

California Home School Sports League

Track and Field Rules Clarification and Exceptions

Age Divisions

All age divisions have a separate division for boys and girls.

All ages are based on September 1st of the beginning of the current school year.

- 8 & Under (U8)
- 10 & Under (U10)
- 12 & Under (U12)
- Freshmen (14 & Under)
- Varsity (18 & Under)

Running Events

Running events are open to all ages with the exception of the 50 yr dash as listed below.

- 50 yd dash for U10 and U8 age groups only
- 100m, 200m, 400m 800m, 1600m
- 4 x 100 relay, 4 x 400 relay

Hurdles

The following age divisions use the following heights for hurdles;

- | | | |
|--------------------|------------------|-----|
| • 100 High Hurdles | FG and 12 &U | 30" |
| • 100 High Hurdles | FB and Var Girls | 33" |
| • 110 High Hurdles | Var Boys | 36" |
| • 300 Low Hurdles | | 30 |

Shot Put

Weight for each Division

- 6 lb 12 & Under and Freshmen Girls
- 8 lb Freshmen Boys and Varsity Girls
- 12 lb Varsity Boys

General Rules

- Warm up puts allowed only before meet begins , 3 Puts Maximum
- Athletes must enter and exit through the rear of the shot put circle

Judging

- Measure to the nearest edge of where the shot put lands
- Watch for a foul/scratch if they step on or over the shot put toe board
- Total the results and indicate furthest distance achieved
- In the case of a tie use the following criteria
 - Least amount of scratches
 - If still a tie then it is recorded as a tie

High Jump

Starting Heights

- 2'6" 10 & U and 8 & U Divisions
- 2'10" 12 Girls
- 3' 12 Boys and Fr Girls
- 3' 4" Fr Boys
- 3'6" Var Girls
- 4' Var Boys

General Rules

- Warm Up Jumps allowed only before meet begins, 3 jumps maximum at each height if needed
- Once they make a height they cannot jump at that height again
- Jumpers must jump off one foot only

Judging

- Touching the bar is ok as long as it does not fall off.
- It must stay up until the jumper exits from the pit or 1 min has passed
- The jumper must to exit off the side or back of the pit.
- Total the results and indicate highest jump achieved and
- In the case of a tie use the following criteria in the order listed
 - Least amount of misses at the winning height
 - Least amount of misses overall
 - Least amount of total jumps

Long Jump

General Rules

- Warm Up Jumps allowed only before meet begins
- 3 jumps maximum even if they scratch

Judging

- Watch the take off foot judging if they take off on or behind the take off line
- If they take off past the line in any way it is a foul/scratch
- Watch the landing to measure to the nearest part of their body to the take off line.
- If they fall back in anyway, having any part of their body touch behind where they land, it must be measured to the closet spot of their body to the take off.
- Total the results and indicate the best jump achieved.
- In the case of a tie use the following criteria;
 - Least amount of scratches
 - If it is still a tie record it this way

Triple Jump

General Rules

- Warm Up Jumps allowed only before meet begins
- 3 jumps maximum even if they scratch

Judging

- Know which line they are taking off from ahead of time.
- Watch the take off foot judging if they take off on or behind the take off line
- If they take off past the line in any way it is a foul/scratch
- Watch to see that they perform the 3 parts of the jump as listed below;
 - Hop onto same foot
 - Skip onto opposite foot
 - Jump into pit
- Watch the landing to measure to the nearest part of their body to the take off line.
- If they fall back in anyway, having any part of their body touch behind where they land, it must be measured to the closet spot of their body to the take off.
- Total the results and indicate the best jump achieved.
- In the case of a tie use the following criteria;
 - Least amount of scratches
 - If it is still a tie record it this way

Discus

Weight for each Division

- High School: MEN 3 LB 8.438 OZ 1.6 K; WOMEN 2 LB 3.274 OZ 1 K
- Jr High and Younger:

General Rules

- Warm up puts allowed only before meet begins , 3 Throws Maximum
- Athletes must enter and exit through the rear of the discus circle

Judging

- Measure to the nearest edge of where the discus lands
- Watch for a foul/scratch if they step on or over the discus toe board
- Total the results and indicate furthest distance achieved
- In the case of a tie use the following criteria
 - Least amount of scratches
 - If still a tie then it is recorded that way