



**JCC Association  
of North America**



## **Track and Field**

### **1. RULES AND REGULATIONS**

- 1.1 The JCC Maccabi Games Track & Field competition shall be conducted under the following rules and regulations except as they may be modified by the Sports Advisory Committee (SAC).
- 1.2 The competition in Track & Field (T&F) shall be conducted in accordance with the USA Track & Field (USATF) competition rules-youth athletics in force at the time of competition. In the event of a conflict between the USATF rules and the rules and regulations below, the JCC Maccabi Games rules shall apply.
- 1.3 The Organizing Committee of the Host Community shall establish a Track & Field Committee, with an overall Track & Field commissioner, to oversee and run the competition, and to resolve any controversies that arise. The decisions of the Track & Field Committee and/or the overall Track & Field commissioner with respect to protests, disputes, and appeals shall be final. Protests must be submitted in writing within thirty (30) minutes after the completion of a game, and shall relate solely to the interpretation of the rules.
- 1.4 Prior to the start of the Games all rules questions shall be resolved by the Track & Field Committee, in consultation with the SAC, in accordance with the USATF rules in force during the previous Track & Field season (See Rule 1.2).
- 1.5 The Organizing Committee of the Host Community shall appoint a meet director and other registered USATF Officials as necessary, including the referee and starter.
- 1.6 The track commissioner shall e-mail the coaches and delegation heads the seed list of athletes and their events no later than the Wednesday prior to the Games.
- 1.7 At the conclusion of each day's events, the track commissioner shall have

the timing company provide a printed copy of the day's results for use at the awards ceremony and, upon request, a copy to coaches (not athletes).

- 1.8 Athletes participating in the JCC Maccabi Games Track and Field meet that do not have a coach, will be assigned to a qualified coach before the start of the first day events. These athletes will still represent their delegations.
- 1.9 Rachmanus Rule--Rachmanus plays a key role in athletics and the JCC Maccabi Games. Compassion and good sportsmanship shall be displayed by athletes, coaches and spectators at all times during the JCC Maccabi games both on and off of the playing field. For more information, please refer to the "Rachmanus Rule."

## **2. VENUE AND EQUIPMENT REQUIREMENTS**

- 2.1 The Organizing Committee of the Host Community, acting through its Track & Field Committee, shall ensure that the following venue requirements are met:
  - 2.1.1 400 meter all weather surface track with appropriate lane, event, and relay zone markings; an eight (8) lane, all weather, properly marked track is strongly preferred;
  - 2.1.2 High Jump, Long and Triple Jump pits, and a Shot put circle with a toe board.
- 2.2 The Meet Director shall provide the following equipment, and ensure that such equipment is in good condition:
  - 2.2.1 Starting blocks for each lane
  - 2.2.2 Adjustable hurdles
  - 2.2.3 Shot puts, at the proper weights (see rule 4.5.2)
  - 2.2.4 Automatic timing with hip numbers shall be used which shall pick and time the finishers, advance competitor to the next round, and select their lanes and print results of all races and field events. It is recommended to use a Finish Linx system or equivalent.
- 2.3 The Meet Director shall advise the participating Delegations and the T&F coaches, if possible, as to the maximum spike length allowed at the facility.

- 2.4 Each delegation is responsible for providing its own batons for relay races. Note: Please inform delegation heads about this yearly. Alternately, I can donate batons to you to bring to all future Maccabi Games. If you chose this, please add a new rule that the track commissioner must collect the batons at the end of the final day's events and return them to your attention at Maccabi Central

### **3. COMPETITORS**

- 3.1 There shall be no limit on the number of competitors a delegation may enter in an individual event in each age/gender group.
- 3.2 A competitor may not compete in more than FIVE (5) individual events plus two (2) age/gender group relays, two (2) coed relays, and one (1) sprint medley relay, for a maximum of ten (10) events with the following exception.
- 3.2.1 If an optional event is included in the program (See Rule 5.1) a competitor may enter one (1) additional individual event.
- 3.2.2 If the track & field competition is held as a one day or evening event, a competitor may not compete in more than four (4) individual events and two (2) relays.
- 3.3 There shall be no standards for entry in to any event.
- 3.4 All scratches and additions shall be made by the coaches (not any athlete) each morning at trackside 30 minutes prior to the start of the day's events. The sole exception shall be for the events of Monday, which shall be done by the track commissioner and the coaches, or in absence of a coach, the delegation head, no later than the Friday prior to the Games
- 3.5 Each Delegation may only enter one (1) relay team in each age/gender group and coed relay, composed only of competitors from their Delegation with the following exception. A boys' relay team in either age group may include one (1) girl competitor. Boys may not compete on a girls relay team. Combined relay teams, i.e., relay teams made up of runners from several delegations, shall be allowed. A competitor who runs on a delegation relay in a relay event shall not run on a combined relay in that same event.

The track & field committee of the host community shall make up mixed relay teams through a blind draw under procedures established by the SAC. In making up such teams, deference shall be given to competitors who cannot run on a delegation relay because of the size or composition of their delegation. Under no circumstances shall coaches nor athletes be allowed to submit combined relay teams.

A separate mixed relay event shall be held provided at least two (2) combined relay teams can be formed in any age/gender or coed relay. If it becomes necessary to speed up the meet, the delegation relay and the combined relays can be run together, provided there are sufficient lanes with separate medals awarded to each.

