

Southern Maine Middle School Indoor Track League

Rules, Procedures & Miscellaneous

(Revised March 7, 2020, December 5, 2024)

A. General Information

1. Meets are held at the Portland Exposition Building (874-8200), 239 Park Avenue, on a track approximately 140 yards in length. There is a four-week regular season followed by the End of Season Festival Meets on the fifth week. The league began in 1959.
2. The League is divided into two conferences: Greater Portland Conference (GPC) and Southern Maine Conference (SMC). Athletic directors of the Southern Maine Middle School Athletic Conference, after considering recommendations from the coaches, will select a meet director for each conference.
3. The coaches may choose a league president who will serve at their discretion. The league president will represent the coaches and the league at the meetings of the athletic directors, and is responsible for organizing a pre-season meeting for coaches, the seeding meeting for the Festival Meets, and if needed, a post season meeting.
4. Competition is grouped in divisions by grades. Boys and girls participate separately for purposes of placing and scoring. Boys and girls' events may be conducted simultaneously when there are few entrants.
5. Admission prices are \$5 for adults, \$3 for students (K-12) and \$4 for seniors. There is no admission fee for athletes and coaches. Athletes must show their jersey upon entry into their meet.

B. Divisions & Grades

An athlete is placed in a division according to their grade:

- Junior Division: 6th
- Intermediate Division: 7th
- Senior Division: 8th

C. Events

1. Boys and girls have the same events except for the following differences; a) Hurdles spacing; b) High jump height; c) Senior shot put weight; and d) Senior hurdle height.
2. Junior division: 40 yd, 45 yd. hurdles, 150 yd, 240 yd, 440 yd, 600 yd, shot put, 560 yd relay. There are no 1000 yd or high jump.
3. Intermediate division: 40 yd, 45 yd hurdles, 150 yd, 240 yd, 440 yd, shot put, 560 yd relay.
4. Senior division: 40 yd, 45 yd hurdles, 240 yd, 300 yd, 440 yd, shot put, 840 yd relay.
5. Open events (intermediate & senior division): 1000 yd, mile, high jump. Junior division may compete and score in the mile.

D. League Rules, By-Laws, Amendments, Procedures, and Explanations

1. **Event Limitations:** An athlete may enter a maximum of two events, as follows:
 - a. 2 field events (shot put and high jump) but are not allowed for the junior division.
 - b. 1 field & 1 running event.

c. 2 running events, consisting of one floor event and one circular event:

<u>Floor events:</u>	<u>Circular events:</u>
40	150
Hurdles	240
	300
	440
	600
	1000
	Mile

- d. Any 1 event and the relay.
- e. Only exception is that the relay may be added as a third event, as long as it does not make it a third running event.

2. Scoring:

- a. Score will be kept for the first four weeks of the season. During meets, only the overall boys and overall girls score will be announced. Divisional scores and overall score will be announced at the end of meets. Points scored in open events will be placed in the division of the competitor.
- b. The overall score for each sex is the sum of the three divisional scores.
- c. Pentangular meets score 5 places: 8-6-4-2-1 (relays score 8-6-4-2).
Quadrangular meets score 5 places: 6-4-3-2-1 (relays score 6-4-2).
Triangular meets score 4 places: 5-3-2-1 (relays score 5-3).
Dual meets score 3 places: 5-3-1 (relays score 5 points).

3. Athletes are ineligible if they participated in a high school meet.

4. Athletes may move up one division, but can't return to the lower division for the remainder of the season. Athletes can't participate in two divisions in the same meet.

5. If a runner in a contending position falls on the first turn, then the race will be stopped and restarted.

6. Lanes: NFHS rules: In a race involving a curve where lanes are not specified, a runner may move toward the inside or outside of the track provided the runner is one full running stride, approximately 7 feet, in advance of the other runner whose path is crossed. It is not a foul if a runner crosses to the inside or outside if this action does not interfere in any way with another competitor.

