

Diocese of Cleveland CYO

Track and Field

Giving the Very Best of Yourself!

Rules
2026



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The National Federation of State High School Associations (NFHS) Track & Field Rules apply in this league with the exceptions contained within. CYO Meet Rules may not be altered. Organizers of Sanctioned Events may determine events and number of attempts for field events for their meet. Only the CYO Administration may authorize changes to these rules.

Items in a yellow banner indicate a change from 2025.

A rule modification is a modification to a playing rule from the governing body of the sport and is a requirement to adhere to and follow.

SECTION 1 - OFFICIAL TEAM

- A. Defined as an individual or group of children from one or more members listed on the team roster that meet the eligibility rules and are approved by the Athletic Director, Member Administrator and CYO Office.
- B. Track teams are formed on the basis of gender, and then by grade level.
 - 1. A team roster is made up of the athletes allowed to participate in a specific grade level or in a division consisting of grade levels that can compete together.
 - 2. A member that has more than 10 athletes of both genders in grades 1-8, they must register as their own team must form their own track team. Members with less than 10 athletes must follow the Eligibility General Section Assignments.
- C. There is no specified number of athletes required to form a team.
- D. A partial roster or combined roster cannot be entered into any tournament or sanctioned event.

SECTION 2 - OFFICIALS

- A. Certified track officials (Examples: OHSAA, USATF, or CYO) that are certified and registered with the Diocese of Cleveland CYO will be assigned to each meet.
- B. Certified track officials will be required to meet with coaches, to determine coaches' boxes and restricted areas, assign lanes, start races, oversee races, inspect field event areas, enforce rules & penalties, and make decisions on weather conditions once the meet has started. Meet Officials cannot set aside any rules contained in this document, or in the NFHS Track rules.
- C. Officials have the power to warn or disqualify from the competition anyone who commits acts which intend to influence their decisions.
- D. No more than one or two officials will be assigned to each regular season meet. Additional officials may be assigned for sanctioned events and championship meets.
- E. The head coach is the only person that should speak to the officials during or after the meet concerning the administration of the rules.
- F. The meet official will notify the head coach of any warning or disqualification of an athlete as soon as possible and also will provide the reason for the warning or disqualification.

SECTION 3 – UNIFORMS & PERSONAL EQUIPMENT

- A. Appropriate athletic shoes are required in all competitions. Spiked shoes may be worn during the competition of all running events, the high jump and long jump. Spiked shoes (with or without spikes) are not permitted in the standing jump, shot put or discus. Only pyramid style spikes are allowed; no needle spikes.
 - 1. The spikes installed on the bottom of the starting block or athletes' shoe must meet the limitation of the track used. A maximum spike length of ¼" is allowed.
- B. Uniforms
 - 1. All athletes are required to wear member issued uniforms. The uniform shall be at least matching t-shirts and shorts of the same color with the same team's name or logo on its front.
 - 2. Bare midriffs are prohibited and the uniform top must be tucked in or hang below the waistband of the bottom when the athlete is standing upright.
 - 3. All athletes must have the CYO Emblem on their uniform either sewn or stenciled.
 - 4. Items that can be worn under the uniform:

- a. Any visible garment worn underneath the uniform top or uniform bottom or one-piece uniform is considered a foundation garment.
 - b. Foundation garments are not subject to any manufacturer's logo/trademark/reference requirements, or subject to any color or design restrictions.
 - c. All bottom foundation garments must be covered by the team issued shorts. No exception.
 - d. Tights worn without shorts will be an automatic disqualification.
- C. An official may require the removal of jewelry or hair adornment if it is deemed to be inappropriate, dangerous, or could possibly damage equipment.
- D. The first violation of the uniform rule at a meet will result in a warning being given to the head coach of the athlete in violation. Subsequent violations will result in disqualification of any athlete found not to be in compliance from the team previously warned.
- E. Starting blocks may be used in running events except the 800 and 1600. Starting blocks are to be supplied by teams.

