

ILLINOIS LUTHERAN CHAMPIONSHIP

TRACK AND FIELD MEET

GRADE SCHOOL RULES

(Latest Revision: Jan 18, 2025)

Revised 2.05

Added 7.05

FORMAT

- 1.01 There shall be two divisions of individual and school team competition based upon sex and as further defined herein.
- 1.02 Each division shall consist of all events as defined in the rules of the National Federation of State High School Associations (NFHS), as amended by the rules of the Lutheran Sports Association of Illinois, Inc. ("LSA").
- 1.03 The state meet shall be conducted annually during the month of May.
- 1.04 The school team competition shall be based upon a point standing. The points awarded shall be based upon the results of all events in the applicable division of play.
- First Place – 10 Points
 - Second Place – 8 Points
 - Third Place – 6 Points
 - Fourth Place – 5 Points
 - Fifth Place – 4 Points
 - Sixth Place – 3 Points
 - Seventh Place – 2 Points
 - Eight Place – 1 Point

PARTICIPANT SELECTION CRITERIA

- 2.01 The LSA Board of Directors shall select, or cause to be selected by whatever means in their opinion is appropriate in the circumstances, the most representative individuals in the state (also see Rules 2.02 and 2.03) for participation in each division.
- 2.02 The LSA Board of Directors reserves the right to install general and specific qualifying standards for each event.
- 2.03 All athletes must qualify by time or distance. Qualifying times and distances and the fee amounts will be determined by the Lutheran Sports Association of Illinois and will be made available by March 1st of each year.

- 2.04 Each individual shall be limited to participation in four (4) events, of which no more than three (3) can be individual events. Each school shall be limited to one (1) entry in each relay event and three (3) individual entries in every individual event.
- 2.05 Schools may enter up to **six** participants for each relay. Schools may use any of those **six** participants in any of the heats for that particular relay. That relay will count as an event for each participant regardless of if they actually participate or not. The LSA will provide **six** awards in cases where schools have entered **six** participants. The only substitutions allowed for relays teams will come from the participants registered as part of the relay team. The team will consist of four participants plus **two** alternates allowing each relay team to have up to **six** members listed. **No changes can be made once the entry deadline has passed.**
- 2.06 Once the official school representative has scratched a competitor from an event, they will not be allowed to reenter that event.

SCHOOL TEAM ELIGIBILITY

- 3.01 For the state meet, all member grade schools of the Lutheran Sports Association of Illinois which have one or more individual students participating in the state meet shall be automatically entered in the school team competition.
- 3.02 Each school team is allowed a maximum of two persons in each division to function as coach, manager, or statistician. Each school will be allowed a total of four persons to serve in the capacity of coach, manager, or statistician. Each School must designate one person to serve as head coach and must have at least one person who must be at least twenty-one years of age to function in one of the above capacities.
- 3.03 Each participating school is required to provide at least 1 volunteer to help with the administration of the meet. These volunteers will be used with field event management, meet administration, etc. These volunteers may be coaches, parents, or fans of high school age or older. Schools may specifically request participation in a certain event. These volunteers may be coaches, fans, or parents. But they will not be allowed to coach athletes while volunteering. Schools are not limited to one volunteer and may provide more if necessary. All volunteers will receive free admission for the weekend.

PARTICIPANT ELIGIBILITY

- 4.01 Players must be students of the sponsoring grade school and have complied with the eligibility rules of their league(s) and/or tournament(s). A student is defined as a full-time student of the participating school. To participate in the Tournament of Champions, players must have been full-time students before February 10 of the given tournament year.

Illustrations

Q: A home schooled student is taking PE and choir at our school. They want to compete in athletics. Our School Board has granted her permission to play. Is she eligible for STATE events?
A: No, she is not eligible for STATE events as she is not full time student.

Q: Our school offers an open gym program for the local public school students. They often practice with us. Are they eligible for STATE events?
A: No. They are not full time students at your school.

- 4.02 No student is eligible to participate in the same sport for two different schools during the same academic year. A student becomes a member of the school team when he/she participated in a practice or athletic contest.
- 4.03 A student who transfers his/her attendance from one school to another shall become eligible upon completing the eligibility requirements.

Illustrations:

Q: My daughter played volleyball in the spring at one school. She transferred schools and played volleyball in the fall at another school. Is she eligible?

A: Yes. It is a new school year.

Q: My son started the basketball season at one school. Due to circumstances we transferred him to another school. He would like to play basketball there. Is he eligible?

A: No, but if you believe special circumstances may apply an exemption letter for the Board of Directors consideration and acceptance will need to be written as per the directions in rule 10.07.

4.04 All students shall be in grades three (3) through eight (8) and shall not have passed eighth grade standing. Students who have met or completed the requirements for the eighth grade are not eligible.

