



City of
Rockville
Get Into It

Department of Recreation and Parks **2020 TRACK AND FIELD PROGRAM**

I. Age Category

Bantam Division – Kindergarten – 2nd Grade

Pee Wee Division – 3rd -4th Grade

Junior Division – 5th – 6th Grade

Intermediate Division – 7th – 8th Grade

II. Eligibility

Any boy or girl who either resides or attends school within the City of Rockville corporate limits is eligible to compete and will be assigned to a team in accordance with his/her age and school district.

III. Rosters

Each team will maintain a roster of active participants distributed by the Sports office. Additions to the roster may be added up until the 2nd regular season Meet. Additions must be approved by the League Director.

Rosters should consist of no more than 100 participants with a maximum of 30 per division.

Rosters of more than 100 participants must be approved by the League Director and Commissioner.

Each participant must complete an Agreement to Participate waiver. All waivers must be received by the Sports Division prior to the first meet.

IV. General

A. Meet and Schedule

Teams will participate in practice Meets on Wednesdays at Rockville H.S.

Coaches, parents/guardians, and participants are strongly encouraged to attend all Meets/Conferences.

Regular season: Wednesday, April 15 to May 13 at Rockville H.S. starting at 5:45 p.m., weather permitting.

City Conference Meets are **May 27 & 29** at Rockville HS starting at 5:45 p.m., weather permitting. Participants must compete in at least two regular season meets to be eligible. Please note: Meets may be cancelled due to severe weather or facility cancellations – the Track and Field Cancellation Policy is outlined in IV. B. (Inclement Weather Policy) and IV C. (Facility Cancellation Policy).

Coaches are required to attend all Meets/Conferences. Parents/guardians and participants are encouraged to attend all Meets/Conferences.

B. Inclement Weather Policy

Teams are to attend all Meets. Meets will run in most cases, even if it is raining. In case of severe weather (thunder/lightening or heavy rain that impacts safety or the ability to time the meet), Meets may be cancelled. If a cancellation does occur due to adverse weather the Inclement Weather Policy is:

1st effected (weather/facility cancelation) Meet will be rescheduled to the built-in rain date on Wednesday, May 20th; all other effected Meets will be rescheduled on the following Monday (day subject to change, dependent on facility availability and weather conditions). Please note that one meet may be cancelled in the event of continuous facility and weather cancellations. If a meet is called due to weather once it has begun, it will not be made up if two running events have been held.

For cancellation information, call the **Sports Weather Line** at **240-314-5055**. **The decision to cancel any meet is determined by the City of Rockville Sports Division.**

Cancellation information will also be posted on the Montgomery County Road Runners (MCRRC) website, visit: www.mcrrc.org for updates.

If **thunder/lightning** can be heard and/or seen, the Sports Division and/or field/facility supervisor will stop the meet and advise all to seek protective shelter immediately. An indoor facility is recommended as the safest protective shelter. If a facility does not have a protective shelter, an automobile is a relatively safe alternative.

- If a protective shelter or automobile is not available, follow these recommendations:
 - Avoid standing under large trees and telephone poles
 - If the only alternative is a tree, choose a small tree in a wooded area that is not on a hill
 - As a last alternative, find a ravine or a valley
 - In all outdoor instances, assume a crouched position and avoid standing near water or metal.

In the event of thunder/lightning; Meets may be cancelled or delayed 30 minutes after the storm finishes, depending on forecast.

No lightning safety guidelines can guarantee absolute safety. It is the responsibility of every person to be aware of weather conditions and take appropriate action to be safe.

PLEASE DO NOT CHALLENGE STAFF OVER CANCELLED MEETS.

C. Facility Cancellation Policy

If a facility cancels due to a schedule conflict, then an attempt will be made to move the Meet to a second track within the City Limits. Moving venues is dependent on availability of another track, and the amount of notification time given to enable a facility switch. Please note that if a facility switch is not viable, then the Facility Cancellation Policy is:

1st effected (weather/facility cancelation) Meet will be rescheduled to the built-in rain date on Wednesday, May 20th; all other effected Meets will be rescheduled on the

following Monday (day subject to change, dependent on facility availability and weather conditions). Please note that one meet may be cancelled in the event of continuous facility and weather cancellations. If a meet is called due to weather once it has begun, it will not be made up if two running events have been held.

