

## CITY OF ATLANTA (C.A.A.P.) (2020) TRACK & FIELD RULES

### SECTION (A) AGE DIVISION- ELIGIBILITY

1. There are **five (5)** age divisions only for the City of Atlanta Youth Track & Field Program (**Cutoff Date-** age prior to December 31<sup>st</sup> of current year).
  - a. 13 & 14 year-old division shall be **14 or under prior to December 31<sup>st</sup> of current year.**
  - b. 11 & 12 year-old division shall be **12 or under prior to December 31<sup>st</sup> of current year.**
  - c. 9 & 10 year-old division shall be **10 or under prior to December 31<sup>st</sup> of current year.**
  - d. 7 & 8 year-old division shall be **8 or under prior to December 31<sup>st</sup> of current year.** *(Must be 7 by December 31<sup>st</sup> of current year to advance to district.*
  - e. 5 & 6 year-old division shall be **6 or under prior to December 31<sup>st</sup> of current year.** *(This age division does not advance to district or state).*
  
2. Youth Track & Field coaches must submit a City of Atlanta volunteer application. In addition, all coaches must complete the following certifications:
  - a. At least one coach must have an updated CPR and First Aid certification.
  - b. Current **National Youth Sports Coaches Association "NYSCA" certification** <https://www.nays.org>
  - c. **Concussion Certification** <https://www.nays.org> (free training under your NYSCA profile)
  - d. **Bullying Prevention** <https://www.nays.org> (free training under your NYSCA profile)
  - e. **Protecting Against Abuse Training** <https://www.nays.org> (free training under your NYSCA profile).
  
3. A participant must be certified by a member of the City of Atlanta Athletics Programs (C.A.A.P.) before he or she is eligible to participate in any contest or meet. The coordinator shall have overall responsibility for certifying each participant and team for contest during the current season but may appoint one or more representatives to assist. Each participant original birth certificate will be examined. His/her age will be determined and checked against the team roster and participant affidavit. A state ID or passport may also be used for proof of age. If everything is in order, then the roster and affidavit forms will be signed and stamped with the official C.A.A.P seal certifying play for the current season.
  - a. **No changes can be made to the roster after 6pm. Thursday March 25, 2020.**
  - b. **Participants cannot participate on more than one youth team. (School participation is exempt from this rule).**
  - c. **A participant MUST participate in at least 2 regular season meets to be eligible to participate in the City of Atlanta Championships, unless meets are missed due to injury.**
  - d. **Teams must be approved by athletic director or coordinator to participate another league.**

4. The official C.A.A.P. player certification will be held no later than two weeks prior to the first regular season meet at the location to be determined by the coordinator. The coordinator will set the schedule and formats for player certifications. ALL PLAYERS and TEAMS must be certified to participant.
5. If it is found that a team has permitted any player who is ineligible to participate in any meet, the team shall be required to forfeit all meets in which the ineligible player participated. Such violation may also subject the coach to further disciplinary action and possible suspension. Ineligible players shall not be permitted on the track or to participate in any way in a league meets or team practice.
6. Any player or coach ejected or removed from a meet for unsportsmanlike conduct will be suspended for one meet, in addition to the meet from which ejected, for the duration of the event (Upon the discretion of the meet director and/or referee).
  - a. All suspension will be reviewed by the discipline committee. If deemed guilty of conduct detrimental, further disciplinary actions may be taken.
  - b. Any player or coach ejected from a game a second time will be suspended for the remainder of the season and must meet with the discipline committee to determine future eligibility.

## **SECTION (B) GORVERNING RULE –REGULATIONS**

The National Federation (National Alliance Edition) Track and Field Rules is the official guide for GRPA meets. The City of Atlanta is a member of GRPA and uses GRPA Track & Field rules as a guide for all City of Atlanta meets, with exceptions as may be stated in this manual.

## **SECTION (C) – EVENTS**

1. Events in each age division are:

<b><u>Events</u></b>	<b><u>Age Group</u></b>
50 Meter	5-10 Only
100 Meter	All
200 Meter	All
400 Meter	7-14
800 Meter (staggered start)	7-14
1600 Meter (waterfall start)	10, 12, 14
4x100	7-14
4x400	10, 12, 14
Standing Long Jump	All
Softball Throw	All
Shot Put	10, 12, 14
Mini-Javelin	12, 14
Discus	12, 14
Running Long Jump	7-14
High Jump	10, 12, 14

*\*All events may not be offered at the City of Atlanta Meets or Championships. (Events will be determined at the discretion of the Coordinator).*

