

# ADAL Track & Field Rules (Updated February 2026)

## SEASON OVERVIEW

The ADAL Track & Field season encompasses Practice Meets, Sectionals (qualifying meets for the finals), and the league Finals.

## PRACTICE MEETS

Practice meets will typically include a sub-set of the full list of running events (e.g., two of the three relays, and three of the four sprints (50M, 75M, 100M, 200M)). Additional events may be dropped if deemed necessary (e.g., time constraints, running out of daylight).

All meet field entries must be entered into the shared documented (sent by the meet director) by noon the day before the meet. This will save time and eliminate the need to manually write down participant names and schools in the results sheets during the meet.

Practice meets are not officially scored. For field events, the meet director will distribute copies of the results sheets (e.g., photo of each page) to participating teams. For running events, athletes will be given their time by the timers – it is up to the teams to collect individual times for their athletes if desired.

At practice meets the field events are run concurrently with track events. High jump is run by grade level and athletes must compete when their grade level is competing. Meet directors may choose in the high jump to run all girls together and all boys together, letting the grades come in as the bar goes up - this will help the event go faster as many times the high jump gets cut off for 8th grade boys (due to time / daylight) when it is run as 6 different events.

All other field events are run on a drop-in basis and will shut down once there are no participants reporting. Athletes should check-in to make sure their name is on the entry list and let the person running the event know if they need to step away to race. They should report for jumps or throws when they are not racing.

## SECTIONAL MEETS

The Sectionals are the qualifying meets for the league Finals. Schools will either participate in the North Sectionals or South Sectionals (based on geography).

**Athletes must qualify in the sectionals to participate in the finals.**

**Athletes must compete in at least one practice meet to be eligible to participate at the sectional meet.** It is the responsibility of team coaches to enforce this rule to ensure fair competition (since practice meets are not scored and will generally not have records of participating athletes).

Each team must pre-enter their athletes in events for the sectional meet. This must be done by Friday before the meet. For running events the entries should include rankings to allow for seeded heats at the sectional meet. Each school is ensured one entry for the fastest heat in each event; remaining lanes will be distributed based on rankings / even allocation across schools.

For running events, athletes added the day of the meet will be put in the last heat which will not be a qualifying heat. The reason is that the sectional meets use hand timing which is not accurate for comparing times across heats. The fastest runners need to be in the first heat.

The 800M and 1600M events are typically run with one heat for each race. In the rare event that there are more athletes entered than can be safely run as a single heat, the meet director shall coordinate with teams on seeding to accommodate more than one heat. Conversely, when there are fewer entries than qualifying spots, races may be combined (e.g., 6<sup>th</sup> and 7<sup>th</sup> grade girls may run the 1600M together if every entry is an automatic qualifier).

If a relay team is disqualified during the sectional meets, they may still advance to the finals if there are only 4 teams participating in that event in their respective section, or there are fewer than a total of 8 teams qualifying for the finals across the sections.

### **QUALIFYING FOR FINALS**

At each sectional meet, the following number of competitors will qualify for the final meet:

- **Top 6:** 800M, 1600M & All Field Events
- **Top 4:** All Other Events

For the 50M and 75M events, only athletes in the first heat can qualify for the finals. This is because of the variability in reaction time when using hand timing. For the 100M, 200M, and 400M events, a time in the second heat would need to be significantly faster than 4<sup>th</sup> place in the first heat (1 second) to be able to displace the 4<sup>th</sup> place runner in the first heat and advance to the final.

If a section does not fill all its spots for an event (e.g., only 5 entries for 7<sup>th</sup> grade boys in the 800M), then any remaining spots can be used by the other section to reach the maximum number of competitors for a finals event.

Coaches may enter 2 alternate runners for each relay team in the final as long as those athletes do not exceed the participation rule.

Each school can only qualify one relay team per event. For example, there cannot be more than one 6<sup>th</sup> grade boys 4 x 100 relay team from one school in the finals. Several relay teams from the same school can run at sectionals but only one team can qualify for finals.

### **EVENTS FOR SECTIONALS AND FINALS**

Events for Sectionals and Finals will be divided up as follows:

#### **Even years:**

First Day: Boys Track & Girls Field

Second Day: Girls Track & Boys Field

#### **Odd years:**

First Day: Girls Track & Boys Field

Second Day: Boys Track & Girls Field

This way the boys and girls will have alternating turns to have the running events on the second day of Finals when the team awards are given (and for consistency's sake to mirror the schedule at Sectionals the week prior).

