

HIGHLIGHTS OF THE RULES

The information below will assist you in conducting a local Hershey's Track & Field Games meet. This information is taken from the Official Rule Book.

1. The only restriction for participation is age. A participant's age is as of December 31, 2007.

**9 & 10 Year Olds
Born in 1997-1998**

**11 & 12 Year Olds
Born in 1995-1996**

**13 & 14 Year Olds
Born in 1993-1994**

A participant must compete in his/her age group and sex division.

- 2. Participants who take part in Junior Varsity or Varsity Track Programs or are members of a Track Club ARE eligible to participate in the Hershey's Track & Field Games as long as the state/provincial high school athletic governing body does not prohibit participation.**
- 3. Participants may not wear shoes designated for spikes. In field events, any shoes designed for turf sports are not allowed.**
- 4. Participants may not compete in their bare feet, slippers or socks.**
- 5. Participants may not wear jewelry and hair beads or decoration or sunglasses.**
- 6. Starting blocks are not permitted.**
- 7. A participant may compete in only three events (this may be two running events (includes relays) and a field event or two field events and a running event). A participant may not compete in three running events.**
- 8. A participant who is disqualified for unsportsmanlike conduct may not participate further in that meet and will lose any previous earned awards.**
- 9. Times will be recorded to the nearest 100th of a second and distances will be measured in feet and inches to the nearest one quarter inch (except in Canada).**
- 10. In the case of ties for first place, there must be a run off for the running event. In the field events the contestant with the best second throw or jump will be declared the winner.**
- 11. Each running competitor is allowed one false start.**
- 12. All local meet winners must have their age verified at the local level competition.**
- 13. In the relay, the acceleration zone will not be used and aids may not be used.**
- 14. 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.**
- 15. A participant may enter only one local meet.**
- 16. A participant must participate in the state/province in which he/she resides.**
- 17. Lane and position can be drawn by chance or seeded.**
- 18. SOFTBALL THROW - The set-up, the conduct of, and the measurement of throws was changed in 1996. Please refer to page 13 in the Rule Book.**
- 19. Usually the winners at a local meet advance to the district meet in states/provinces where district meets are held.**
- 20. Most district and state/provincial meets will be held rain or shine.**
- 21. There must be at least 5 participants from each state/province in each region that qualify for the North American Final Meet. All regional winners will qualify for the North American Final Meet.**