

**SOUTHERN WISCONSIN CATHOLIC  
GRADE SCHOOL LEAGUE**

**STUDENT/PARENT/COACH ATHLETIC  
HANDBOOK**

*Adopted 2009-2010*

*Reviewed and Revised*

*June, 2023*

Southern Wisconsin Catholic Grade School League Priorities

- 1. God**
- 2. Family**
- 3. Academics**
- 4. Athletics**

## **Southern Wisconsin Catholic Grade School Athletic League Philosophy**

The Southern Wisconsin Catholic Grade School League (SWCGSL) athletic program is designed to promote sound

- physical, psychological, and social development of the athletes in an atmosphere of Christian values:
  - A. Physically – by teaching sport skills, physical conditioning, and good health habits.
  - B. Psychologically – by teaching discipline, dedication, leadership, and self control: by nurturing self esteem.
  - C. Socially – by teaching cooperation and competition tempered by good sportsmanship.

It is our belief that you, as an athlete, must understand that your first and foremost responsibility lies in your academic success. Your participation in athletics should be a PART of the total education experience you receive at your school. Becoming involved in the Athletic program at your school should be considered a privilege, extended to students/parents who are willing to accept certain responsibilities.

We ask that parents, coaches and athletes read this Handbook and sign all forms attached. In signing these forms, you will be expected to follow all procedures and standards set forth in the following pages. Any infraction of these rules may result in the athlete's removal from athletic involvement at your home school.

### **Athletic Activities Available To**

#### **Southern Wisconsin Catholic Grade School League Students**

Cross Country	Grades 4-8	Fall
Volleyball	Grades 5-8	Fall
Basketball	Grades 5-8 (Grade 4 if needed)	Winter
Basketball	Grade 4	Fall
Track	Grades 4-8	Spring

Participants in the Southern Wisconsin Catholic Grade School League consists of the following parochial schools:

**Our Lady of the Assumption**

2222 Shopiere Road, Beloit

**St. John the Baptist**

333 E. Church Street, Jefferson

**St. John Vianney**

1250 E. Racine Street, Janesville

**St. Joseph**

1650 Endl Blvd, Fort Atkinson

**St. Mary**

307 E. Wall Street, Janesville

**St. William**

1822 Ravine Street, Janesville

**Watertown Catholic (St. Henry Campus)**

300 E. Cady Street, Watertown

**Note: Rules in this handbook are binding. Any discrepancies will be decided upon by consensus of the principals.**

**BASIC RESPONSIBILITIES:**

**ATHLETE/COACHES/PARENTS/SPECTATORS**

An athlete's/parent's/coach's greatest responsibility is to be a credit to him/herself, the family, school, and church. Therefore, athletes, parents, and coaches must, at all times:

1. Display a Christian attitude both on and off the field/court with a spirit of cooperation and outstanding sportsmanship.
2. Parents, coaches, and athletes must display proper respect for authority figures, including teachers, other coaches, officials and members of the opposing teams.

3. Display a spirit of cooperation and outstanding sportsmanship.
4. The use of vulgar language or actions by parents, coaches, or athletes will not be tolerated on or off the playing field.
5. All team members must attend the school or religious education classes for which they play.
6. The current WIAA/IHSA high school rules will apply to uniforms, jewelry, hair, and conduct of the game. Eyeglasses must be secured with an athletic band.
7. In an effort to protect our gym floor and that of other schools, athletes are asked to wear outdoor shoes to and from games and practices, and maintain a pair of court-only shoes for practices and games.
8. Parents are not allowed on the playing surface unless assisting with game duties assigned by the coaching staff.
9. All athletes will rotate leading the audience in the Athletes Prayer and Pledge of Allegiance before each home game.
10. All athletes that participate in scheduled practices shall compete in each event.

**ATHLETE PARTICIPATION:**  
**EXPECTATIONS, REQUIREMENTS AND LIMITATIONS**

1. Students participating in a sport will usually play on their respective grade level, as follow:
  - A. When a team supports only one team, the team may be made up of various grade levels.
  - B. When the school supports teams for individual grade levels, students should play on their own grade level team, subject to conference guidelines. However, with the permission of the Athletic Director, the coaches, and the athlete's parents, a player may be brought up to play on another team if the roster is not full of eligible players.
  - C. In order to fill a roster the following steps should be taken:
    1. Religious education students are the first option.
    2. Schools within the league may combine.