### **Committee Members**

*C. Brown II, C. Jordan, V. Aka, R. Sanders, J. Sheppard, K. Gray*

*Revised 1/2019*

## SECTION (D) – SPECIAL PROVISIONS

1. **In the 5 & 6 division**, at the City of Atlanta Championships this age division will ONLY participate in the following events: 50 meter, 100 meter, softball throw, and standing long jump. *(During regular season meets this age division may participate in the 200 meter also.)*
2. Individual competitors may not be entered in more than three (3) individual events, two (2) field and one (1) running or vice versa, plus the 2 relays in that age division.
3. **Top 3 individual finishers from the City of Atlanta Championships** will advance to the district Championships. *(Except 5 & 6 Division)*
4. **Top 3 individual finishers from the district Championships** will advance to the State Championships. *(If 2 or less agencies participate in the district championship, the City of Atlanta will only allow their top 2 finishers (1<sup>st</sup>-3<sup>rd</sup> place) to advance to state.)*
5. **(2) 4x100 and (2) 4x400** at each eligible age group *(see Section "C" Rule 1)* will be entered into the district meet representing the City of Atlanta. Relay teams will be chosen by the C.A.A.P team using the top fastest participants in the sprints in each age group plus 2 alternate runners.
6. Meet/Game Day Check in shall be conducted on each scheduled meet day. Head coaches are responsible for making sure each participant check in at the meet. Attendance will be recorded each meet to ensure the participants are eligible and have participated in the minimal required meets to participate in the Championships.
7. All participants participating in district and state will be representing the City of Atlanta and not the individual site in which they registered and participated under during the regular season or City championships.

## SECTION (E)-UNIFORM AND EQUIPMENT

1. **All teams** should wear like uniforms approved by the C.A.A.P team at all meets while representing the City of Atlanta.
2. Once a participant advance pass the City of Atlanta Championships, uniform section will be determine the C.A.A.P team.

3. **No jewelry is allowed.** (Medical bands and watches is not considered jewelry and may be worn) Hair beads and/or ponytail ties with decorative balls shall be considered jewelry.
4. **Closed toes shoes are mandatory for all track and field events.** Spike Shoes may not exceed ¼” metal spikes. Shoes identified as illegal at the finish line will cause disqualification of the participant from that event.
5. **C.A.A.P. team** will provide all track & field equipment at all hosted meets.

### **SECTION (F)-AWARDS**

1. Individual medals will be awarded for 1st – 3rd place at the City of Atlanta Championships.
2. Team trophies and/or plaques will be awarded for 1<sup>st</sup>-3 place teams at the City of Atlanta Championships.
3. District and state meet hosts will provide awards at those events.

### **SECTION (G)-PRACTICE**

*The purpose of this rule is to provide standard; fair and equal practice time for all City of Atlanta (COA) teams and to keep practice activity at a reasonable level during school days so as not to create a hardship on the players with regard to school studies and participation in school activities.*

Practice is defined as any gathering of players, prospective players or individual players on a COA team, to discuss the subject of Track & Field, to view film, to exercise or to study Track & Field. Practice will be limited to maximum of (8) hours per week.

- c. Teams may not hold more than four (4) practices during any calendar week.
- d. No practice shall exceed more than 2 hours per day.
- e. To participate in meets at any venue outside of the City of Atlanta league meets must be approved by the Athletic Director or Coordinator.

## SECTION (H)-CONCUSSION PROTOCOL

1. If a youth athlete participating in a youth athletic activity exhibits symptoms of having a concussion, that athlete shall be removed from the game, competition, tryout, or practice and be evaluated by a health care provider ("*Return to Play Act of 2013*").
  - a. If a player is removed for a concession or concession like symptoms, the player affidavit will be removed from the certification book and can only be placed back in the book with a doctor's note stating the player can play again.
  - b. The doctor note must be submitted to the Athletic Director via email before the player can return to play and it will remain in the certification book the remainder of the season).

## SECTION (I)-PROTEST

1. The only thing that can be protested is illegitimate participation.
  - a. Participants **must** be correct age.
  - b. Participants cannot play on more than one team or league. (**School participation is exempt from this rule**).
  - c. Participants must have participated in at least 2 City of Atlanta track meets to be eligible for the City of Atlanta Championships.
2. All protest must be submitted to Cedric Jordan ([cdjordan@atlantaga.gov](mailto:cdjordan@atlantaga.gov)) via email within 24 hours of the event.

### Terms, Abbreviations, and Definitions

C.A.A.P. - City of Atlanta Athletic Program

GRPA- Georgia Recreation and Park association

NYSCA- National Youth Sports and Coaching Association

CPR- Cardiopulmonary Resuscitation

Pts- Points

Meet/Game Day Certification- Per game check to make sure all participants are certified to play.

COA- City of Atlanta

Game- Track meet

### **Committee Members**

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