

# PACIFICA PARKS BEACHES RECREATION

## **City of Pacifica – Parks, Beaches and Recreation Dept. Junior Olympics Competition Rules 2018**

Group 1 and 2: 50's and 100's trails only- April 18, 2018

Group 3 and 4: trails and finals- May 2, 2018

Group 1 and 2: finals- May 5, 2018



**Last updated: August 14, 2017**

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## 1. Eligibility:

(a) Group 1 (birth year 2010-2011)

Group 2 (birth year 2008-2009)

Group 3 (birth year 2006-2007)

Group 4 (birth year 2004-2005)

(b) Athletes must live in or attend school in Pacifica. Athletes who live in Pacifica but who are homeschooled or attend school outside of Pacifica, will be on Team Parks, Beaches and Recreation Department.

(c) Athletes in groups 1 and 2 must submit their entry registration by April 8, 2018. Athletes in groups 3 and 4 must submit their entry registration by April 8, 2018.

## 2. Awards:

(a) School Awards:

i. **Don and Hazel Beck Spirit Award:** The spirit award is given to the school that embodies the spirit of teamwork, pride, enthusiasm, sportsmanship, as well as support for all participants.

ii. **The Lions Club Achievement Trophy Group 1 and 2:** The achievement trophy for group 1 and 2 goes to the school with the highest overall points combined in both groups including field events.

iii. **The Lions Club Achievement Trophy Group 3 and 4:** The achievement trophy for group 3 and 4 goes to the school with the highest overall points combined in both groups including field events.

a. The trophy shall be delivered to the winning school within the first three weeks after the event.

(b) Individual Awards:

i. Each participant will receive a participation ribbon for competing in the event.

- ii. Medals will be awarded for 1<sup>st</sup> – 6<sup>th</sup> place athletes in track and field events. First Place: Blue, Second Place: Red, Third Place: White, Fourth Place: Gold, Fifth Place: Yellow, Sixth Place: Green.
- iii. Overall Athlete Trophy: Awarded to the outstanding boy and girl in each group with the highest points.
- iv. The ribbons, medals and athlete trophies shall be delivered to the schools within the first three weeks after the event.

### **3. General**

- (a) Practices may start as early as January 22, 2018.
- (b) Athletes may only enter two (2) track running events.
- (c) All athletes will automatically be entered in both field events and the relay track event. \*See Relay Section for more information
- (d) Athletes must have signed City of Pacifica liability waiver before practice.
  - i. Schools may also issue a secondary liability waiver for practice on campus.
  - ii. School coaches and volunteers are not fingerprinted and backgrounded check by the City of Pacifica. The City of Pacifica recommends each school backgrounds check their coaches and volunteers.
- (e) The City of Pacifica recommends at least two coaches per school.
  - i. Each school may have up to six coaches.
- (f) Each school must have at least one person represented during the City of Pacifica meetings prior to the events. The meets will be held on Wednesday's at the Pacifica Community Center at 6:00pm. The official three meeting dates will be announced in January and the first meeting will be in early March.
  - i. The first kick off meeting, school administrators will be invited to attend the meeting.

- (g) At least one represented must stay at the staging area during the event. If the represented has to leave, they will have a knowledge replacement.
- (h) Schools are required to place an appropriate badge on each athlete.
  - i. Badge must be at least 4in x 4in and placed on the lower left side of the athlete by their hip and ribcage.
  - ii. Badge must include the athletes full name, school and unique athlete ID number.
    - 1. Athlete ID number will be provided by the City of Pacifica at least one week before the event.

#### **4. Athlete Scoring for Track and Field events:**

- (a) Athlete scoring shall be:
  - i. eight (8) points for each first place scored.
  - ii. six (6) points for each second place scored.
  - iii. five (5) points for each third place scored.
  - iv. four (4) points for each fourth place scored.
  - v. three (3) points for each fifth place scored.
  - vi. two (2) points for each sixth place scored.
  - vii. Disqualified (DQ) zero points
  - viii. Scratched (SR) zero points
- (b) Field events shall be scored as any other event per athlete.
- (c) Relay races will not be scored per athlete at all. No points for athletes for Relay races.

#### **5. School/Team Scoring for Track and Field events**

- (a) shall be the total of all points earned by eligible athletes for a given school/team.
- (b) Scoring shall be:
  - i. eight (8) points for each first place scored.
  - ii. six (6) points for each second place scored.
  - iii. five (5) points for each third place scored.