**PRACTICES, GAMES, UNIFORM AND EQUIPMENT**

**PRACTICES**

- A. There may be no more than 3 activities (practices and/or games) scheduled in any one 7 day period when school is in session. Tournaments count as one event.

- B. No game or practice may begin later than 7:30 p.m.

## **GAMES**

- A. All games will be scheduled or approved by the Athletic Director (AD).
- B. Any schedule changes, including games added or deleted, must be coordinated through the AD. No coach may schedule a game or extra practice without approval from the AD.
- C. Scheduled League games take precedence over all other athletic scheduling.
- D. Athletes will wear their appropriate uniform, which is neat and clean.
- E. All participants must be at home games 30 minutes prior to the start of games, unless otherwise directed by the coach.
- F. There may be no more than 3 activities (practices and/or games) scheduled in any one 7 day period when school is in session. Tournaments count as one event.
- G. No game or practice may be scheduled to begin later than 7:30 p.m.

## **UNIFORMS**

- A. All uniforms should consist of athletic socks, team uniform shirts/jerseys tucked in and shorts appropriately worn. Low Riding pants/shorts, sloppy appearance, and/or unnecessary accessories will not be permitted. Final decision on questionable attire will be at the discretion of the AD.
- B. Long hair must be tied back in soft ponytail holders, French braids, or bows..

## **ATHLETIC CONDUCT, VIOLATIONS, AND PENALTIES**

- A. SWCGSL policy will be enforced by all parents, students, and coaches.
- B. Acts of disobedience and/or misconduct will be reason for disciplinary action.
- C. Specific violations of conduct and the penalties which may be imposed for any acts, which occur either on or off the athletic venue, are listed below.
- D. Conduct violations by parents/spectators are also subject to disciplinary actions in accordance with school/league policy. All penalties are subject to the decision of the Principal who has the final authority in this regard.
- E. Any athlete who is ejected from two games/competitions while playing in the SWCGSL will not be allowed to participate in organized sports for the remainder of his/her time at any school in the league. A written warning will be given to the parents/guardians of anyone ejected from a competition.
- F. The following will be governed by the coaches, Athletic Director, and Principal.
  - 1. Gross disrespect by either verbal or non-verbal means to a coach, teammate or a fan.
  - 2. Gross disrespect to an official or referee, verbal or nonverbal.
  - 3. General horseplay, fooling around at practice and/or verbal abuse or defiance.

4. Fighting
5. Flagrant Foul

**Penalties:** a) Penalty may vary due to the severity of the offense and may include suspension or dismissal from the team.

b) Conference with coach, parents, Athletic Director, and Principal may be deemed necessary.

G. The following will be governed by the coaches, Athletic Director, and Principal.

1. Possession of smoking materials.
2. Possession of weapons.
3. Possession of or use of drugs or alcoholic beverages.
4. Vandalism.
5. Behavior contrary to SWCGSL policy.

**Penalties** a) immediate dismissal from SWCGSL athletics. Reinstatement will only be allowed with the approval of the Principal.

## **PARENT/SPECTATOR CODE OF CONDUCT**

- A. Unsportsmanlike conduct has absolutely no place in the kind of environment desired at all athletic events in which SWCGSL participates.
- B. Parents and spectators are expected to exhibit good sportsmanship at all times. No child is permitted at athletic events without adult supervision. Unsupervised children will have their parents called to pick them up
- C. A parent or spectator may be asked to leave the athletic contest by the Principal, Athletic Director, coach, member of the School Athletic Board and/or referee, if any unsportsmanlike conduct is observed. Parents are also subject to suspension from participation and attendance at future athletic events due to violation of the rules of sportsmanship, good conduct, and the Rules/Regulations described in this Athletic Handbook. The host school will notify the Principal of the offender's school.
- D. Parents should remember: Children have more need for example than criticism.
- E. Be courteous to your child's coach and to officials. The coach is a volunteer giving personal time to provide an athletic activity for your child. Failure to abide by this may result in suspension of participation at future athletic events for both parent and athlete.
- F. Do not openly question the judgment or honor of the referee. The referee is a symbol of fair play, integrity, and sportsmanship.
- G. Accept the results of each game. Although we compete to win, encourage the children to be gracious in victory, and turn defeat to victory by working towards improvement.
- H. Criticism and disrespect for officials by spectators undermines the purpose of sports and brings into the game stresses beyond those of wholesome competition.
- I. Please remember that athletics is a privilege. Parents are responsible for their student's academic progress. It is the parent's responsibility to determine whether a student with

marginal academic performance should continue to participate in the athletic subject to the eligibility requirements of the school.