SECTION 4 - PRE-CONTEST COACHES RESPONSIBILITIES

- A. Coaches must be CYO certified.
- B. CYO Credentials are to be worn and visible at all times.
- C. Coaches are responsible for the supervision of their team before, during and after the meet.
- D. Coaches are responsible for the clean-up of their team area after the meet.
- E. Only coaches with CYO credentials are permitted inside the field.
- F. A pre-game conference will be held between the officials and coaches.

SECTION 5 - PARTICIPATION

- A. Each athlete must be treated with dignity regardless of their ability.
- B. Athletes may only compete in the division in which they are rostered with CYO from the beginning of the season to the end of the season.
- C. Mandatory participation applies to all regular season and championship meets that do not have limited entries based on qualification. An athlete must actually compete to be considered as having participated, an alternate for an event does not count as meet participation.
- D. Division of Participation
 - 1. Within each team's roster, athletes may compete in a division with older athletes (move-up) in accordance with the Bylaws, as long as that event is offered to the actual division of the athlete. Athletes may never drop down to compete with younger athletes. See Section 8 for Event Eligibility.
 - 2. In relay events, during regular season meets, athletes may move up, within the team's roster and in accordance with the Bylaws to compete.
 - 3. 5th graders can be moved up to compete in 6th grade events only, except for the discus event.
 - 4. 6th and 7th graders can be moved up to the 7th and 8th grade events.
- E. If a coach will not play an athlete because of missed practice, unsportsmanlike conduct, academics, or injury, the coach must indicate such on the Meet Participation Form prior to the start of the meet.
- F. Event Participation
 - 1. An athlete may compete in no more than three (3) events during a meet.
 - Participants may compete in any combination of field and running events, up to the maximum of three (3) events.
 - 2. An athlete who exceeds the participation limitation shall be disqualified from all of the events in which they participated, including relays.
 - In a relay event, the team's relay points and place shall be forfeited.
 - 3. This pertains to regular season meets as well as sanctioned events.
 - 4. **COACHES NEED TO CONSIDER THE SCHEDULE OF EVENTS AND ONLY PLACE THEIR ATHLETES IN EVENTS THAT ALLOW FOR APPROPRIATE REST BETWEEN THE EVENTS ON THE SCHEDULE.**
- G. The Guest Player Rule does not apply to the Diocese of Cleveland CYO Track and Field program as all of the athletes are on the same roster.

SECTION 6 - MEET & TIME LIMITATION

- A. No team or athlete is permitted to participate in more than 12 meets in a season.
- B. Meets cancelled because of weather or other issues, may be rescheduled, if possible, and may be rescheduled as evening meets during the week.
- C. Events on Sunday cannot begin until 1:00 PM.
- D. No team or athlete may compete in more than 3 meets per week. The week runs Sunday through Saturday.
- E. No meet will start after 8:00 PM.
- F. Practice sessions must be completed by 9:00 PM.
- G. No CYO Meets (regular season or sanctioned events) will take place Holy Thursday, Good Friday, Holy Saturday and Easter Sunday. No exceptions.

SECTION 7 - LIGHTNING & INCLEMENT WEATHER

- A. Contest or CYO officials assume authority for competitions when they arrive on the field. When the officials recognize inclement weather they are duty bound to suspend the meet. Coaches and Athletic Directors are responsible for application of this policy at practice.
- B. When thunder is heard or a lightning bolt is seen at a practice or competition, the teams must suspend play and take shelter immediately. Once play has been suspended, a period of at least 30 minutes after the last thunder clap is heard or lightning flash is witnessed must be honored prior to resuming play/practice.
- C. Temperature, humidity, heavy precipitation and wind chill can become dangerous to the athletes and spectators and must be monitored during all practices and competitions by coaches and competition officials.
- D. Announcements related to the status of competitions will be posted on the main page of the schedule website and media as needed.
- E. Unless the head coach is contacted or notified through a phone message, website or e-mail, your team is to report to the meet site at the scheduled time of the meet.

