

# SITA RULES (updated 11/01/11)

1. INSURANCE: Each school is responsible for its own insurance and for any injuries that may befall its students. It is highly recommended that each student have a sports physical.
2. AGE REQUIREMENTS: A student's age will be determined by his/her age on April 26th. This is not changed by a subsequent birthday during the season. IE: If a student turns 13 on April 26th, this student is considered to be 13 for the entire season. If a student turns 13 on the following day, he/she is considered to be 12 for the season.
3. EVENTS: Students are allowed to participate in a maximum of three events (most will compete in only two):
  - One 300 (4 x 75) meter relay (including Bubble Gum Relay)
  - One sprint **or** One field event (**NOT BOTH**)
  - One 800 (4 x 200) Relay **or** the Mile (**NOT BOTH**)
4. . SPRINT: Athletes who compete in a sprint **will not compete** in a field event. Each school will be assigned two sprint lanes per event:
  - 8/under boys and girls-60 meter
  - 9,10,11,12,13,14/under boys and girls-75 meterThere is no 15/under sprint. A 15 year old may not compete in the 14/under or any other relay or sprint.  
**EXCEPTION:** 15 year olds may compete in the 800 relays or the mile. Older athletes may not compete in younger age groups; younger athletes may compete in older age groups per the discretion of their coaches.  
Regarding staying in lanes for sprints: The athletes should stay in their lanes, but should they veer to the left or right and in no way impede another runner, they will be allowed to complete the race without being disqualified. If there is any interference with a runner in his/her correct lane, they will be disqualified. Determination will be made by the officials.
5. FIELD EVENTS: Athletes who compete in a field event **will not compete** in a sprint. No one will be on the infield unless they are participating in a field event "that is in progress". Coaches must fill out event rosters prior to the start of these events at the scoretable. Four boys and four girls per school per event.

Standing Jump	9/under
	11/under
Long Jump	13/under
	15/under
Softball Throw	
	9/under
	11/under
	13/under
	15/under
6. RELAYS: Each school will be assigned two 300-meter relay lanes with 4 students in each lane (4-10/under, 4-12/under and 4-14/under =total 24 boys and 24 girls).
7. 800-METER-RELAY: (Girls, Boys and Co-Ed) students may participate in this event as a 3rd competition-one team per school per event. Co-ed must be two boys and two girls. Athletes competing in this event may not compete in the mile.  
**New in 2012:** non-scoring 800 relay for **10 to 12-year olds**. This will be a mixed relay meaning that either boys or girls can be included, no specific number of either gender ( 2 boys, 2 girls, or 3 boys, 1 girl, all boys, all girls, etc), and no points will be awarded. The race will take place before the other scoring 800's. Each school will be allowed to enter two teams of four.
8. MILE: After the sprints and during the field events, 2 boys and 2 girls runners compete. **There will be no extra athletes in this event.** Athletes competing in this event may not compete in the 800 relay. Minimum age: 10 by April 26th.
  - a. Boys – Girls running separately: 6 runners, 2 per school.
  - b. Co-Ed Mile: Max 12 per race - 2 male ,2 female per school.
9. UNIFORMS: Not required but one color or some distinguishing marking helps.
10. BUBBLE GUM RELAYS: Athletes in Grade 4 and under are eligible. Athletes who compete in the Bubble Gum races are not eligible to compete in a 300 (4 x 75) relay. There will be a maximum of two heats for bubble gum races. Each school will be allowed two bubble gum teams; they may add other teams based on schools not filling all lanes. There will be a non-descriptive ribbon given out to "each" participant. Since points are not awarded for the bubble gum races, participant ribbons will be awarded to each member of the teams. At this age emphasis should be on participation and practice rather than placement in the race. In this way "every" bubble gum racer will feel important.

11. PACING: No pace runners whatsoever during the mile or any of the relays.

12. SPIKES – STARTING BLOCKS: No running spikes of any kind, no starting blocks.

13. JEWELRY: We recommend “no jewelry”.

14. 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. Finish Line judges at all races have the final decision on times and placement. Video or other digital images will not be considered in the outcome of the race.

15. SCORING TRIANGULAR MEETS: Runners will be awarded places by eye-not time! Baseball throw will be measured to the lesser inch. Jumpers will be measured to the nearest lesser 1/2 inch.

- 1st Place – 5 points
- 2nd Place – 3 points
- 3rd Place – 2 points
- 4th Place – 1 point

16. TIES IN FIELD EVENTS:

- a. Softball throw – When there is a tie have the athletes involved throw again to determine a winner.
- b. Jump – go to next longest jump to determine place even if it is shorter than the next untied place.

17. EQUIPMENT: Each school must bring: 2 stopwatches, 100 ft. measuring tape, 25 ft. measuring tape, first aid kit, rake and shovel.

18. CANCELLATIONS Lightening-cancellation is immediate!! If all relay (not including 800’s) and 8, 9, 10 and 11/under sprints have been completed and cancellation is necessary, the meet stands. No re-schedule!

19. DISQUALIFICATIONS: This shall apply to all coaches, contestants and other team/school personnel. 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.

20. S.I.T.A (Southtowns Invitational Track Association) is held for the sole benefit of your student athletes. Team standings, points, etc. are not considered when decisions are made. We believe the education that can be gained through athletics is a very important part of being a good citizen and neighbor. *SITA was formed in 1982, and has served thousands of "OUR KIDS"!!!*

#### CONVERSION TABLE

8 BOYS AND GIRLS	60 METER SPRINT	196'10"
9 THRU 14 BOYS AND GIRLS	75 METER SPRINT	246'
10,12,14 BOYS AND GIRLS RELAYS	300 METERS (4 x 75 METER)	984'
BOYS, GIRLS & CO-ED	800 METER RELAYS (4 x 200 METER)	2624'
BOYS AND GIRLS ONE MILE RUN	1 MILE	5,280'