## **RESPONSIBILITIES AND DUTIES OF COACHES**

1. Understand and accept the philosophy of the league.
2. Be at least 21 years of age for the position of head coach. An assistant can be a high school student.
3. Follow and enforce the Rules and Regulations of the SWCGSL Handbook at all times.
4. Complete the Virtus/Protecting God's Children training and provide a background check by the State of Wisconsin or Illinois as appropriate.
5. Have copies of the following in their possession at each athletic event, including practices: SWCGSL Handbook, Accident and Injury forms, Waiver forms.
6. Act in a professional manner at all times.
7. All practices and scheduling of games will be done through the AD. All changes (practices or games) must be cleared through the AD or principal.

**Instead of trophies being purchased for the champions of volleyball and basketball tournaments, we have re-established traveling plaques. Medals shall be given to the 1st and 2nd place teams.**

## **Specific Sport Rules**

### **CROSS COUNTRY RULES**

This statement of ten principles about how to conduct cross country meets expresses the shared understanding among coaches whose teams regularly participate in Janesville Area meets for elementary and middle school runners.

1. Meets are for boys and girls in grades four through eight. No one shall compete in any race except the race designated for runners of his/her grade and gender. NOTE: At the St. Paul's Lutheran Flames Invitational meet, fourth grade runners are invited to compete in races for fifth graders.
2. Race distances shall be determined by the host institution and announced in materials that are distributed to all invited teams prior to the day of the meet. Boys and girls in grades four through six run one mile. Boys and girls in grades seven and eight run one mile or one and a half miles.
3. Host institutions shall determine the number of races to be run at a meet. Races

combine the following divisions: (a) fourth grade boys and girls; (b) fifth and sixth grade girls; (c) fifth and sixth grade boys; (d) seventh and eighth grade girls; and (e) seventh and eighth grade boys. At the Midwest Invitational meet, boys and girls in grades four through eight run together in a single race.

4. Races that include runners in more than one division of grade or gender do not preclude separate scoring for each division. Host institutions shall determine the method of scoring for their own meets, as well as the number and type of individual and team awards to be distributed
5. Host institutions shall decide which teams to invite to its meet. NOTE: Midwest Invitational meet directors have traditionally assigned to one coach among the Janesville Area elementary and middle school coaches the responsibility to determine what teams shall be invited to compete in that meet.
6. **Effective as of 21-22 season:**
  - A timing company will be used.
  - A separate contract will be sent to each host institution.
  - The host institution will charge a fee of \$2 per participant.
  - Cancellation fee is 50% of cost on the day of meet if they have already left, or 25% of deposit.
7. Host institutions shall exercise good judgment in deciding whether to cancel a meet because of inclement weather. A reasonable guide can be found in the policy of many youth sports organizations that (a) require a stop to all competition if officials see lightning or hear thunder, and (b) do not permit the resumption of competition until 20 minutes after officials see lightning or hear thunder. Procedures for announcing the cancellation of a meet prior to its scheduled start are at the discretion of the host institution, as are the arrangements for rescheduling a meet.
8. Host institutions shall inspect, measure and mark their race course(s). Various coaches have supplies and equipment to share, including directional flags—yellow for right turns, red for left turns, and blue for “straightaways.”
9. During a race, no coach, teammate, parent or spectator may go alongside a runner for more than a few paces (i.e. no pacing). If the host institution provides someone on foot or vehicle to lead runners through the course, this person will maintain an adequate lead in front of any runners.
10. A typical season consists of six or seven meets. A pre-season meeting may be held to determine the schedule of meets and the first day of practice.
11. No spikes allowed. (Effective 2012-13 season).