SECTION 8 - EVENTS

- A. Individual Running Events
 - 1. 1600 Meter Run Grades 5-8
 - 2. 800 Meter Run All grades
 - 3. 400 Meter Dash All grades
 - 4. 200 Meter Dash All grades
 - 5. 100 Meter Dash All grades
 - 6. 200 Meter Low Hurdles (30") Grades 6-8
- B. Relay Running Events
 - 1. 4x100 Meter Relay All grades
- C. Individual Field Events
 - 1. Long Jump Grades 3-8
 - 2. Standing Jump Grades 1-8
 - 3. High Jump Grades 5-8
 - 4. Shot Put All grades
 - 5. Discus Grades 6-8

5th-8th grade

ORDER OF RUNNING EVENTS	ORDER OF FIELD EVENTS
100	Shot: 5 th , 6 th , 7 th , 8 th
1600	Discus: 8 th , 7 th , 6 th
200 Hurdles	LJ: 5 th , 6 th , 7 th , 8 th
400	SJ: 7 th , 8 th , 6 th , 5 th
200	HJ: 6 th , 5 th , 7 th , 8 th
800	
4 x 100 Meter Relay	

ORDER OF RUNNING EVENTS	ORDER OF FIELD EVENTS
100	Shot: 4 th , 2 nd , 3 rd , 1 st
400	LJ: 3 rd , 4 th
200	SJ: 1 st , 2 nd , 3 rd , 4 th
800	
4 x 100 Meter Relay	

1. Meet Structure
 - a. The 1-4 meet will be in one session on Saturday's typically setup time 9:00, meet at 10:00
 - b. The 5-8 meet will be in one session on Sunday's typically setup time 12:00, meet at 1:00
 - i. Grades 1-4 Cannot Participate on Sunday
 - c. Girls always run first; boys always begin in the field events. There is NO alternating girls & boys from week to week.
 - d. After the girl's running events are completed, the boy's running events will begin and when the boy's field events are completed, the girl's field events will begin.
2. Each running event will compete by gender from the youngest athlete division to the oldest (ie. 100m-5th, then 100m 8th grade).
- B. Section & Championship Meet Information will come at mid-season.
- C. Sanctioned events MUST BE APPROVED on the CYO web site and maybe conducted during the sanctioned event listed on the planner as long as it does not conflict with a CYO scheduled meet.

SECTION 10 – GENERAL COMPETITION RULES

- A. No one is allowed in the competition area, as defined by Meet management, except the officials, event workers, and the competing athletes.
- B. Athlete Identification Numbers and Event Tickets.
 1. Each team will be given a range of numbers to assign to its athletes that participate in CYO track and field. The coaches should assign a number within that range to each athlete that is listed on their official roster in Sports Pilot. That athlete will retain that number for the entire season. The athlete needs to be able to identify themselves by the assigned number to event officials so it can be written on the event tickets. Coaches and ADs should work together to compare the accuracy of their roster to the actual members that are official.
 2. Once the coach or AD verifies all the athletes on their roster, they will submit the numbers assigned to the CYO track recorder who will officially enter the athletes and their numbers in athletic.net.
 3. At the conclusion of each event, the event tickets will be given to the officials table to be put into each team's envelope. Unclaimed event tickets will be available at the official's table at the end of the meet. Each coach will receive via email a RESULTS form for each weekly meet. Coaches then should complete the results form using the results from the tickets in the envelopes that they picked up after the meet, and then return the RESULTS form to the CYO athletic recorder who will officially enter all the results from all the sites into athletic.net

SECTION 11 – RUNNING EVENT COMPETITION RULES

- A. The Start
 1. At the start of each race the athlete is to comply with the starter's commands, have all body parts in contact with the track surface behind the starting line and remain motionless once in the set position.
 2. Starting Commands:
 - a. < 800 meters: "On your marks" - "Set" - Fire the starting device.
 - b. >= 800 meters: All competitors will take a position three meters behind the starting line, with the "On your marks" all competitors will step to the starting line without delay. When all competitors are steady, the starters shall fire the starting device.
 3. Athletes/relay teams will be permitted one false start. If a second false start occurs, the athlete/relay team will be disqualified.

