

TRACK & FIELD CIC BY-LAWS¹ 2008

FIELD EVENTS

1. HIGH JUMP

1.1 **Measurement.** All Measurement of heights shall be done in metres and centimetres.

1.2 **Attempts at Heights.**

1.2.1 If necessary all competitors shall be allowed three attempts at each height;

1.2.2 To pass beyond the vertical plane of the bar with any part of the body is counted as a jump²;

1.2.3 A competitor must take off from the ground from one foot only;

1.2.4 Each competitor after jumping the qualifying height may re-commence jumping at any height he chooses; and

1.2.5 The qualifying height for each age group is the minimum height set out in the table in By Law 1.6.

1.3 **Attempt at Record.** The winner may choose to have three attempts at each height above the winning height or to immediately attempt the record height. Once the record is equalled or broken, the bar will be raised at one centimetre intervals.

1.4 **Baulking a Jump.** A competitor who baulks his jump shall be called again at the end of the round. Three (3) baulks shall constitute a foul.

1.5 **Passing a Jump.** An athlete may pass at any jump, but the height he is credited with is the height he last cleared³.

1.6 **Heights.**

9's	1.00m	1.06m	1.09m	1.12m	1.15m	etc
10's	1.12m	1.17m	1.20m	1.23m	1.26m	etc
11's	1.18m	1.23m	1.26m	1.29m	1.32m	etc
12's	1.25m	1.30m	1.35m	1.38m	1.41m	etc
13's	1.25m	1.30m	1.35m	1.38m	1.41m	etc

1.7 **Measurement of Bar.** The height of the bar is to be measured approximately 25cm from each upright. As a record is approached, the measurement must be taken from the centre of the bar. The height of the bar is to be announced at the start of each round.

1.8 **Count Back.**

1.8.1 The lowest number of jumps at the height last cleared is awarded the higher place.

1.8.2 If still tied - the lowest number of failures up to the height last cleared is awarded the highest place.

¹ Incorporating amendments up to General Meeting of 19 July 2006

² General Meeting of 1 September 2003 – Rule changed from "To pass under the bar with any part of the body is counted as a jump"

³ General meeting of 1 September 2003

- 1.8.3 If still tied - the lowest total of jumps to the height last cleared is awarded the higher place.
- 1.8.4 If only one athlete is left in the competition, he may continue until eliminated by the normal process. He may have the bar raised as he wishes.

2. LONG JUMP

- 2.1 **Measurement.** All jumps shall be measured in metres and centimetres.
- 2.2 **Number of Jumps.** All competitors shall be allowed three attempts.
- 2.3 **Attempt at Record.** The winner shall be allowed three additional attempts at the record.
- 2.4 **Take of Board.** A 20cm wide take of board shall be used.
- 2.5 **Measuring Jump.** A competitor's jump shall be measured from either:
- 2.5.1 The edge of the board closest to the pit - if the competitor's foot lands on, but not beyond the board; **or**
- 2.5.2 The edge of the board farthest from the pit - if the competitor's foot lands behind but not on the board.
- 2.6 **Failures.** It shall be counted as a failure if any competitor:
- 2.6.1 Touches the ground beyond the take-off line with any part of the body, whether running up without jumping or in the act of jumping;
- 2.6.2 Takes off from outside either end of the board, whether beyond or behind the take-off line extended;
- 2.6.3 In the course of landing, touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump;
- 2.6.4 After a completed jump, walks back through the landing area; **or**
- 2.6.5 Employs any form of somersaulting.
- 2.7 **Baulking a Jump.** A competitor who baulks a jump shall be called again at the end of the round. Three (3) baulks shall constitute a foul.
- 2.8 **Tied Position.**
- 2.8.1 In the event of a tied position, the second best performance of the competitors trying shall decide the placing. If the tie still remains, the third best shall decide the placing.
- 2.8.2 When the official measuring the competitor's jump has called the measurement to the recording official, the recording official shall call the measurement back to the measuring official for verification before recording it next to the competitor's name.

3. SHOT PUT

- 3.1 **Measurement.** All measurements of Puts shall be in metres and centimeters.
- 3.2 **Number of Puts.** All competitors shall be allowed three puts.
- 3.3 **Weight of the Shot.** The weight of the shot for the U10 and U11 age groups will be 2 kg. For U12 and U13 year age groups the weight will be 3 kg.
- 3.4 **Competitor's Area.** The put shall be made from a circle 2.135m in diameter. At the middle of the circumference in the front half of the circle a tie board 1.22 metres long, 114 millimetres wide and 100 millimetres high shall be placed firmly fastened to the ground.
- 3.5 **Valid Throws.** All throws to be valid must be within the inner edge of the lines marking the 45° sector.
- 3.6 **Measurement of Put.** The measurement of the put is made from the nearest mark made by the fall of the shot to the inner circumference of the circle along a line from this mark through the centre of the circle. The measuring tape shall be pulled taut.
- 3.7 **Putting.**
- 3.7.1 Once the competitor has stepped into the circle and started to throw, there must be no contact made with the ground outside the inner circumference of the circle, until the shot has landed. The competitor must then leave the circle by the back half of the circle.
- 3.7.2 The shot must be held to the neck and shoulder and move from that position in one continuous movement.
- 3.7.3 Failure to comply with these rulings will result in a foul.
- 3.8 **Results.** In the advent of a tied position the second best performance of the competitors trying shall decide the placing. If the tie still remains, the third best shall decide the placing.
- 3.9 **Recording of Results.** When the official measuring the competitor's put has called the measurement to the recording official, the recording official shall call the measurement back to the measuring official for verification before recording it next to the competitor's name.
- 3.10 **Attempt at Record.** The winner shall be allowed three additional attempts at the record.