## VOLLEYBALL RULES

1. One qualified official who is not a parent of any boy/girl in the game, coach, or athletic director (unless an agreement is reached by both coaches prior to the game) will be furnished by the home team. ALL OFFICIALS MUST BE WIAA AND/OR IHSA CERTIFIED.
2. Admission for **all** tournament and league games is set by the League. Adults (over 18 years old) \$2.00; Students (5-17) \$1.00; Under 5 Free **(Effective 22-23 season)**
3. All schools will pay officials **\$25 per match** (2-3 games/sets = a match). **(Effective 22-23 season)**
4. Instead of trophies being purchased by the hosts and given to tournament winners, we will re-establish traveling plaques. Medals shall be given to the 1st and 2nd place teams at the tournament. **(Effective 21-22 season)**
5. **A team may play with 4, 5, or 6 players on the court. They do not need to skip a serve for the missing players.**
6. The home team provides the official scorer. There shall be no more than 3 people at the scorer's table during the game. **For tournaments, there should be an adult doing the official book.**
7. Warm up before games on the court 2 minutes home team, 2 minutes away team, and 2 minutes shared.
8. Only B teams may serve in front of the service line, with both coaches agreeing on a spot prior to play. (Effective 2012-13 season). All B level players will rotate through a normal 6 person rotation giving each player a chance to serve. All players may come in contact with the service line ONLY if the host school's gym does not allow the legal 6 ft. from service line to wall.
9. Overhand or Underhand serves will be allowed. If anyone serves overhand, it will be from BEHIND the regular service line.
10. There is a 5 consecutive point serve limit. After a player gets 5 points in a row, the team must rotate and keep the serve.
11. All games will be RALLY scoring to 25 points, win by 2 with NO CAP.
12. Net serves will be allowed. If the serve hits the net and goes over, it is playable.
13. Bumping or overhead passing on serve receive is allowed.
14. Teams are allowed 1 (1 minute) time out per game.
15. Matches consist of 2 games to 25 points. Win by 2. Can play 3<sup>rd</sup> game to 15 points. Win by 2, if time permits. In the past, we have tried to keep matches to 45 minutes.
16. Substituting: Can substitute for any position on the floor. If you have a player who only plays the front or back row, they must wait 3 rotations prior to reentering the game. Substitutes must be whistled in by the official.
17. All team members that participate in scheduled practices shall compete in each match. Coaches may not let winning influence their decision in determining actual playing time.
18. The team that begins the game on defense, must rotate prior to their first serve.
19. The League Tournament Entry fee is **\$75 per team. (23-24)**
20. Each player shall be required to have a uniform with a number.
21. Effective 2019-20 season, Volley Lite Balls will be used for the 5<sup>th</sup> and 6<sup>th</sup> grade B Teams.

## FOURTH GRADE CO-ED BASKETBALL RULES

These tournaments are meant to introduce players to the fun of competitive basketball. As such, these rules are not meant to be used to show your opposing team doing something wrong. They are set up to encourage teams to play. Game referees will use their discretion in deciding if a team is stalling, clearing out, etc. Officials will attempt to encourage the players to move. They will also communicate with the coaches if the players do not respond. If the officials believe there is a deliberate attempt to circumvent the rules after repeated warnings, the non offending team will be awarded one point and the ball out of bounds.

1. All team members that participate in scheduled practices shall compete in each game. Every player will play time equaling a minimum of one quarter per game. Coaches may not let winning influence their decision in determining actual playing time. (Effective 2012-13 season).
2. A 28.5 size ball will be used.
3. Quarters are 6 minutes long with a 5 minute half time.
4. Each team will have 3 full timeouts per half.
5. No carry over from 1<sup>st</sup> half to 2<sup>nd</sup> half.
6. There is no pressing. All defensive players must stay behind the 3 point line. Defenders may reach across the line. This rule is in effect for the entire game.
7. The offense must attempt to advance the ball. No stalling. The offensive team will be allowed 5 seconds to set their offense up once the ball crosses half court. They must then advance to the defense.
8. Defense will be person-to-person. No trapping or double teams are allowed. Defensive players may not be in the lane unless guarding an opposing player or stopping the ball. (Effective 2012-13 season).
9. Players on offense will be allowed 4 seconds in the lane.
10. Offense must have at least 2 players on the ball side at all times.
11. Players will shoot from the standard free throw line. They will be allowed to cross the line as part of their shooting motion. A player crossing the line to gain a rebound advantage will be called for a violation. The Free throw shooter is not allowed to get the initial rebound.
12. No 3 point shots.
13. Two girls must be on the floor at all times. NOTE: If a team has only one girl or no girls, then the opposing team may match up the number of boys on the floor.
14. The League Tournament Entry fee is **\$125 per team. (23-24)**

## FIFTH-EIGHTH GRADE BASKETBALL RULES

1. Two qualified officials who are not parents of any boy/girl in the game, coach (A or B teams), or athletic director (unless an agreement is reached by both coaches prior to the game) will be furnished by the home team. ALL OFFICIALS MUST BE WIAA AND/OR IHSA CERTIFIED.

