



CMAC Track Rules

- 1) The general rules the CMAC will follow are the National Federation of State High School Associations Track and Field Rulebook. Copies are available through the CMAC President or Vice President and online at:

<http://www.nfhs.org>

- 2) Exceptions to the rulebook are made to best suit our league. Rules may be changed during the season to best suit the CMAC.

- 3) Points and ties:

Mini-meets:

Top three score 10, 8, and 6 points. No more than 24 points are available for an event. If there is a tie, the points are split. Examples: A tie for first awards both athletes 9 points and no 2nd place is awarded. A tie for second is worth 7 points each and no third place is awarded. A tie for third is worth 3 points each. If more than two athletes tie, the points are divided by the number of athletes involved in the tie.

Relays at mini meets are scored double. The top three teams receive 20, 16, and 12 points respectively.

Championship meet:

Top 8 score 10, 8, 6, 5, 4, 3, 2, and 1 point respectively. Like mini-meets, there will never be more than 39 points awarded for an event. Relays at the championship meet are scored double. The top eight teams receive 20, 16, 12, 10, 8, 6, 4, and 2 points respectively.

- 4) Tiebreakers:

In field events, the second best distance of the tied athletes breaks the tie. If the second distance is also a tie, the third distance breaks the tie. If all three are the same, a tie is awarded and the points are split.

- 5) The eyeball of a race is the final call on the places awarded for that event, not the timers. Each meet should have 2-3 people assigned to eyeball the finish line.

- 6) The Vortex throw is a measure of distance and accuracy. A 300ft. tape measure is placed on the infield of the track. The vortex throw is measured with a raw distance, then the distance away from the 300 ft. tape is subtracted from the raw distance. There is a starting line that if crossed is marked as a scratch.
- 7) The Shot Put also has a scratch line. It usually is a circle that the athlete may not exit until the distance is recorded.
- 8) The Long Jump is measured from the closest point indented in the sand to the jump line.
- 9) The Mixed Age Relay is a CMAC only event. It is an extra, non-scoring 4x100 team relay that allows greater participation in the CMAC track league. Although no points are awarded, the children receive ribbons just like any other event.
- 10) Each team can use 3 athletes per event at the mini-meets and 2 athletes per event at the championship meet.
- 11) Each athlete may participate in up to 4 events.
- 12) An athlete may not participate in the same event for two different grade levels. If someone participates in the 7th grade long jump, that person may not participate in the 8th grade long jump as another of his/her four events.
- 13) CMAC Track and Field is the first taste of track for most of our athletes. Combing the rulebook and disqualifying kids should not be the practice of meet directors. If no advantage is gained during a violation of a rule, the event should be left alone.

Example:

Pacing. Pacing is when a runner not racing runs along side a runner who is racing. Middle school athletes have no idea how to pace or how to take advantage of pacing. An athlete who runs alongside a competing runner cheering is not giving that runner an advantage over the rest of the field. Our coaches should tell the pacing athlete to quit pacing. The meet director should allow the finish to stand as is.