D. Dress Attire

Only tennis shoes permitted. No street shoes, cleated track shoes or bare feet.

E. League Director–Jordan Perry 240-314-8638 jperry@rockvillemd.gov

F. Track and Field Commissioners- Halsey Sinclair

F. Site Supervisor- Cassandra McRoy

V. Team Events and Meet Organization

A. Age Group Events

Bantam Boys and Girls

Track Events: 50M, 100M, Open 400/800M

Relay Events: 4x100M

Field Events: Soft Javelin Throw, Softball Throw, Standing Broad Jump

Pee Wee Boys and Girls

Track Events: 50M in 5th Meet only, 100M, 200M, 400M, Open 1600M/800M

Relay Events: 4x100M, Sprint Medley

Field Events: Soft Javelin Throw, Softball Throw, Standing Broad Jump

Junior Boys and Girls

Track Events: 100M, 200M, 400M, Open 1600M/800M

Relay Events: 4x100M, Sprint Medley

Field Events: Javelin Throw, Running Long Jump, Softball Throw

Intermediate Boys and Girls

Track Events: 100M, 200M, 400M, Open 1600M/800M

Relay Events: 4x100M, Sprint Medley

Field Events: Javelin Throw, Running Long Jump, Softball Throw and Shot Put

B. Track Events

50M (unlimited) and 100M Runs (unlimited)

Each team can enter boys and girls as they wish for the 50M and as many boys or girls in the 100M for each age group.

200M Run (unlimited)

Each team can enter as many boys or girls as they wish in each age group.

Open 400M/800M Run (limited to 24 participants in each heat)

The 400M and 800M Run will be limited to 24 participants in each heat, however, multiple heats will be run so that all runners get to participate. Exception: a judgment call may be made by the Montgomery County Road Runners to consolidate heats if there

are up to 30 runners in a division. Example: if there are 30 total runners in the Pee Wee division, all 30 would run at the same time.

Open 1600M

Each team can enter as many boys and girls in each age group. The 1600M will not be limited to 24 participants in each heat. All will run at same time in each division.

C. Field Events

Running Long Jump – Juniors and Intermediates

Each team can enter as many boys and girls in each age group. Each participant will be given two attempts. The best attempt will score.

Standing Broad Jump – Bantams and Pee Wees

Each team can enter as many boys and girls in each group. Each participant will be given two attempts to score. The best attempt will score.

Javelin Throw – All Age Groups

Each team can enter as many boys and girls in each age group. Each participant will be given two attempts to throw the javelin (type of javelin based on age). The best attempt will score.

Softball Throw – Bantams, Pee Wees, Juniors and Intermediates

Each team can enter as many boys and girls in each age group. Each participant will be given two attempts. The best attempt will score.

Shot Put – Intermediates

Each team can enter as many boys and girls in each age group. Each participant will be given two attempts. The best attempt will score.

- D. Relays** – each week we will do one of the following relays: (**coaches are strongly advised to assign a coach to each exchange zone). Relay entries are due by 5pm on the Tuesday prior to the meet.

Each team may enter one relay team per age division, per sex. (BM, MG, JR, INT). Please note: *no co-ed team relay*. Participants must run only with their assigned team.

4 x 100: The 100 will start at the designated start line for the 100M. The start line is down the straight away from the finish line. The finish line is the designated standard finish line which is located by the gate at Rockville High School.

Sprint Medley - 100/100/200/400. The 100, 100, and 200 will all occur in lanes. The third hand off will occur at the start line. The 400 leg will have to cross the start line before they can cut over to lane 1. Once past lane one and safe to do so the fourth leg can cut over to lane 1.

- VI. Description of How Each Event is Run** (**all running events will finish on the standard start/finish line- by gate at Rockville HS)

1. Open 400M/800M/1600M- dual-alley waterfall start. (Dual-alley start - there will be two waterfall start lines: One at the standard start/finish line and a second farther down the track that is spread over the outside half of the lanes. Runners in the outside alley may break only to the middle of the track; designated by cones, after completing the first turn, at which time the runners on the outside may break toward the inside lanes where the runners who started from the full waterfall have already moved.)
2. 50M/100M- start on the standard start/finish line (by gate at Rockville HS).
3. 200M- start on the standard start/finish line for 200M (at the far end of the track). The staging area for the runners to prep/line up is the back straight.
4. Relays- staggered start

***Conference Meet format:* all events will be run as they were for the practice meets with the exception of the Open 400M. The Open 400M format will be changed for the conference meet to 6 lane staggered start, runner must remain in lane throughout entire run.