- iv. four (4) points for each fourth place scored.
- v. three (3) points for each fifth place scored.
- vi. two (2) points for each sixth place scored.

(c) Field events shall be scored as any other event per athlete.

(d) Relay races shall be scored as a team NOT per athlete.

- i. Athletes will not get points in Relay races.
- ii. Example: Team 1 wins 1<sup>st</sup> place and will receive eight points only, not 32 points.

## **6. Qualification to the San Jose Meet**

- (a) Any athlete in groups 2, 3, and 4 who attains any of the following shall be afforded automatic qualification to the San Jose Meet in the same event in which the performance was attained:
- i. Finish as one of the top two in a track event, field event, and relay event.
  - ii. The third place finisher will be listed as the alternate.
    - 1. The alternate will be placed on a wait-list and will not attend the event unless instructed by the City of Pacifica team.
- (b) San Jose Meet requires advance notice to the City of Pacifica staff, completed entry form and waiver, and a currency fee that is given to the San Jose meet providers.
- (c) The City of Pacifica does not participate in this specific event. The City staff will complete the entry form requirements for each athlete only by the given deadline of the event provider.

## **7. Athletic Attire**

- (a) In all events athletes must wear clothing that is clean, designed, and worn so as not to be objectionable. The clothing must be made of a material that is not transparent even if wet. The competitors must not wear clothing that could impede the view of the judges.

- (b) Shoes must be worn by every athlete at all times.
  - i. Cleats, track shoes or turf shoes are not permitted.
- (c) Each athlete should bring water, warm clothing when not racing, and be prepared for a long day.

## **8. Relay Race – 4x100m**

- (a) The relay race shall be run entirely in the athletes assigned lanes.
- (b) The four athletes must be from the same school/team.
- (c) The four athletes must be in the same group and correct gender.
- (d) Each exchange zone shall be 20m long of which is marked by two orange triangles.
- (e) The baton shall be passed entirely within the exchange zone.
- (f) The relay baton shall be a smooth hollow circular tube made of wood, metal or other rigid material in one piece. Its length shall be between 28 and 30cm. Its outside diameter shall be 4cm +2mm and it shall weigh not less than 50g. It should be a color so as to be clearly visible during the race. No material or substance may be applied to the baton.
  - i. Each school/team shall provide their baton to each relay race. The school must have at least three batons.

## **9. Conduct of Races**

- (a) Races of up to and including 400m shall be run entirely in lanes.
- (b) Races over 400m and less than 800m shall start and continue in lanes.
  - i. Athletes may leave their lane, or those running in the outer group may join the inner group, only after the break line marked at the end of the first turn.
- (c) In races of 800m each athletes may be assigned no more than two per lane, or a group start may be used, preferably using lanes 1 and 4. In these cases, athletes may leave their lane, or those running in the outer group may join the inner group, only after the break line marked at the end of the first turn.

- i. Group start may have up to 12 runners.
- (d) Races longer than 800m shall be run without lanes using an arced start line or a group start. The break line shall be at the end of the first turn to coincide with the starting stagger.
  - i. This is also called a waterfall start.
  - ii. Races longer than 800m may have up to 20 runners.

## **10. Track Events**

- i. Each Athlete may enter up to two (2) track events.
- (a) GROUP 1
  - i. 50 M DASH, 100 M DASH, 200 M DASH
- (b) GROUP 2
  - i. 50 M DASH, 100 M DASH, 200 M DASH
- (c) GROUP 3
  - i. 100 M DASH, 200 M DASH, 400 M DASH, 800 M RUN
- (d) GROUP 4
  - i. 100 M DASH, 200 M DASH, 800 M RUN, 1600 M RUN
  - ii. Group 1 and 2 Trail only event: 50 M DASH and 100 M DASH will have a preliminary event to advance the top 12 to the semi-final event on Saturday.
  - iii. Groups 1-2 Saturday event: 50 M DASH and 100 M DASH will have a semi-final (12 runners) event. The top six (6) runners will advance to the final events.
  - iv. Groups 3-4 Wednesday event: 100 M DASH will have a preliminary event and the top six (6) will advance to the final event.