- 3.6 Only competitors entered by name, event, and time/distance on the online registration site and confirmed by an athlete's delegation head by JULY 1ST may compete in an event. This rule does not apply to track & field competition held as a one day or evening event that is open to all athletes or under Rule 4.2.1 below.

#### **4. COMPETITION FORMAT**

- 4.1 Competition shall take place in the following age/gender groups: 13-15 Girls, 13-15 Boys, 16-17 Girls, 16-17 Boys.
- 4.1.1 Age/gender groups shall not be combined in any event with the exception of the 1500m, 2000m steeplechase and 3000m. In these events, boys and girls in the same age group shall be allowed to run together at the discretion of the Track & Field Committee.
- 4.1.2 In both individual and relay events, competitors in the younger age group can compete in the older age group (See General Sports Rules, Rule 2.2.1). A younger athlete cannot compete in the same individual event in both the 13-15 and 16-17 age groups.
- 4.2 Events that will be held only if at least three (3) competitors are entered in the event. This rule may be waived by the Meet Director in the interest of maximizing participation.
- 4.2.1 The Track & Field Committee may accept new registrations the day of the event if it appears that the event will be canceled because of a lack of competitors.

- 4.2.2 At his/her discretion, the Meet Director may hold an individual or relay event with only two (2) competitors or two (2) teams.
- 4.3 In the 100m, 200m, 400m, 100m hurdles and the 110m hurdles, competitors (if numbers of entries warrant) shall advance from preliminary rounds to finals using USATF Youth guidelines.
  - 4.3.1 If there are not enough entrants to warrant heats, the event shall be run as a final at the time and date scheduled, i.e., the prelim will be canceled.
  - 4.3.2 Rule 4.3 may not apply when the track & field competition is held as a one day or evening event. In such a competition, all events may be considered finals, and the top three places shall be determined by time.
- 4.4 The high jump, 800m, 1500m, 3000m, and 2000m Steeplechase ~~and all relays.~~
  - 4.4.1 The starting height for the high jump and the increment for raising the bar shall be established for each age/gender group by the Track & Field Committee.
  - 4.4.2 The waterfall start shall be used for the 800m, 1500m, 2000m Steeplechase and 3000m with a maximum of two (2) competitors per lane. If the number of competitors exceeds the number that can be safely accommodated given lane size and track conditions in the judgment of the Track & Field Committee, the events can be run in two (2) sections, with slower section, based on submitted times, going first.
- 4.5 Each long jump, triple jump, and shot put competitor shall be allowed four (4) attempts without any final attempts.
  - 4.5.1 Rule 4.5 may not apply when the track & field competition is held as a one day or evening event. In such a competition, each long jump and shot put competitor shall be allowed three (3) attempts.
  - 4.5.2 A six (6) pound shot shall be used by 13-15 Girls; a four (4) kilo shot shall be used by 13-15 Boys and 16-17 Girls; 16-17 Boys shall use a twelve (12) pound shot.

- 4.6 Seeding and lane assignments in all running events shall be based on times submitted through the online registration system and confirmed for each competitor by the delegation (See Rule 3.6).
- 4.7 The order of competition for each event shall be 13-15 Girls, 13-15 Boys, 16-17 Girls, 16-17 Boys.
- 4.8 The order in which individuals compete in all field events shall be determined by the Track & Field Committee based on a blind draw.
- 4.8.1 In order for athletes to compete in multiple events, the track commissioner may declare open pits for a field event.
- 4.9 Lane assignments for all relay events shall be determined by the Track & Field Committee based on a blind draw.
- 4.9.1 For relay or mixed delegation relay teams added during the meet, lane assignments shall be determined by the Track Commissioner based on a blind draw.

## 5. EVENTS

- 5.1 Track & field competition shall include the following events:

Please note that field events begin at the same time as the first running event. Meet officials are urged to give breaks before events as necessary to give athletes more time to recover.

	<u>Track Events</u>	<u>Field Events</u>
<b>MONDAY:</b>	<b>100m, PRELIMINARIES</b> <b>200m IH, FINALS</b> <b>300m IH, FINALS</b> <b>3000m, FINALS</b> <b>400m, Trials</b> <b>(Break - 30 minutes)</b> <b>4x800m RELAYS, FINALS</b> <b>4x800m MIXED RELAYS, FINALS</b>	<b>HIGH JUMP</b>
<b>TUESDAY:</b>	<b>*2000m Steeplechase, FINALS</b> <b>100m/110m HURDLES, FINALS</b> <b>800m, FINALS</b> <b>100m, FINALS</b> <b>(Break - 30 minutes)</b> <b>4x400m RELAYS, FINALS</b> <b>4x400m MIXED RELAYS, FINALS</b>	<b>SHOT PUT</b>



**8. MEDALS**

8.1 The track commissioner shall schedule awards ceremonies for the conclusion of each day's event. Awards shall be given for the day's finals.

8.2 The following medals shall be awarded in both individual and relay events:

First Place	JCC Maccabi Gold Medal
Second Place	JCC Maccabi Silver Medal
Third Place	JCC Maccabi Bronze Medal

8.3 At his/her discretion, the track commissioner may award ribbons for finalists who finish fourth through eighth. The cost for such ribbons, are the responsibility of the Organizing Committee of the Host Community.