7. Jewelry: An official may require jewelry to be removed if deemed to be a hazard.

8. Uniforms: All athletes must wear a school-issued jersey in school colors, or a similar jersey in school or neutral colors (white, gray, tan, or black). Track shorts must be either school colors or a solid neutral color (except for a small number or logo, or very thin stripes or trim). T-shirts worn under the jersey, or spandex or the like worn under the shorts, must be a single color (a school color or a neutral color) (except for a small number or logo, or very thin stripes or trim). Multi-colored shorts (other than school colors) and multi-colored items worn under the jerseys are not allowed.

Relay team members must wear identical (same basic color and design) jerseys in school colors. Other visible clothing worn in relays (shorts, items worn under shorts such as Spandex, items worn under jerseys such as t-shirts) must follow only the general rule in the preceding paragraph (must be school colors or neutral colors).

Once an athlete has been warned individually by any official about improper uniform, he or she will be disqualified from the event if he or she refuses or is unable to correct the problem, forgets to do so, or attempts to wear improper uniform in a later event. An event will not be unduly delayed for an improperly uniformed athlete to change. An athlete or coach concerned about "borderline" uniform situation should check with the meet referee in advance.

9. Numbers: All competitors must wear their assigned number while competing, and it must show on the back for all events, except high jumpers may wear paper numbers on the front in that event only. They must remember to put them on the back for all other events. Numbers drawn on paper must be large enough, minimum 4", and dark enough to be seen by the judges from the back of the bleachers in the 40s and hurdles. Athletes without a number on and visible will be disqualified in a running event, or called for a foul or a miss in a field event.

Team uniform numbers are as follows:

0 – 99 Biddeford 1000 – 1099 Windham
100 – 199 Scarborough 1100 – 1199 Falmouth
200 – 299 King 1200 – 1299 Yarmouth (Harrison)
300 – 399 Lincoln 1400 – 1499 Bonny Eagle
400 – 499 Moore 1500 – 1599 Southern Maine Catholic
500 – 599 South Portland 1600 – 1699 Thornton
600 – 699 Greely 1700 – 1799 Saco
700 – 799 Westbrook 1800 – 1899 Cape Elizabeth
900 – 999 Gorham 1900 – 1999 Poland (Whittier)
2000 – 2099 Freeport – Durham
2100 – 2199 Noble
2200 – 2299 Old Orchard Beach (Loranger)
2300 – 2399 Massabesic

10. Rosters: Submit one team roster (two copies), in numerical order, to the meet director by the start of the meet on the first week and successive meets.

Rosters must be on either the league supplied form, or comparable form with the same heading information and columns. If the league form is not used, then information must be in the same columns, without unneeded information. The columns are:

Sex (B or G) Jersey number First name Last name Division

Duplicates may be used for boy-girl pairings, or if necessary, pairings for athletes of the same sex who are never used in open running events but are in different divisions.

Correct and update rosters as soon as possible, and both the meet director and the recorder must be informed of any changes. Remind athletes they may not swap numbers or numbered jerseys.

If duplicate numbers are used, then they must be listed consecutively and **circled in red**.

11. General Meet Information:

a. First Week: Officials such as starters, the clerk, and field event judges do not have a lot of extra time to explain "what to do". Coaches are responsible for doing that before the meet.

Be sure your athletes, especially those competing for the first time, know the following:

1. Where events are located or start.
2. How to report to the clerk or field event judge.
3. Stop on a second gun for a false start.
4. Stop on a gun fired on the first turn for a restart.
5. What is the proper uniform (including items worn under the jersey or shorts that show).
6. Considerable time must be spent teaching the starting commands (Rule 18 deals with starting procedures specific to the Portland Expo).
7. What the announcer's calls for first, second, and last call mean.
8. How to run relay races (red lines for the passing zone, passing the baton, stay in your lane after handing off the baton, etc.).

b. It is strongly recommended that each coach sends home a letter for each athlete's parents, explaining basic rules, where the team sits, what the admission prices are, the schedule, the order of events, etc.

c. Only athletes entered in the 40s or hurdles are allowed behind the starting line. Athletes should be instructed to listen to the clerk for their name. If an athlete does not respond because of inattention, he or she will be scratched.

d. At no time during a meet should athletes or managers go to the scorer's table to get times, find out the score, etc. Coaches should disrupt the work at the table as little as possible. Only at the end of the meet will all sheets from the meet be available for a coach to look at in the vicinity of the table. Because the league statistics are based on these original sheets only, coaches must be very careful while looking at them. Copies of the meet results will be available shortly after the meet's conclusion.

e. Coaches' Complaints: No coach with a complaint should go to any official except the referee or meet director. If a coach bothers or verbally attacks an official, then the coach risks removal from the Expo, getting athletes disqualified, or even getting the team removed from the meet if the offense is serious enough. Handle your complaints or concerns in a proper manner.

