



## Track & Field Rules

### Age Groups

8 & Under-Born 2013 and after

9-10

11-12

13-14

15-16

17-18 Years Old-Born 2003-2004

Adult

Open – Woman and Men 19-29

Masters – Women and Men 30 and over

The Competition will follow the 2018 USATF (Track and Field) officials rules of competition.

An electronic timing system will be used.

Maximum spike length allowed on the track in 1/4 inch.

Most field implements will be on site.(If you have your own, bring it). Individuals implements will be checked by certified officials at the track meet.

All running events will be timed finals, except the Open and Masters 100 meter Dash, which will be run as trial and final.

Open and Masters running events will be run from oldest to youngest and women before men.

Youth running events will run from youngest to oldest and girls before boys.

The Alabama State Games reserves the right to eliminate the 1500M and 3000M race walk from the State Games track and field meet if an insufficient amount of participants enter those two events.

Further, the Alabama State Games or its Meet Director reserves the right to alter the schedule of the meet for any reason before the meet or the day of the event for any reason (including weather, etc...)

Participants will be given notice on the website and or CoachO of any pertinent changes before the meet and an announcement will be made for any changes at meet over the loudspeakers.