year.
 - All running event entries must be submitted to the meet director the Friday before the Championship Meet. Running times should be included to help with lane assignments.
 - Each coach is assigned a specific role at the Championship Meet and will receive written instructions in advance.
 - A coaches and officials meeting is held before the meet to review rules and event procedures.
 - All officials at the Championship Meet must be experienced adults.
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Awards

- Relays: Medals for 1st Place for each participant and one trophy is awarded to the winning team in each classification, Ribbons for 2nd-5th Places.
 - Track and Field Events: Medals for 1st place and ribbons for 2nd to 5th place.
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Fun • Safety • Skill Development • Confidence • Character • Teamwork • Sportsmanship