TRACK EVENTS

4. HURDLES

4.1 Distances and Measurements.

4.1.1. Races will be run over 60 metres for the U10, U11, U12 and U13 age groups.

4.1.2 The height at each hurdle shall be 0.68 metre.

4.1.3 The positioning of the hurdles shall be as follows:

4.1.3.1 distance of first hurdle 12 metres;

4.1.3.2 between the next eight hurdles 7 metres; and

4.1.3.3 from last hurdle to the finish line 13 metres.

4.2 **Passing over the Hurdles.** Both legs of the competitor must pass over the top of the hurdle.

5. 800 METRES & 1500 METRES

5.1 **800m Races.** The 800m race will be for competitors in U10, U11, U12 and U13 age groups for both A and B divisions. Schools may enter four (4) competitors in each age group.⁴

5.2 **1500m Races.** The 1500m race will be for competitors in the U10, U11 or U12 age group for both Purple and Green Divisions. One (1) competitor from each school may compete.⁵

5.3 **Points.** As each competitor finishes the race, he will be awarded a place and points will be allocated according to the place he ran.

5.4 **Start.** The competitors will start on a curved line. The starting command will be “On your mark”. Gun.

5.5 **Spikes.** Competitors may wear 5mm spikes in all track events.

6. RELAYS

6.1 Baton Changing.

6.1.1 The baton must be changed within the 20m markings.

6.1.2 The outgoing runner may commence his run up to an additional 10m before the 20m exchange markings.

⁴ General Meeting of 1 September 2003

⁵ General Meeting of 1 September 2003

6.2 Staying in Lane.

- 6.2.1 Each team must run in its appointed lane for the entire relay. A breach of this makes the team liable to disqualification.
- 6.2.2 The in-coming runner must remain in his correct lane even after giving the baton until all teams have left the changeover zone. A competitor who causes interference to another team is liable to have his own team disqualified.

6.3 Batons.

- 6.3.1 A baton dropped by a competitor may be picked up provided there is no interference to other teams.
- 6.3.2 Any dropped baton must be picked up by the competitor who dropped it.
- 6.3.3 The baton must be carried over the finishing line by the last runner if the team is to be positioned.

- 6.4 **Relay Officials.** There shall be at least three (3) officials to supervise each of the relay change areas.

ATHLETICS BY-LAWS - GENERAL POINTS

7. COMMAND TO START (FOR 100M, 200M AND RELAY EVENTS)

- 7.1 Each of these events shall have the following command:
“On your mark” “Set” Gun.

8. COMPETITION POINTS

- 8.1 Competition points are awarded for all events on the programme.

- 8.2 Points are as follows⁶:

Points for all events (except relays)						
Division /Place	1	2	3	4	5	6
1	20	15	12	10	8	6
2	15	12	10	8	6	4
3	12	10	8	6	4	3
4	10	8	6	5	4	3
5	8	6	5	4	3	2
6	6	5	4	3	2	1
7	6	5	4	3	2	1
8	6	5	4	3	2	1

⁶ General Meeting of 1 September 2003 – Points structure changed
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Points for Team events (i.e. relays)						
Division /Place	1	2	3	4	5	6
1	40	30	24	20	16	12
2	24	20	16	12	8	6

9. **AGES.**

9.1 A boy may compete in one age group only.

9.2 Ages shall be reckoned from 1st January.

10. **DEAD HEATS & TIES.**

10.1 Points will be awarded for the place received e.g. Dead Heat first in Division one non-team event – 20(1st), 20(1st), 12(3rd).⁷

10.2 Competitors failing to record a legal height or distance shall receive points equal to last place⁸

10.3 If no competitor is recorded for an event, zero points shall be allocated.⁹

11. **PROTESTS.**

11.1 A protest is to be made in writing by or through the Sportsmaster of the College wishing to make the protest. The protest or notice of protest must be lodged within 15 minutes of the completion of the event to the Secretary/Executive Officer of the CIC.

⁷ General Meeting of 1 September 2003 – Changed from “The points shall be divided.”

⁸ General Meeting of 18 July 2007 provision added

⁹ General Meeting of 18 July 2007 provision added