4.05 For the purpose of meeting the requirements of Rules 4.01 and/or 4.02, a school will be considered to have had one 7th and/or 8th grade basketball roster whether that be a single team or a combined school roster for boys and/or one 7th and/or 8th grade basketball roster whether that be a single team or a combined school roster for girls during the current season.

Illustrations:

Q: Our school would like to combine our teams for the state tournament. We would like to have our 5&6 team suit up and play with the 7&8 team. What do I need to do?

A: All of these athletes are eligible. You will need to list all of the players on the tournament application.

4.06 Any individual unable to comply with Rules 4.01 through 4.05, as applicable, will not be permitted to participate in the Tournament of Champions.

4.07 No student shall be a member of a high school team.

Illustrations

Q: I have a player who is playing on a "high school feeder team." This team is comprised of students in grades 7-8. Is he eligible?

A: Yes

4.08 A player must not have reached the age of fifteen (15) prior to the first day of September.

4.09 If a player turns fifteen (15) years old prior to the first day of STATE competition, the principal must send a letter using the school letterhead that verifies that the player has been a student for the entire school year. The letter should be sent to the event chairperson.

Illustrations

Q: I have a player who is turning fifteen in October. What steps do I need to follow to insure his eligibility?

A: The principal must send a letter using the school letterhead that verifies that the player has been a full time student for the entire school year. The letter should be sent to the event chairperson.

Q: I have a player who will be turning fifteen on the second day of the STATE competition. Is she eligible?

A: Yes.

Q: I have a player who will turn fifteen a few days after the STATE tournament. Is he eligible?

A: Yes.

SCHOOL TEAM ENTRY APPLICATION

- 5.01 Each sponsoring school is required to submit by the entry deadline date, an entry application and applicable entry fees in the form of a check or money order made payable to the *Lutheran Sports Association of Illinois, Inc.*
- 5.02 All entry applications must be approved by the principal of the sponsoring school and must bear the official school seal.
- 5.03 Applications of event champions who do not meet official qualifying standards, if any, must also be acknowledged and approved by the applicable league or meet chairman.
- 5.04 All entry applications must contain the following information for each participant: Full name, date of birth, year in school, event(s), qualification criteria and certification by the sponsoring school's principal.
- 5.05 All entry applications must bear the signature of an authorized official of the school, agreeing to waive all responsibility of the LSA, the meet hosts, the meet site, and meet officials and/or volunteers for any injury to any participant or damage of any equipment used in the state meet.
- 5.06 Acceptance of entry applications shall be final and entry fees accompanying approved applications shall not be refundable.

EQUIPMENT

- 6.01 All individuals and school teams are required to supply their own practice, competition and locker equipment. However, the LSA Board of Directors reserves the right to have all participants use LSA-supplied equipment in competition.
- 6.02 Under no circumstances will a player be allowed to participate in an event without conventional track and/or field attire and conventional gym, track and/or field shoes.

COMPETITION RULES

- 7.01 National Federation of State High School Associations track and field rules shall govern competition, except where specifically superseded by LSA rules.
- 7.02 The state meet shall have one or more Meet Chairman (men), one Track Events Coordinator, one Field Events Coordinator, and Event Coordinators, scorekeepers, timekeepers and other officials deemed necessary by the LSA Board of Directors.
- 7.03 A Games Committee may be appointed for the Lutheran Sports Association State meet. The Games Committee shall be comprised of the State Meet Director(s) and three (3) head coaches as selected by the Board of Directors or their representative. The Games Committee shall render a decision on questions that might arise on the day(s) of the State meet regarding the legality of an entry under existing rules. The Games Committee shall act as the final Jury of Appeals for all final appeals of officials' decisions. At the State Final Meet, the Jury of Appeals shall act in accordance to National Federation Rule 3-5.

Note 1: All appeals of officials' decisions shall be submitted in writing to the Jury of Appeals by the head coach within 30 minutes of posting the results of the event.

Note 2: In ruling on such final appeals of officials' decisions, the Jury of Appeals shall determine if a rule has been misapplied (judgment calls are not appealable). The Jury of appeals shall not set aside or waive the provisions of any Track and Field Rule or LSA State Rules.

Note 3: The decision(s) of the Meet Referee and Jury of Appeals shall be final in matters pertaining to the Lutheran Sports Association of Illinois Track and Field Rules. The LSA will not review officials' or Jury of Appeals decisions whether alleged errors are due to faulty judgment or misinterpretation of the rules.

Note 4: No LSA/NFHS rule may be set-aside or ignored by the Games Committee/Jury of Appeals.