12. Seeding for the Regular Season Meets: The clerk must be provided with a clear, clean, legible set of sheets for all running events, in the order in which the events are to be run.

Seed according to the Order of Events sheet. Remember to list the shot put and high jump on completely separate sheets for the judges of those events.

13. Limits on the Number of Entries, and the Number of Races:

a. 40s & hurdles: (8 lanes to use)

In the 40s, a maximum of two trial heats in dual meets; maximum of three trial heats in triangular meets allows 8 per school; quadrangular meets allow 6 per school; and pentangular meets allow 4 per school plus fill-ins on an equal basis per school.

All hurdle races will be limited to 2 trials (if needed) and a final in all regular season heats.

However, if any of the 40s have fewer than the maximum 3 trials or any of the hurdle races have no trials, then on a 1 for 1 basis, an additional third trial may be added to any of the hurdle races, so that the maximum number of races for the 40s and the hurdles stay the same.

There will be no non-placing heats. There will be 6 in the finals, unless ties increase that to 7 or 8. Coaches must seed as few races as possible, using all 8 lanes to do so. If there are many scratches, the clerk will move athletes to ensure at least one more runner than the number qualifying in each race, or combine races to make a final.

During the regular season, all trials will be timed and recorded for at least 3 places. For finals, all scoring places will be timed and recorded and, if possible, also other runners.

b. 150: maximum three runners with lane preferences of middle, outside, inside. Lane 1 is not used.

Runners stay in their respective lanes. A large number of scratches will result in the clerk combining races, taking top-seeded lanes into consideration.

c. 240, 300: maximum three runners with lane preferences of middle, outside, inside. Lane 1 is not used.

Runners stay in their respective lanes until they pass the orange poles. A large number of scratches will result in the clerk combining races, taking top-seeded lanes into consideration.

d. 440, 600, 1000, mile - normally, these are single, final races:

Seven front row positions may be used. Back row positions up to 6 may be seeded. If 12 or more are entered, then two timed sections will be formed, labeled on the clerk's sheet as "seeded" and "unseeded" because if scratches reduce the number to under 12, a single race will be formed with the "seeded" section as front row, others behind. For these races, boys and girls may be run at the same time if there are 3 or fewer entries in either race.

e. Relays:

Maximum of 3 teams unless approved by the games committee (the coaches in the meet). No single-team relays will be run when such a situation may be combined with another relay of the same length with 3 or fewer entries. Only one relay team per school may be entered.

No non-scoring or practice relay teams may be run, except when a school's relay team must run alone, otherwise, a designated non-scoring relay team of eligible athletes may run with it.

f. **Scratches in all events should be reported as soon as known.**

14. Shot Put:

Senior boys use the 4 kg shot.

Senior girls, intermediate boys & girls use the 8 lb shot.

Junior boys & girls use the 6 lb shot.

The League owns two of each weight shot and only league-owned shot puts may be used at all meets of the indoor season.

Each school is allowed 4 entries in each shot put plus schools may fill in unused spots on an equal basis. In each shot put there will be 2 trial attempts for all entries, and 1 final attempt will be allowed for the top 4 in dual meets, the top 5 in triangular meets, and the top 6 in quadrangular and pentangular meets.

In the Festival Meet, the top 7 after the 2 trial attempts will be allowed 1 final attempt. Entries in the shot put must be ready for limited warm-ups as soon as the event area is ready. There will be no warm-ups between trials and finals.

Each coach will provide seeded lists to the shotput judge, with the best putters listed first (on a separate sheet from that for the high jump). There will be two assistant shotput judges all season to locate better where the shot lands.

