

CUMANN NA MBUNSCOL TRACK AND FIELD RULES

LONG JUMP RULES - U12 AND U13 BOYS AND GIRLS

1. The athlete begins running from his or her starting position and jumps, landing in a sand pit. There is a foul line, in the run-up area, that the athlete has to be aware of.
2. Jumping from beyond the foul line results in a 'foul jump'. Jumpers try to get as close to the foul line as legally possible before initiating their jump.
3. No part of the athlete's foot should cross the front edge of the foul line. If, at the point of take-off, any part of the foot crosses the front edge of the foul line, then the jump is termed to be illegal or a 'foul jump', and does not count.
4. The long jumper has three attempts to register his or her best legal jump. A foul jump counts for an attempt. Only the farthest legal jump counts.
5. The distance or the 'jump' is measured from the front edge of the foul line to the closest point of contact to the foul line.
6. Medals are awarded to the three longest jumps. If one athlete registers the 3 longest jumps themselves, silver is awarded to the 4th longest jump and bronze to the 5th
7. If an athlete has 2 foul jumps and one legal jump which places them in the top 3 jumps this is still considered a winning jump – there is no cumulative benefit over the 3 jumps
8. Ties should be awarded as follows:
 - Tie for first place – 2 x gold medals and 1 x silver medal are awarded
 - Tie for second place 1 x gold medal and 2 x silver medals are awarded
 - Tie for third place 1 x gold medal, 1 x silver medal and 2 x bronze medals are awarded.

BALL THROW RULES - U10 AND U 11

1. The athlete has three attempts to throw the ball – throws can be made in an under or over arm fashion
2. The athlete may take a run up before throwing the ball – they must be made aware of the foul line – no part of their foot may touch the foul line. If their foot touches the line the throw does not count.
3. Foul throws still count as one of their three attempts.
4. The throw is measured where the ball comes to rest, not where it first bounces.
5. Throws which land outside the area marked by the cones are wide and do not count.
6. Medals are awarded to the three longest throws. If one athlete registers the 3 longest throws themselves, silver is awarded to the 4th longest throw and bronze to the 5th
7. If an athlete has 2 foul throws and one legal throw which places them in the top 3 this is still considered a winning throw – there is no cumulative benefit over the 3 throws.
8. Any uncertainty in comparing throw length will be verified using the tape measure.
9. Ties should be awarded as follows:
 - Tie for first place – 2 x gold medals and 1 x silver medal are awarded
 - Tie for second place 1 x gold medal and 2 x silver medals are awarded
 - Tie for third place 1 x gold medal, 1 x silver medal and 2 x bronze medals are awarded.

SPRINT RULES - U10 AND U11 60m / U12 AND U13 100m

1. The sprint heats will have 2 qualifiers per heat. The first 2 children over the line in each heat will be given a QUALIFIER sticker and directed straight back to the start line for the next round. Other children will be directed back outside the track.
2. In the event of a tie for first place both children qualify for the next round and the next placed athlete does not qualify.
3. In the event of a tie for second place the first placed athlete and both second placed athletes qualify for the next round.
4. Children must remain in their lane for the entirety of the race. While some deviation from the line is to be expected at this age group any lane infringements which impede another runner may result in disqualification.
5. In the finals the GOLD, SILVER AND BRONZE medals will be awarded to the first 3 athletes over the line. Crossing the line is based on the point at which the torso is over the line, not the foot, head or arms.
6. Ties should be awarded as follows:
 - Tie for first place – 2 x gold medals and 1 x silver medal are awarded
 - Tie for second place 1 x gold medal and 2 x silver medals are awarded
 - Tie for third place 1 x gold medal, 1 x silver medal and 2 x bronze medals are awarded.

600m (U10 & U11) / 800m RULES (U12 & U13)

1. The distance events will be run as a straight final with no heats.
2. 600m is 1.5 laps of the track
3. 800m is 2 full laps of the track
4. Runners may cut into the inside lane on the first bend.
5. GOLD, SILVER AND BRONZE medals will be awarded to the first 3 athletes over the line. Crossing the line is based on the point at which the torso is over the line, not the foot, head or arms.
6. Any elbowing, shoving or deliberate contact in the home straight may result in disqualification.
7. Ties should be awarded as follows:
 - Tie for first place – 2 x gold medals and 1 x silver medal are awarded
 - Tie for second place 1 x gold medal and 2 x silver medals are awarded
 - Tie for third place 1 x gold medal, 1 x silver medal and 2 x bronze medals are awarded.

4 X 100m RELAY RULES

1. The relay heats will have 2 qualifiers per heat. The first 2 children over the line in each heat will be given a QUALIFIER sticker and directed straight back to the start line with their team for the next round . Other children will be directed back outside the track.
2. In the event of a tie for first place both teams qualify for the next round and the next placed team does not qualify.
3. In the event of a tie for second place the first placed team and both second placed teams qualify for the next round.
4. Children must remain in their lane for the entirety of the race. While some deviation from the line is to be expected at this age group any lane infringements which impede another runner may result in disqualification.
5. In the finals the GOLD, SILVER AND BRONZE medals will be awarded to the first 3 athletes over the line. Crossing the line is based on the point at which the torso is over the line, not the foot, head or arms.
6. Dropping the baton does not result in a disqualification - children may pick it up and continue running.
7. The children must run in age order, leg 1 is the under 10 athlete, leg 2 the under 11 athlete, leg 3 the under 12 athlete and leg 4 the under 13 athlete.
8. Ties should be awarded as follows:
 - Tie for first place – 2 x gold medals and 1 x silver medal are awarded
 - Tie for second place 1 x gold medal and 2 x silver medals are awarded
 - Tie for third place 1 x gold medal, 1 x silver medal and 2 x bronze medals are awarded.