**Track events order:**

4x100M, 4x200M, 1600M, 50M, 75M, 400M, 100M, 800M, 200M & 4x400M (8<sup>th</sup>, 7<sup>th</sup>, 6<sup>th</sup>)

**Field events order:** High Jump: 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>  
Long Jump: 7<sup>th</sup>, 8<sup>th</sup>, 6<sup>th</sup>  
Discus: 8<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>  
Shot Put: 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>

Athletes must compete when their grade is competing. Athletes will get three tries at shot, discus, long jump and each height in the high jump. Athletes may pass on high jump heights.

High Jump - Starting height: 3'6" for 6<sup>th</sup> grade\*  
3'8" for 7<sup>th</sup> grade\*  
3'10" for 8<sup>th</sup> grade\*  
\* or 6" below lowest qualifying height.

The bar is not put back lower if an athlete misses his/her turn for a height.

**RULES APPLICABLE TO ALL MEETS:**

**PARTICIPATION RULE (2-2-2 RULE)**

An athlete may participate in only 4 events per meet and may not exceed any one of the following limits: 2 running events, 2 field events, or 2 relay events. **Violation:** Disqualification of the athlete from all events entered, including relays.

**UNIFORM/SHOES**

Spikes are not allowed at any meets. Spike shoes without spikes are not allowed. Athletes should wear basic running shoes. **Violation:** Disqualification from the event.

All participants must wear a jersey with their school's name clearly visible.

**PACING**

Any athlete competing in an event cannot have anyone (relative, coach, friend or teammate) run more than 3 paces with them. **Violation:** Disqualification from the event.

**FALSE START**

Athletes will be given 1 false start with a warning. **Violation:** Disqualification on second false start of an event.

**Note on violations:** As practice meets are not scored, the goal is to teach and correct, and greater latitude will be provided. At Sectionals and Finals, violations will result in disqualification.

## **OTHER INFRACTIONS**

Coaches shall discuss any specific, serious infractions not listed here for resolution, leveraging the current USATF Rulebook.

## **EQUIPMENT**

- 6 lb. shot for 6<sup>th</sup> grade boys and 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade girls.
- 8 lb. shot for 7<sup>th</sup> and 8<sup>th</sup> grade boys.
- 1 kg discus for all divisions.

Starting blocks are not allowed for any running event.

## **STARTS**

For sprints, runners have the option of choosing to use a standing start or a 4 (or 3) point start. Athletes in the 800M and 1600M races must use a standing start. For any event where at least one runner is using a 4 (or 3) point start, the starter's instructions shall be "On your mark, Set, Go (gun)". For events where all runners are using a standing start, the starter's instructions shall be "On your mark, Go (gun)"

The 800M and 1600M events will utilize a waterfall start. Runners will be instructed that the tips of their shoes must be fully behind the start line and will then take two steps back. On the starter's command of "On your mark", runners will take two steps forward. Upon confirming that runners are fully behind the line and ready, the starter will issue the "Go (gun)" command.

## **RELAY EXCHANGES**

The 4x400M relay will be run with a 3-turn stagger. Cones will be set out at the break line to denote where the 2<sup>nd</sup> leg runners can begin to move to lane 1 as they enter the back straightaway.

The 4x200M relay will be run with a 2-turn stagger, with runners using the 400M start lines. The 1-2 hand-off will use the 30M exchange zone as used in the 2-3 hand-off in the 4x100M. The 2-3 hand-off will occur at the 4x400M exchange zone, at which point runners can moving into lane 1. As this exchange zone is only 20M, cones will be used to mark where the receiving runner can start. The 3-4 hand-off will again use the 30M exchange zone used in the 2-3 hand-off in the 4x100M but will mostly be done in lane 1 (receiving runners will line up based on which team's incoming runner is coming in first).

## **RESPONSIBILITIES**

For practice meets, the coach organizing the meet should send out the list of running events included (in their order for the meet) and the assignments for field events and track duties (e.g., timing, starter, relay monitors) at least 3 days prior to the event.

Each school team participating in a meet is responsible for running an event and supplying at least 3 volunteers to assist in each meet. It is expected that coaches will supply the necessary equipment needed for the efficient running of their event. (i.e. tape measure, shots, discus, clipboards, pens, rake, etc.).

For Sectionals and Finals, the meet director(s) will provide track and field assignments to the participating schools at least 3 days prior to the event.

## **AWARDS**

For the finals the following awards will be given:

- Individual medals for first, second and third places
- Individual ribbons for fourth, fifth, and sixth places
- Team medals for the first place team for each grade, boys and girls

Team and overall champions will be determined using the following point allocation:

### **Individual Running / Field (Top 6)**

<u>Place</u>	<u>Points</u>
1	10
2	8
3	6
4	4
5	2
6	1

### **Relays (Top 3)**

<u>Place</u>	<u>Points</u>
1	10
2	8
3	6