2. Basketball officials will be paid \$35 per game at all schools. **(Effective 22-23 season)**
3. Instead of Trophies being purchased by the hosts and given to event winners, we will establish traveling trophies. We will attempt to get the various sports plaques back into circulation. Medals shall be given to the 1st and 2nd place teams at the tournament in BB. **(Effective 21-22 season)**
4. Each official will be given a referee information sheet. See Appendix A.
5. All technical fouls must be reported by the coach to the home athletic director and to the principal, who will report to the league director.
6. Technical foul penalties will be the awarding of 1 point and the ball rather than having players shoot free throws. (Effective 2012-13 season).
7. Games will consist of 14 (2019-20) minute halves with normal clock stoppage and 5 minute halftime.
8. A Teams may be composed of 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders; B Teams may be composed of 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> graders. Schools will be allowed to enter more than one school team to a division with the understanding that the roster is set for the season.
9. Teams will be split between boys and girls. There will be no co-ed teams. (effective 5/2016)
10. If a school cannot provide one A team and one B team of 6 members each, a sixth grade student may play on both teams with a maximum amount of participation of three halves per day. (2019-20)
11. A student that has played on both A and B teams during the season can only play in one League tournament.
12. Basketball games scheduled on school nights may not begin after 7:30 p.m.
13. All team members that participate in scheduled practices shall compete in each game. Every player will play time equaling a minimum of 7 minutes per game (2019-20). Coaches may not let winning influence their decision in determining actual playing time.
14. Any player unable to participate in a game due to ineligibility or injury may sit on the bench with the team but must be dressed in street clothes and their name may not appear in the scorer's book.
15. The three point shot will count for all teams, both boys and girls.
16. All teams shall get 3-60 second time outs, and 2-30 second timeouts per game
17. The home team provides an adult to be the official scorer. There shall be no more than 3 people at the scorer's table during the game.
18. No one is allowed on the basketball court during half time or between games. Sufficient time must be allowed for handshakes before the next team takes the floor.
19. Boys A teams will use a regulation ball. All other teams will use a women's (junior) ball.
20. No team shall press if it is ahead by 15 points; B Teams – 10 points. **B Teams** can only press the last 2 minutes of each half.
21. **Zone Defense is NOT allowed at the B team level—Man-to-man defense is required. Helping is ok, but players must get back to their original person and not "double-team" the ball. (19-20)**
22. At the discretion of both coaches, when one team is leading by 25 points or more in the second half, the clock will run continuously except for free throws and time outs.

23. Overtime Procedures: Regular season games shall have a single 3 minute overtime, with each team getting one time out, regardless of how many time outs used in regulation. If the game remains tied after one overtime, the game ends in a tie. During tournaments, the overtime period will repeat until a winner emerges.
24. The home team will provide warm up basketballs for the visitors. No one may bring warm up basketballs to away or tournament games.
25. Each team is responsible for keeping its own league record. They are to be made available to the League Director the last Sunday of season play.
26. Admission for all regular league games and league tournament games is set by the League. Adults (over 18 years old) \$2.00; Kids (5-17) \$1.00; Under 5 Free
27. The League Tournament Entry fee is \$150 per team.

