

**KIWANIS CLUB OF MAUI/MAUI COUNTY
INTERMEDIATE SCHOOL TRACK & FIELD MEET
TRACK & FIELD EVENT RULES**

**ALL ATHLETES ARE ASKED NOT TO WEAR JEWELRY FOR THEIR OWN SAFETY.
ATHLETIC SHOES ARE MANDATORY.**

Boys High Jump (grades 6, 7, & 8)

Girls High Jump (grade 8)

- 1) Jump take-off must be on one foot. A two foot take-off = one miss!
- 2) If any part of the athlete's body breaks the vertical plane of the bar on an aborted attempt = one miss!
- 3) If athlete clears the bar and is off the mat and the bar falls, jump is good.
- 4) Fewest attempts at the highest height breaks a tie.
- 5) Measure the height of the bar when setting from the middle of the bar.
- 6) Take a poll among the athletes as to what height they would like to begin jumping. Use the highest acceptable height.
- 7) Three misses at one height and athlete is out of the competition.

Boys/Girls Long Jump (grades 6, 7, & 8)

- 1) Toes cannot extend beyond the white take-off board or jump will not count.
- 2) Measurement will be from the ridge in the sand that the athlete's heel imprints or the closest body part to the take-off board that touches the ground.
- 3) Three jumps for each athlete. Best of three jumps counts
- 4) Jumper may abort and attempt as long as he does not step beyond the take-off board and into the pit.

Girls Softball Throw (grades 6, 7, & 8)

- 1) 10 Yard approach from the end zone.
- 2) Longest throw wins.
- 3) Number of attempts (3)

Boys Shotput (grades 6, 7, & 8)

- 1) Athlete cannot step out of the throwing circle until official releases him.
- 2) Longest throw wins.
- 3) Number of attempts (3)
- 4) Shot Put Weights: 8th Grade: 8 lbs.
7th Grade: 6 lbs.
6th Grade: 4 lbs.

Boys Chinning the Bar (grades 6, 7, & 8)

- 1) “Pull up” overhand position: palms facing away from the athlete!
- 2) Athlete must have chin above the bar. Chin may be level to the bar but not actually over the bar.
- 3) “Lottery” draw to determine order.
- 4) Most “chins” wins.
- 5) Spotter (Coach) may stop the athlete from swinging.
- 6) Swinging is allowed.
- 7) Tape on chinning bar is permissible.
- 8) Judges count out loud.
- 9) Athlete must complete pull-up with a full downward extension.
- 10) **No gloves allowed.**
- 11) **No taping of the hands is permissible.**

Girls Flex Arm Hang (grades 6, 7, & 8)

- 1) “Pull up” overhand position: palms facing away from the athlete!
- 2) Athlete must have chin above the bar.
- 3) “Lottery” draw to determine order.
- 4) Longest hang time wins.

Running Events (All)

- 1) Two false starts by the same athlete will result in a disqualification or “DQ”.
- 2) **There are no lane changes allowed in all running events.**
- 3) **The 200 Meter & 400 Meter runs utilize a staggered start.**

Miscellaneous

- 1) **ALL athletes must wear shoes.**
- 2) A child may participate up a grade level if there are open slots in that grade level and all other slots are filled at their own grade level. **IF AN ATHLETE PARTICIPATES UP IN (1) EVENT, THEY MUST PARTICIPATE UP IN ALL OF THEIR EVENTS. 8TH GRADE GIRLS HIGH JUMP FOR 8TH GRADE GIRLS ONLY. NO 6TH OR 7TH GRADE GIRLS MAY PARTICIPATE IN THIS EVENT.**
- 3) **BACKUP DATE IN CASE OF CANCELLATION IS SATURDAY MARCH 27, 2010**