4. The formation of heats for the individual sprint events (100m, 200m, 400m, 200m Hurdles) during the regular season will be performed by the clerk. The heats will be designated by grade level. Each heat will fill all available lanes or be made up of equal numbers of runners until all remaining athletes have been assigned a heat and lane.
- B. The Finish - The competitors place in the order that their "torso" as distinguished from the head, neck, arms, legs, reaches the finish line.
- C. Individual Events
1. When a race is run in lanes, competitors are expected to run the entire race in the lane assigned. A competitor will be considered out of their lane when:
 - a. Without being fouled while running a curve, steps on or over the inside lane line for three or more consecutive steps with either or both feet.
 - b. While running on a straightaway or on a curve runs in an adjacent lane and interferes with or impedes another competitor.
 - c. They do not finish the race in the assigned lane, or if a member of a relay team, does not pass in the assigned lane.
 - d. They take one or more steps inside the assigned lane before the break line.
 2. When a race is not run in lanes, a competitor shall not deliberately run on or inside the track curb/line. A competitor shall move toward the inside or outside provided they are one full running stride ahead of the competitor whose path is crossed. It is not a foul if a competitor crosses to the inside or outside if this action does not interfere in any way with another competitor's stride.
 3. 200 meter hurdles
 - a. Race shall start at 200 meter mark
 - b. Using 5 hurdles, with the hurdle height of 30".
 - c. The 300m hurdle marks will be used. The spacing of hurdles shall be as follows:
 - i. 50m to the first hurdle,
 - ii. 35m between hurdles,
 - iii. 10m from 5th hurdle to the finish line
- D. Relay Events
1. Gloves are not permitted, unless required for medical reasons.
 2. Competitors are expected to run the entire race in the lane assigned. A competitor will be considered out of their lane when:
 - a. Without being fouled while running a curve, steps on or over the inside lane line for three or more consecutive steps with either or both feet.
 - b. While running on a straightaway or on a curve runs in an adjacent lane and interferes with or impedes another competitor.
 - c. They do not finish the race in the assigned lane, or if a member of a relay team, does not pass in the assigned lane.
 - d. They take one or more steps inside the assigned lane before the break line.
 3. Relay batons will be provided by teams during the regular season and by the CYO for Championship Meets.
 4. Batons must be passed in the assigned lane and within the 30-meter exchange zone.
 5. For an exchange to be legal the baton must be handed to the succeeding teammate within the actual exchange zone.
 6. The baton must be handed, not thrown from the competitor to the succeeding teammate. After passing the baton the relieved competitor should stand still or jog straight ahead in their lane until the track is clear.
 7. The baton shall not be thrown in anger or celebration following the finish of any relay. Violations will result in disqualification.
 8. Dropped batons
 - a. If the baton is dropped within the exchange zone in a legitimate attempt to pass the baton, either competitor may retrieve it provided they do not interfere with an opponent and it is retrieved within the limits of the original exchange zone extended across the track.
 - b. If the baton is dropped outside the limits of the exchange zone or rolls outside the limits of the

zone, the baton must be retrieved by the competitor who dropped it.

9. Relay members and alternates for each relay must be identified for qualifying to the Diocesan Championship (maximum of 8 athletes).

E. Stagers - the following stagers will be used:

1. 800 meter run - one (1) turn stagger.
2. 1600 meter run - one (1) turn stagger.
3. 4 X 100 meter relay- two (2) turn stagger.