7.04 Any protest must be submitted to the LSA Board of Directors in accordance with National Federation of State High School Associations rules immediately following the incident being protested. Competition in the event(s) affected shall be suspended while the Directors adjudicate the protest, and the judgment rendered may not be appealed once competition resumes.

7.05 Any protest in regards to the entry and registration process must use the following process:

- a.** The protest must be within 24 hours of the entry deadline.
- b.** The protest must be in writing.
- c.** The protest must be submitted to the Event Director of grade school activities.
- d.** The Board of Directors will hear the protest and make their decision.
- e.** All decisions of the Board are final.
- f.** The Event Director will communicate with the protesting school the results of the protest.

AWARDS

8.01 In each event of each division of competition, one medallion shall be awarded to the first, second and third place finisher and one place ribbon shall be awarded to each other participant in the finals of the event.

8.02 In each division of competition, a school team trophy shall be awarded to the schools which, by virtue of total team points awarded, accumulate the first, second and third most team points. One place ribbon shall be awarded to the fourth through eighth place teams.

GENERAL

9.01 The Principal, and the Principal's designees, shall be responsible to the LSA and STATE hosts for matters pertaining to all athletic and non-athletic activities of their school at the STATE meet. In addition, they shall be responsible to insure that their school is properly represented at all STATE events and shall be responsible for the conduct of their participants and other persons from their school, including spectators. Coaches, managers and squad captains shall also be responsible for individual and team conduct both at and away from all meet sites.

9.02 It is the clear obligation of students, school staff, boards of education and all other official representatives of participating schools to practice and promote the highest principles of Christian behavior, sportsmanship and ethics of competition. It is also their obligation to maintain proper crowd control at all STATE activities. The LSA, its directors, volunteers, host schools, tournament sites and tournament officials shall have no responsibility for crowd control nor of the actions of school representatives, including spectators. The Board of Directors shall have full authority over all schools, their representatives and

spectators and shall have full authority, at its sole discretion, to penalize any school, any of whose representatives or spectators may be adjudged upon competent evidence to have violated these obligations.

- 9.03 General schedules will be on the LSA website approximately ten days before the first date of competition. Official, specific schedules shall be available to all participants when they register at a specified meet site.
- 9.04 Individuals and school teams must comply with the eligibility rules of their own league and/or meet and the state meet.
- 9.05 These rules will not operate to make an individual or school team eligible when such individual or school team would be ineligible under the rules of a school's regular season league(s) and/or meet(s). The rules of an individual or school team's regular season league(s) and/or meet(s) will not operate to make an individual or school team eligible for the state meet when such individual or school team would be ineligible under state meet rules.
- 9.06 Requests for granting of exceptions to published rules must be submitted in writing to all members of the LSA Board of Directors, as noted on the LSA's official letterhead stationary, no less than fifteen (15) days before the date by which a ruling on such requests is required.
- 9.07 Supplementary rules may be issued for each state meet and, if issued, become and are considered to be a part of these rules and regulations.

FIELD EVENT PROCEDURES

HIGH JUMP

- H.01 Each competitor shall be allowed a minimum of one practice jump.
- H.02 Participants who miss three (3) times at a given height are eliminated from the field.
- H.03 All competitors must give priority to the high jump. Contestants in more than one field event should be at the high jump area at the start of field events and make up their other events later.
- H.04 The bar will be raised in 5cm increments until eight (8) participants remain. Thereafter, the bar will be raised in 2cm increments.
- H.05 A competitor may pass and not take their turn, but must clear at least one height to be awarded a place. Once a participant attempts a height, he/she must clear that height to remain in the competition. Once the competitor attempts a height, he/she has three attempts to clear that specific height, and must clear that height to remain in the competition.
- H.06 A competitor may attempt to clear the bar in any manner, provided that the take off is from one foot.
- H.07 Misses include: a) knocking down the bar or standards; b) breaking the vertical plane of the bar (either ground or pit) without clearing the bar; or c) not completing a trial within 90 seconds of notification.
- H.08 If a tie exists then the following procedure(s) will be used to break the tie:
 - a. The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height

successfully cleared, shall be awarded the higher place.

b. If the tie still remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.

c. Passed trials shall not count as misses.

d. If the tie remains after applying (a) and (b) and:

1. It concerns first place, the competitors tying shall make one more attempt for the height at which they failed. If no decision is reached, the bar shall be lowered by one inch. If two or more of the tying competitors clear the height, the bar shall be raised by intervals of 1 inch. Each competitor shall attempt one trial at each height until the winner is determined.

2. No passed heights shall be permitted in the jump-offs.

NOTES:

1. If the height which the tied competitors last attempted is not the same, because of a passed height by one or more of the remaining competitors, the bar shall be lowered to the lowest height last attempted by any of the remaining competitors to begin the jump-off. 2. No passed heights shall be permitted in the jump-offs.