There will be a 'scratch meeting' at 5 p.m. on both days of the Conference Meet. At this meeting coaches, supervisors, and Montgomery County Road Runners will Meet and discuss any team changes.

VII. Guidelines for Participation

Command for starting is "To your mark, set" and whistle/gun; "To your mark" - the starter has decided that all contestants are ready to run; "Set" - all contestants are in their lanes and now take their starting position; whistle/gun - start of race.

Legal start is when no contestant has moved from his/her starting position until after the whistle/gun. Legal finish is when a contestant crosses the finish line with any part of the body between the neck and hips; arms not included.

Dashes will be run in lanes from start to finish.

Open events (Bantam 400, all 800, Pee Wee/Juniors/Intermediates 1600) will be run in waterfall format. Boys and girls may run in same heat, numbers permitting. All boys and girls will be timed.

Contestants are not to jostle or impede another contestant's progress. When passing a race competitor runner must have advanced two competitive stride lengths in front of another runner before cutting in. Runners may not pass on the inside of the track. No runner may take more than two consecutive steps on or over the left inside line.

Field Events will not count if contestant steps over line during the throw/jump. Throws and Jumps are measured from landing point closest to line.

Participants must stay in their own age division for a particular event.

Participants are restricted to two field events and any two running events (except Open Events, and relays). Runners can compete in all Open Events; these will not count toward the two-event limit.

Time/Score will be provided for all practice Meets and Conference Meets. Please note: the final Conference Meet time/score may take extra time to compile.

VIII. Track and Field Etiquette

In an attempt to alleviate confusion, we want to enforce the following:

Only coaches with infield pass badges will be permitted in the infield of the Track. **Parents may not enter the gate of the track unless they are volunteering to time the events.**

Any participant caught climbing on the bleachers will be suspended for the remainder of the Track Season.

All participants must look both ways before stepping on the track to cross as runner may be running. ***Be considerate!***

All participants must look both ways before stepping across the long jump runway. Participants are not allowed in the sand of the long jump pit (unless completing a jump).

All participants must enter and leave track at the open gates. Climbing over fence is not permitted.

Team members are not allowed at finish line.

Team members are not allowed to run along the grass in the infield encouraging a participant. There are timers and judges who must be able to see.

Runners must stay in their lanes when running unless otherwise instructed by the starter. When finished, runners should report to timer for their lane.

This is Track & Field only.

All participants and visiting spectators are not permitted to bring any unrelated Track & Field sports equipment into the Track & Field Stadium. *** No pets allowed on School Property.**

IX. Concussion Awareness





To help keep kids in the game for life, we ask that all coaches, parents, and participants become aware of concussion signs, symptoms, and prevention. The City of Rockville Sports Division has provided concussion awareness information on our website at www.rockvillemd.gov/recreation/sports, please review and become familiar.

Any participant who may appear to have or has a concussion may not return to play until the Sports Division has received a note from the participants' doctor that states the participant has been approved to continue sport activity. The note must be received prior to the next league activity. This includes all practices and games. City of Rockville staff has the authority to sit a participant out of sport activity if any signs/symptoms of concussion are noticed. The purpose of this policy is to keep all participants safe and healthy.

What are the Signs and Symptoms of Concussion?

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion.

Symptoms of concussion usually fall into four categories:

 Thinking/ Remembering	 Physical	 Emotional/ Mood	 Sleep
-Difficulty thinking clearly	-Headache -Fuzzy or blurry vision	-Irritability	-Sleeping more than usual
-Feeling slowed down	-Nausea or vomiting -Dizziness	-Sadness	-Sleep less than usual
-Difficulty concentrating	-Sensitivity to noise/light -Balance problems	-More emotional	-Trouble falling asleep
-Difficulty remembering new information	-Feeling tired, having no energy	-Nervousness or anxiety	

Some symptoms may appear right away, while others may not be noticed for days or months after the injury, or until the person starts resuming their everyday life and more demands are placed upon them. The signs and symptoms of a concussion can be difficult to sort out.

