



# Live Healthy IOWA TRACK Kids CHAMPIONSHIPS

## GUIDELINES & RULES FOR PARTICIPANTS

1. The only restriction for participation is age. A participant's age is as of **December 31, 2019**.  
Born in 2011-2012   Born in 2009-2010   Born in 2007-2008   Born in 2005-2006  
(7 & 8 Year Olds)   (9 & 10 Year Olds)   (11 & 12 Year Olds)   (13 & 14 Year Olds)  
*A participant must compete in his/her age group and gender division.*
2. No spikes or shoes designated for spikes will be allowed on the track. In field events, any shoes designed for turf surface sports (natural or artificial) are not allowed. The participant's shoes cannot be used to gain an advantage. No athlete will be allowed to compete in bare feet.
3. Participants may not wear sunglasses (unless prescription) or jewelry that dangles. Stud earrings or necklaces that are taped down are okay.
4. Starting blocks are not permitted.
5. A participant may compete in three events (this may be two running events and a field event or two field events and a running event). The relay **does not count** as a running event and may be used as a fourth event. Participants cannot compete in three running events (not including the relay)
6. Each competitor is allowed one false start.
7. Lane position may be drawn randomly or seeded according to guidelines.
8. A runner must stay in the lane assigned for the 50 meter, 100 meter, 200 meter, and 400 meter dashes and the 4x100 meter relay.
9. It is the participant's responsibility to report to the bullpen area for an event on time. Participant must listen for the announcement of his/her event.
10. A competitor should be excused from a field event so that he/she may participate in a running event. The individual shall return to the field event immediately following the completion of that running event.
11. In the relay event, the baton must be passed within the exchange zone. No aid may be used on the track. The baton must be handed, not thrown. The runner passing the baton should remain in the lane so as not to interfere with a runner in another lane. Rules relative to fouling, coaching, or impeding a runner applies to relays. A regulation baton must be used. It may not be wrapped with tape.
12. Participants will be disqualified for the following: competing in the wrong age group, wearing illegal shoes, aiding a participant directly or indirectly by accompanying participant to the starting area, running alongside participant, or being stationed at points along the track to aid/coach participant, exceeding the allowed event limit, a second false start, gaining an advantage by stepping on or over an inside line on a curve, stepping on or over a lane line for three or more consecutive steps with one or both feet on a curve, or causing interference of another runner.

13. Participants will be disqualified for unsportsmanlike conduct and participating in more than one local meet. They will not be allowed to advance to the next level of competition.
14. Substitutes are allowed in relay teams at the state meet provided the substitute runner competed at the local meet, meets age/gender guidelines, and does not compete in more than the allowed number of events.
15. The winners at local meets advance to the Live Healthy Iowa Kids Track Championships in Marshalltown, IA.