15. Open High Jump:

Each school is allowed 4 entries in each high jump (boys and girls), plus schools may fill in unused spots on an equal basis. Entries in the high jump must be ready for limited warm-ups as soon as the event area is ready. The starting heights will be as follows, unless otherwise decided by the meet director because of the quality of the performances for the season (in any case, the same starting heights must be used for all conference meets per week): **Girls: 3'8"**
Boys: 4'2"

Girls and boys will warm up separately, boys starting after the girls have finished. Better jumpers should be encouraged to pass at the lower heights, or this can be marked on the entry sheets by coaches. Coaches will prepare for the high jump judge seeded lists by school, with the best jumpers listed last (on a separate sheet from the shotput entries).

16. Leaving Field Events:

Athletes who need to leave a field event for a running event should let the field judge know when the first call has been made. The athlete then checks in with the clerk, who must be informed of the field event, and then the athlete can return to the field event until the running event is imminent. Field event judges can allow throw or jumps out of order to help the situation. The athlete must return to complete the event within 10 minutes of last leaving the field event (Note: In the high jump, if everyone has completed the height, the high jump judge will never wait more than five minutes before passing any missing jumpers to the next height). Athletes entered in both field events need to go back and forth as necessary to be ready when called. The athlete should inform each judge of the situation

17. Hurdles:

Senior division boys' hurdles are 33" high;
All other divisions (boys and girls) are 30" high.

The distance to the first hurdle is 13 meters for both boys and girls.

The spacing between the girls' hurdles is 8 meters.
The spacing between the boys' hurdles is 8.5 meters.

18. Starting Procedure for the SMMSITL at the Portland Expo:

- a. 40, hurdles, 150, 240, 300, 440 & relays : Starting commands: "On your marks", "Set", and the fired gun. The interval between "set" and the fired gun should be at least one second, but no more than two seconds.
- b. 600, 1000 and mile, the starting commands: "On your marks" and the fired gun. Runners will bring one foot to the line on the first command. When all are still, the gun is fired. Down starts are not allowed. Runners in the back rows must remain still until the gun is fired.
- c. The interval between "On your marks" and the fired gun in a race of 600 yards or longer AND the interval in a race 440 yards or shorter between "On your marks" and "Set" in a race should be several seconds. However, if most runners are ready, and one or more are taking excessive time to be "on your marks" all runners will be told to stand and relax. Those delaying will be warned to comply with the commands more quickly or be called for a false start.
- d. A false start is charged if a runner touches the track on or beyond the starting line once the final verbal command has been given OR if there is any forward motion just before the gun is fired.
- e. One false start is allowed in all running events for each runner, but a second false start in a race will result in disqualification.

19. Rules Pertaining to the Festival Meet:

1. Seeding for the Festival Meets will be done in this order: field events, 40s, hurdles, and other running events (mile, 1000, 600, 440, 300, 240, 150, relays). Declarations of any division changes must be made before seeding starts. All coaches must attend the seeding meetings, or send a qualified representative.
2. All athletes are guaranteed at least one entry in the Festival Meet, although not necessarily a first choice of event. If an athlete has not scored all season, then he or she may enter in only one event in the Championship and also be eligible for the relay.
3. Festival Meet Entries: The following are the limits to the number of entries in each event.
 - a. 40s & hurdles: Maximum of 48 entries forms 6 trial races, followed by 2 semifinals and a final.
 - b. High jump: Top 15 from league statistics plus any tied with the last qualifier.
 - c. Shot put: Top 21 from league statistics plus any tied with the last qualifier.
 - d. 150, 240, 300: Regular season rules apply.
 - e. 440, 600: Fast sections of 6 each, and slower sections of up to 11.
 - f. 1000, mile: 1 seeded section up to 11, and 1 unseeded section of up to 16.
 - g. Relays: No more than 3 teams per heat.
4. Other than these rules, the rules governing the general running of the meets are those set down by the National Federation of State High School Associations for track and field in the rule book, the case book, the official's manual, and the rules interpretations. It is highly recommended coaches obtain a copy of them. The meet director will have a copy for reference.