## **11. Officials and Meet Personnel**

- i. Only City of Pacifica staff can be officials and meet personnel.
- (a) Meet Director
- (b) Referee – Clerking
- (c) Referee – Lane Assignment
- (d) Referee – Starter
- (e) Referee – Video Recorder
- (f) Referee – Standing Long Jump
- (g) Referee – Softball Throw
- (h) Referee – Score/Point Keeper

## **12. Volunteers**

- (a) Each school will be required to obtain parent / guardian volunteers for the field events only.
- (b) School assignments:
  - a. Wednesday – Group 3 and 4
    - i. Cabrillo and Vallemar – Softball Throw
    - ii. Good Shepherd and Ocean Shore – Standing Long Jump
  - b. Saturday – Group 1 and 2 AM Shift
    - i. Alma Heights and Vallemar – Softball Throw
    - ii. Ortega and Sunset Ridge – Standing Long Jump
  - c. Saturday – Group 1 and 2 PM Shift
    - i. Alma Heights and Ortega – Softball Throw
    - ii. Cabrillo and Ocean Shore – Standing Long Jump

## **13. Jury of Appeal**

- (a) The Jury of Appeal shall be composed of 3 City of Pacifica staff, including the Meet Director.
- (b) The decision of the Jury of Appeal shall be final. There shall be no further right to appeal.

## **14. Protests**

- (a) In the event of the protest, the Meet Director will gather the Jury of Appeal for a final result.
- i. Protests concerning the team status or eligibility of an entered athlete must be made to the Meet Director prior to the commencement of the meet.
  - ii. Protests concerning the result or conduct of an event shall be made to the Meet Director at once and not later than 10 minutes after the announcement of the result of the event.
  - iii. Protests concerning the lane assignment, number of athletes in a heat, or team relay shall be made to the Meet Director.
  - iv. In the case of group 1 and 2 trails and group 3 and 4 in which results are not announced on the day of competition, the Meet Director may determine, and announce the results that are released, a period not to exceed four (4) days during which protests may be made to the Meet Director.

## **15. Starting a Running Event**

- (a) All athletes are responsible for knowing the start time of the event(s), for knowing the registration or check-in method utilized at the start and for being at the starting line at the appointed time for instructors and the start of the race.
- (b) Ten to fifteen minutes (or as otherwise specified) before the start of the race, all entries should be closed and the athletes directed to the starting line for final instructions and the start of the race.
- (c) The Referee – Clerking will make announcements in this sequence:
- i. 1<sup>st</sup> Call – Announce the upcoming group, gender and race.
  - ii. Confer with the coaches and scratch any athlete who did not show up for the race.
  - iii. Athletes come to the staging area

- iv. Referee – Clerking will make a last call for athletes to come to the staging area.
- (d) The Referee – Clerking will create heats by requesting each coach provide one athlete.
- (e) The Referee – Lane Assignment will assign the athletes their lane number and heat number.
- (f) As indicated on policy 3.e - At least one represented must stay at the staging area during the event. If the represented has to leave, they will have a knowledge replacement.
- (g) As indicated on policy 3.h - Schools are required to place an appropriate badge on each athlete.

## **16. The Start**

- i. All questions concerning the start shall be decided by the Referee - Starter.
- (a) When starting, all competitors must be behind the starting line and they must not touch the starting line or the surface in front of it with any part of the body.
- (b) Prior to each running event, the Starter or designee shall give instructions to competitors concerning the commands to be used. Before any starting commands, the Starter shall ascertain that the Photo Finish Judge is ready.
- (c) The commands of the Starter shall be in races, “on your marks” and “set.”
- (d) No later than the command “on your marks,” the Starter shall raise the hand with the pistol. That hand shall remain extended above the head until the start signal has been generated. During that time, the hand without the pistol/starting device shall remain at the Starter’s side.

1. The time shall be taken from the sound of the pistol or approved apparatus.

## **17. The Finish Line**

- (a) The finish line shall be a line drawn across the track or course surface from end to end.
- (b) It's the team's responsibility to teach their athletes where the finish line is position and to stop the athlete no more than 15 meters past the finish line.
- (c) Athletes may be asked to stay at the finish line for reporting.
- (d) The time shall be taken from the sound of the pistol or approved apparatus. The time will stop when the athlete's torso crosses the near plane of the finish line or their foot touches the finish line completely.
- (e) Hand Timing: Hand Timing shall be taken by manually operated electronic devices with digital readouts, if the fully automatic timing system is not working or unable to use due to weather.

**END OF POLICIES**