SECTION 12 – FIELD EVENT COMPETITION RULES

A. General Rules

1. A competitor shall be charged with an unsuccessful attempt if they do not initiate an attempt/trial or pass within one (1) minute of being called by the event judge. If an athlete takes consecutive trials the time limit is extended to two (2) minutes.
2. There shall be three (3) attempts in all field events except the high jump.
3. Athletes will be grouped according to the standard set for the type of meet, regular season, championship, sanctioned event. Athletes will need to check into the event by the required time or else they will not be able to compete and they must complete all of their trials before the event is closed. Athletes will compete in the order set and managed by the meet official.
4. At the conclusion of an event, the area will be closed. One warning will be issued to those in a closed area; second will result in disqualification from the meet.
5. Determining places (except high jump) – The competitor with the best distance shall be given the higher place. If competitors have the identical best-distance then the higher place is given to the competitor whose second-best performance is better. If still tied then consider third-best performance.

B. Shot Put

1. Taping any part of the hands or fingers is not permitted unless there is an open wound. Taping the wrist is permitted.
2. Gloves are not permitted.
 3. A legal put shall be made when, after entering the circle, the athlete pauses and puts from the shoulder with one hand only, so that during the attempt the shot does not drop behind or below the shoulder.

Weight	Division
4 lbs.	All: Grades 1-4
6 lbs.	All: Grades 5 & 6 Girls: Grades 7 & 8
4kg	Boys: Grades 7 & 8

4. It is a foul if the competitor:
 - a. After stepping into the circle, fails to pause before starting the put.
 - b. Once in the circle, touches the circle or the ground outside the circle during the put.
 - c. Allows the shot to drop below the shoulder or go behind the back of the shoulder during the put.
 - d. Touches the top or end of the stop board before the put is marked.
 - e. Puts the shot so it lands outside the sector lines.
 - f. Does not exit the back half of the circle.
 - g. Leaves the circle before the shot has landed.
 - h. Fails to initiate an attempt within one minute.
 - i. Uses the “cartwheel” technique of shot putting.
5. The put will be measured to the nearest lesser ¼ inch, from the nearest edge of the first mark made by the shot to the inside edge of the stop board nearest to the mark along the extended radius of the circle.

C. Discus

1. All practice and competitions of the discus event are to occur in a cage that meets National Federation

specifications.

2. Discus - A 1.0 kilogram (1K) rubber discus will be used for all competitions
3. Taping any part of the hands or fingers is not permitted unless there is an open wound. Taping the wrist is permitted.
4. Gloves are not permitted.
5. A legal throw shall be made when, after entering the circle, the athlete pauses and throws with one hand only.
 - a. 6th Grade - Only Power Position may be used. No Spinning.
6. It is a foul if the competitor:
 - a. After stepping into the circle, fails to pause before starting the throw.
 - b. Once in the circle, touches the circle or the ground outside the circle during the throw.
 - c. Throws the discus so it lands outside the sector lines or hits the cage or something outside the sector lines.
 - d. Does not exit the back half of the circle.
 - e. Leaves the circle before the implement has landed.
 - f. Fails to initiate an attempt within one minute.
7. The put will be measured to the nearest lesser whole inch, from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle nearest to the mark along the extended radius of the circle.

D. Long Jump

1. The competitor may attempt to jump in any manner, provided the takeoff is from one foot.
2. It is a foul if the competitor:
 - a. Allows their shoe to extend over the foul line or make a mark in front of it on takeoff.
 - b. Runs across the foul line or foul line extended.
 - c. During the jump, does not keep the head in the superior position (no somersault).
 - d. In the process of landing or leaving the pit, touches the ground outside the landing pit nearer to the foul line than the nearest mark made in the landing pit.
 - e. Fails to initiate an attempt within one minute.
3. The judges shall hold the tape so that all measurements are read from the front edge of the takeoff board. Measure the jump to the nearest lesser $\frac{1}{4}$ " from a point along the foul line (or extension) perpendicular to the point in the pit touched by the competitor or apparel of the jumper nearest the foul line.