## **TRACK RULES**

There are 4 schools that currently sponsor track meets in this league. Each meet is run differently to give the athletes the exposure to different types of meets. General guidelines for all meets are listed below:

1. Only coaches, timers, and officials should be on the track or in the infield during the meet unless an athlete is competing in an event that necessitates being on the field.
2. No person, including coaches, athletes, fans, or parents, are to run with (pace) an athlete during a race. Runners being paced will be disqualified.
3. All students should listen for their events to be called and report to the official after the first call.
4. Host institutions shall exercise good judgment in deciding whether to cancel a meet because of inclement weather. A reasonable guide can be found in the policy of many youth sports organizations that (a) require a stop to all competition if officials see lightning or hear thunder, and (b) do not permit the resumption of competition until 20 minutes after officials see lightning or hear thunder.
5. Procedures for announcing the cancellation of a meet prior to its scheduled start are at the discretion of the host institution, as are the arrangements for rescheduling a meet.
6. Concessions will be available for sale at each meet. Carry-ins are not appreciated.
7. Track meet entry fees are \$100 per school.
8. No spikes are allowed.
9. All boys and girls will use an 8 pound shot put.
10. The placing of the hurdles are as follows: The first hurdle is 42' 7" from the starting line. The next 5 hurdles are evenly spaced at a distance of 55' 7" apart. At Monterey Stadium, place the first hurdle on the first yellow line, and the remaining hurdles on every other yellow line. The height of the hurdles is 30". St. Joe's uses highschool spacing for their meet.
11. During the high jump, jumpers must take off on 1 foot. Jumpers may not touch the mat while jumping.
12. The discus is 7.25" in diameter.

13. Official results are final and not subject to appeal.

General guidelines of individual meets are found in Appendix C

### **Duties of the League Director:**

- A. Obtain a number of team participants for each school in volleyball and basketball in early September for VB, and mid November for BB, or sooner if possible.**
- B. Create a rough draft of each schedule with assistance of 1-2 AD's in the conference.**
- C. Share a rough draft at least 2 weeks before the start of seasons.**
- D. Collect and keep conference records to determine seeding for tournaments.**
- E. With host school, determine tournament schedule with brackets from <https://www.printyourbrackets.com/consolation-tournament-brackets.html>**
- F. Set Fall and Spring league meeting dates.**

## **Appendix A**

Referee Information Sheet (Basketball Rule #2)

## **REFEREES**

**This form is given to ALL REFEREES at the beginning of the season. It is the responsibility of the Athletic Director of each school to give out this information.**

We want you to know that we appreciate your professionalism and respect your efforts by officiating games in our league.

As a league, we support you 100% and ask that these following rules be enforced immediately:

- Any coach yelling at an official for any reason is an automatic technical and game ejection. In VB, the penalty will be ejection from the game, and the gymnasium.
- Any player using foul language is an automatic technical (basketball) and game ejection (both vb and bb).
- VB—Teams may play with 4, 5, or 6 players with NO Penalty.
- Any player “talking trash” or showing unsportsmanlike conduct is an automatic technical and game ejection.
- BB—Technical fouls will result in the opposing team receiving one point and the ball rather than shooting free throws.

We as a league feel we need to emphasize the positive aspects of sport and we solicit your help in accomplishing these goals through these rules

## Appendix B

The date for the 2023-24 Athletic Season are:

**Cross Country:** August 14 - October

Meets begin in September

September 8: St Paul's at Janesville Sports Complex

September 14, St. John Vianney at Optimist Park Janesville

September 23, Midwest Invite at Blackhawk Golf Course

September 28, St. Joe's at Jones Park Fort Atkinson

October 5, 2023: St. William's at Peace Park Janesville

**Volleyball and 4th Grade Basketball:** October 9 - Dec. 9

4th Grade BB Practice may begin October 9

4th Grade Basketball St. John Vianney Tournament: November 11

Goal is a one day tournament.

12/2 - St. Mary's or TBD

SJB - would like to host as well

OLA - would like to host as well

Volleyball Games begin Oct 16

Tournaments:

A -Team Week of 11/27, 30, and 12/2

B -Team Week of Dec. 4, Dec. 9 (due to Holy Day)

Hosts: TBA

**5th-8th Basketball:** Dec. 11 -Mar9

Games begin January 8, 2023

Tournaments, Thursday through Saturday

Feb. 29 - Mar. 2 Girls @

Mar. 7-9 Boys @

Host: TBA

**Track & Field:** April 15 - May 27, 2024

Meets:

