

ALL-SITA RULES & GUIDELINES

1. Meet will start promptly at 5:00 PM. Please arrive no later than 4:30 PM, and turn in your completed roster at scorer's table on arrival. If possible e-mail roster to mlmcevoy@verizon.net before the meet.
2. RELAYS, MILE, SOFTBALL THROW and JUMPS: Schools that finished in the top 3 placements in the Championship Meet are eligible to compete in the ALL-SITA Meet. No substitutions will be permitted.
3. SPRINTS: Schools that finished in the top 4 placements in the Championship Meet are eligible to compete in the ALL-SITA Meet. No substitutions will be permitted.
4. Only first place awards will be given, no other places awarded at this meet.
5. Rules for regular meets apply:
 - a. Students are allowed to participate in a maximum of three events:
 1. 4 x 75-meter relay
 2. sprint or field event (**NOT BOTH**)
 3. 4 x 200 Relay or Mile (**NOT BOTH**)
 - b. ***NOTE TO HOLBEL LEAGUE COACHES: Hoebel will not run a CO-ED 800 relay.
 - c. AGE REQUIREMENTS: A student's age will be determined by his/her age on April 26th.
 - d. UNIFORMS: Not required but one color or some distinguishing marking helps.
 - e. PACING: No pace runners whatsoever during the mile or any of the relays.
 - f. SPIKES – STARTING BLOCKS: No running spikes of any kind, no starting blocks.
 - g. JEWELRY: We recommend “no jewelry”.
 - h. OFFICIALS: Coaches and school parents are the officials. Each school should have adults available to help with events. The head official and or directors will make the final call on rule infractions.
 - i.
6. DISQUALIFICATIONS: Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but is not limited to, disrespecting addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel. PENALTY: Disqualification from the event and further competition in the meet. Disqualification of a coach or other personnel shall be from further involvement in the meet. UNACCEPTABLE conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action, which could bring discredit to the individual or his/her school. SITA disapproves of any form of taunting that is intended or designed to embarrass, ridicule, or demean others under any circumstances including on the basis of race, religion, gender or national origin.