E. Standing Jump

1. The competitor may attempt to jump in any stationary manner, provided the takeoff is from two feet.
2. It is a foul if the competitor:
 - a. Allows their shoe to extend over the foul line or make a mark in front of it on takeoff.
 - b. Hops or has the feet shuffle or leave the ground before an attempt
 - c. During the jump, does not keep the head in the superior position (no somersault).
 - d. In the process of landing in the pit or leaving the pit, touches the ground outside the landing nearer to the foul line than the nearest mark made in the landing pit.
 - e. Fails to initiate an attempt within one minute.
 - f. Takes a jump while wearing spikes or shoes that can hold spikes.
3. The judges shall hold the tape so that all measurements are read from the front edge of the takeoff board. Measure the jump to the nearest lesser $\frac{1}{4}$ inch from a point along the foul line (or extension) perpendicular to the point in the pit touched by the competitor or apparel of the jumper nearest the foul line.

F. High Jump

1. Crossbar must be non-metal and at least 12 feet in length but no longer than 14 feet 10 inches.
2. Upright Standards shall be at least 12 feet apart and placed so that the long dimension of the crossbar platforms point toward the opposite crossbar.
3. The landing pad shall not be less than 16 feet wide by 8 feet deep. The pad shall be high enough and of a composition to provide a safe landing.

4. The competitor may attempt to clear the bar in any manner, provided the takeoff is from one foot.
5. The competitor will be eliminated as soon as they have reached three (3) consecutive misses.
6. The competitor that has passed three (3) consecutive heights may be permitted one warm-up jump without the crossbar in place. The warm-up must occur at the time of the height change.
7. Starting Heights maybe adjusted with the approval of the meet director.
8. Starting heights for the regular season and area meets will be as follows:

	Boys	Girls
5 th Grade	3'0"	3'0"
6 th Grade	3'6"	3'4"
7 th Grade	3'8"	3'6"
8 th Grade	4'2"	3'8"

- a. In the Diocesan Championship, the starting height will be 4" below the lowest qualifying height.
9. The bar will move up at increments of 2" until a winner is declared, after which the winner can determine what height they will attempt.
10. It is a foul if the competitor:
 - a. Displaces the bar in an attempt to clear it.
 - b. Breaks the plane of the crossbar without clearing the bar.
 - c. After clearing the bar, contacts the uprights and displaces the bar or steadies the bar.
 - d. Fails to go over the bar.
 - e. Fails to complete an attempt within one minute.
11. The crossbar and standards should be marked so that they may be replaced in the same manner for each competitor. Measurements should be made from a point on the takeoff plane to the lowest point on the upper side of the crossbar.
12. Determining places when athletes are tied at height cleared:
 - a. The competitor with the fewest number of trials for the last height successfully completed shall be awarded the higher place.
 - b. If the tie still remains, the competitor with the fewest total number of successful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place (passed trials do not count as misses).
 - c. If the tie remains and does not involve first place or a qualifying position, the competitors shall be awarded the same place.
 - d. If the tie remains and involves first place or a qualifying position, the competitors shall make one more attempt at the last failed height. If no decision is reached, the bar is lowered by 1 inch intervals until cleared. If two or more of the tying competitors cleared the height, the bar shall be raised by intervals of 1 inch until a winner is determined. Each competitor is given one attempt at each height in a jump-off. Passes are not permitted in jump-offs.

SECTION 13 - CAUTION AND DISQUALIFICATION

- A. Teams and individuals are expected to conduct themselves in a manner that the meet officials and CYO Administration feel shows respect and dignity toward its opponent.
- B. A coach or participant ejected from an entire meet for any reason shall be subject to the penalties and requirements of Bylaw 9. A player or coach ejected from the game must fulfill the requirements of Bylaw 9 prior to returning to practice or participation in any game.
- C. Any participant, coach or other person who is ejected from an entire meet twice during the course of the season will be suspended for the remainder of the season and may be subject to additional disciplinary action.

(Updated March 2026)