Saturday May 4 - St. William's

Saturday May - SJV at Monterrey Stadium

Saturday May 18 - St. Joseph's at Fort Atkinson High School

May 23 - OLA Beloit

## Appendix C Individual Track Events

### St. John Vianney Invitational

1. Fourth, fifth and sixth graders will compete at the B level, and seventh and eighth graders will participate at the A level.
2. Students may move up a level if they are needed to fill the roster.
3. High jump will have 2 misses per height. One run up trial attempt without jumping—next run up without jumping will count as a miss. Starting height B = 3' , A = 3'6"
4. Ribbons will be awarded for 1<sup>st</sup> through 6<sup>th</sup> places and there are team trophies for both A and B girls and boys teams. Only 1 relay team per school will be scored.
5. Events offered include

Shot put	Discus	Long Jump	High Jump
100 m low hurdles	100 m dash	800 m run	200 m dash
800 m relay	400 m dash	400 m relay	1600 m run
5. Last minute roster changes are discouraged. All coaches should attend the coaches' meeting prior to the start of the meet to make any final changes necessary.
6. Limit 3 events and a relay per student (Max of 3 individual events per students – 2 events and 2 relays is okay).

### Our Lady of the Assumption Invitational

1. This meet is open to all boys and girls in fourth, fifth, sixth, seventh and eighth grade.
2. Limit 3 events and a relay per student (Max of 3 individual events per students – 2 events and 2 relays is okay).
3. All events will be called three times.
4. If a runner is not present at the start of his or her event, it will be run without them.
5. Athletes competing in two or more field events will need to check in and out of those events to complete three jumps/throws before the last call is made.
6. Only one relay team per school will receive points and ribbons per relay event.
7. Only three athletes per school may receive points or ribbons per event.
8. Ribbons will be awarded to 6 places in all events and points are awarded from first to sixth place as 10; 8; 6; 4; 2; 1. There will be 3 team trophies for girls and boys, and a traveling team trophy for the boys and girls combined.
9. Events offered include:

Long jump	Shot put	Discus	High jump
100 m low hurdles	100 m dash	1600 m run	100 m dash

200 m dash                      800 m relay    400 m run    400 m relay  
800 m run                      1600 m relay

### **St. William Crusader Relays**

1. This meet is open to all boys and girls in fourth, fifth, sixth, seventh and eighth grades.
2. Each school may enter 6 individuals in each of the team events and up to 2 relay teams in each of the relay events. Only the top 3 scores in each team event will be combined for that school's team score for placement. Only 1 relay team from each school may place for total school team points.
3. Individuals from each school may participate in up to four events or relays.
4. Events will be run with girls competing against girls and boys competing against boys.
5. Ribbons will be awarded to each of the 3 top "team members" for each field or team event and to each of the 4 members of placing relay teams. Ribbons will be distributed for 1<sup>st</sup> through 6<sup>th</sup> place.
6. A girls team trophy and a boys team trophy will be awarded. An overall school trophy will travel to the winning team each year.
7. Changes must be reported to the press box and also to the clerk.
8. Field events will be run first, with running events following. If field events are not finished when running events start, they will run concurrently with the running events. Athletes may check in and out of field events, but it is the athlete's responsibility to make sure they have recorded all 3 of their jumps/throws prior to the closing of that event.
9. A first, second, and final call will be given for all events.
10. Girls will run first, followed by the boys.
11. Events include:

Field Events: Shot put, discus, long jump  
100 m hurdles  
800 Meter Run  
400 Meter Relay (4 x 100)  
Throwers Relay  
1600 Meter Relay (4 x 400)  
800 Meter Relay (4 x 200)  
1600 Meter Run  
Medley Relay

### **St. Joseph Carpenter Invite**

1. Fourth, fifth and sixth graders will compete at the B level and seventh and eighth graders will participate at the A level.



2. Students may move up a level if they are needed to fill the roster.
3. Ribbons will be awarded for 1<sup>st</sup> through 6<sup>th</sup> places and there are team trophies for both A and B girls and boys teams.
4. Events offered include

Shot put	Discus	Long Jump	High Jump(start at 3.5 ft)
100 m low hurdles (high school spacing)	100 m dash	800 m run	
200 m dash	800 m relay	400 m dash	400 m relay
1600 m run	Medley Relay		

5. Please no additions to events day of event to meet entries. Drops/scratches are allowed prior to start and during meet. In the event the meet has started and a scratch needs to occur, please report to the event clerk to scratch so we are not constantly calling for the athlete.
6. Only one relay team per school can compete per group division.
7. Limit 3 events and a relay per student (Max of 3 individual events per students – 2 events and 2 relays is ok.