2. The tie concerns any place other than first place, the competitors shall be awarded the same place.

3. A competitor shall be credited with his/her best achievement if it occurs in a jump-off for first place.

LONG JUMP

L.01 Each competitor shall be allowed a minimum of one practice jump that is not measured.

L.02 Participants will receive four (4) jumps. There will be no finals.

L.03 If a contestant is involved in another event, he/she will be allowed to complete the jumps that he/she missed.

L.04 The sand must be leveled after each jump during the competition.

L.05 The jumper shall take off from behind the scratch line or the scratch line extended. If the jumper's shoe extends over the scratch line, the jump shall count as a trial, but not be measured. It shall also count as a trial, but not be measured, if a competitor runs across the scratch line extended.

L.06 Each legal jump shall be measured perpendicularly from the scratch line (or its extension) to the point in the pit touched by the person or apparel of the jumper that is nearest the scratch line. Jumpers must walk forward out of the pit away from the scratch line.

L.07 Each jump shall be measured to the lesser cm.

L.08 If a tie exists, the length of the second longest jump will be used to determine the higher place.

TRIPLE JUMP

T.01 Each competitor shall be allowed a minimum of one practice jump, which is not measured.

T.02 Participants will receive four (4) jumps. There will be no finals.

T.03 If a contestant is involved in another event, he/she will be allowed to complete the jumps that he/she missed.

- T.04** The sand must be leveled after each jump during the competition.
- T.05** The jumper shall take off from behind the scratch line or the scratch line extended. If the jumper's shoe extends over the scratch line, the jump shall count as a trial, but not be measured. It shall also count as a trial, but not be measured, if a competitor runs across the scratch line extended.
- T.06** Each legal jump shall be measured perpendicularly from the scratch line (or its extension) to the point in the pit touched by the person or apparel of the jumper, which is nearest the scratch line. Jumpers must walk forward out of the pit away from the scratch line.
- T.07** Each jump shall be measured to the lesser cm.
- T.08** If a tie exists, the length of the second longest jump will be used to determine the higher place.
- T.09** The hop shall be made so that the competitor shall first land upon the same foot with which he/she had taken off. In the step, the competitor shall land on the other foot from which the jump is subsequently performed.
- T.10** If a competitor, while jumping, touches the ground with a trailing leg, it shall be considered a trial, but not be measured.

DISCUS

- D.01** Each competitor shall be allowed a minimum of one practice throw, which is not measured.
- D.02** Participants will receive four (4) throws. There will be no finals.
- D.03** All competitors may use the 1 Kilogram discus provided by the STATE officials.
- D.04** A competitor must start from a stationary position inside the circle.
- D.05** It is a foul if the competitor, after stepping into the circle, fails to pause before starting the throw, or touches the circle (not including the inner face of the circle) or the ground outside the circle before the throw is marked. A foul throw is counted as a trial, but will not be measured.
- D.06** Measurement shall be made from the nearest edge of the first mark made by the discus to the point on the inside edge of the circle in line with the center of the circle. Measurements shall be made to the lesser 1cm.
- D.07** If a tie exists, the length of the second-best throw shall be used to determine the higher place.
- D.08** No taping of the hands or fingers is allowed. Gloves are not allowed.
- D.09** If a contestant is involved in another event, he/she shall be allowed to complete the throws that he/she missed.

- D.10** The LSA must approve all throwing implements for use during competition. Any approved implements are to be made available for all competitors. The official weight of the discus to be used is 1K. The LSA is not responsible for loss or damage of personal implements.

SHOT PUT

- S.01** Each competitor shall be allowed a minimum of one practice put which is not measured.
- S.02** Participants will receive four (4) puts. There will be no finals.
- S.03** All competitors may use the 4 Kilogram shot put provided by the STATE officials.
- S.04** A legal put shall be made from the shoulder, with one hand only, so that during the attempt, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle.
- S.05** It is a foul if the competitor, after stepping into the circle, fails to pause before starting the put, or touches the circle (not including the inner face of the circle) or the ground outside the circle before the put is marked. A foul put is counted as a trial, but will not be measured.
- S.06** Measurement shall be made from the nearest edge of the first mark made by the shot to the point on the inside edge of the circle in line with the center of the circle. Measurements shall be made to the lesser cm.
- S.07** If a tie exists, the length of the second-best put shall be used to determine the higher place.
- S.08** If a contestant is involved in another event, he/she shall be allowed to complete the puts he/she missed.
- S.09** The LSA must approve all throwing implements for use during competition. Any approved implements are to be made available for all competitors. The official weight of the shot put to be used is 4K. The LSA is not responsible for loss or damage of personal implement.