When to Seek Immediate Medical Attention

Danger Signs in Children

Take your child to the emergency department right away if they received a bump, blow, or jolt to the head or body, and:

- Have any of the danger signs for adults listed above.
- Will not stop crying and cannot be consoled.
- Will not nurse or eat.

Danger Signs in Adults

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. Contact your health care professional or emergency department right away if you have any of the following danger signs after a bump, blow, or jolt to the head or body:

- Headache that gets worse and does not go away.

- Weakness, numbness or decreased coordination.
- Repeated vomiting or nausea.
- Slurred speech.

The people checking on you should take you to an emergency department right away if you:

- Look very drowsy or cannot be awakened.
- Have one pupil (the black part in the middle of the eye) larger than the other.
- Have convulsions or seizures.
- Cannot recognize people or places.
- Are getting more and more confused, restless, or agitated.
- Have unusual behavior.
- Lose consciousness (*a brief loss of consciousness should be taken seriously, and the person should be carefully monitored*).



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Youth Sports Division

League Expectations, Policies/Disciplinary Measures

MISSION

The City of Rockville's Youth Sports Division mission is to promote participation in a safe, recreational setting to encourage fun, physical activity, teamwork, and sportsmanship. Programs are designed to meet participant needs for physical activity, social interaction, mentorship through positive coaching, fundamental skill development, and instill lifelong values in each participant.

EXPECTATIONS

The City of Rockville provides league rules that dictate how the program is operated and governed. In addition to these rules, coaches are requirement to get fingerprinted by the City of Rockville, become NYSCA (National Youth Sports Coaches Association) certified and sign a *Coaches Code of Ethics Pledge*. Parents/Guardians are strongly encouraged to read and sign the *Parents Code of Ethics Pledge* and return to your coach for the season. Both of these pledges represent the requirements that coaches and parents must embrace and use to serve as a role model to all participants.

The City of Rockville requires participants, coaches, spectators, and parents to exhibit good conduct and sportsmanship before, during, and after games and practices. Examples of good sportsmanship and conduct include but are not limited to:

- Fairness
- Ethics
- Respect
- Sense of fellowship
- Teamwork
- Positively encourage and congratulate all players and opponents as well as officials, city staff
- Understanding and promoting that this is a recreational league

POLICIES/DISCIPLINARY MEASURES

City of Rockville Sports Supervisors reserve the right to amend disciplinary measures below if investigation deems it necessary

THE TERM "INDIVIDUAL" INCLUDES THE FOLLOWING: MANAGER, CAPTAIN, PLAYER, OR SPECTATOR. A TEAM IS RESPONSIBLE FOR THE CONDUCT OF ITS INDIVIDUAL PLAYERS AND SPECTATORS. MISCONDUCT MAY RESULT IN PENALIZING AN INDIVIDUAL OR TEAM FROM ALL CITY OF ROCKVILLE LEAGUES.

- Coach/Player/Spectator/Parent/Guardian Ejection
 - If ejected from a league game, that individual will be suspended from the team's next played league game or for a period of time deemed fair by the league. If an individual is disqualified a second time during the season, he/she shall be suspended for the remainder of the season, or longer if deemed fair by the league.
- Ineligible Players
 - A coach who knowingly uses a suspended or ineligible player shall forfeit his/her coaching position, and the team shall forfeit all games in which the player participated.
- Unsportsmanlike conduct:
 - If ejected from a league game, that individual will be suspended from the team's next played league game or for a period of time deemed fair by the league. If an individual is disqualified a second time during the season, he/she shall be suspended for the remainder of the season, or longer if deemed fair by the league.
 - Unsportsmanlike conduct includes, but is not limited to:
 - Disrespectfully addressing an official or City Staff
 - Using profanity
 - Attempting to influence an official's decision
 - Baiting an opponent or obstructing his vision by waving hands near his eyes
 - Disrespectfully addressing or baiting an opponent and/or own team
 - Objecting to an official's decision by rising from the bench or using gestures or raising voice
 - Inciting undesirable crowd reactions.
- Before, during or after a game, anyone who strikes, shoves, pushes, bumps or otherwise molests, harasses, or threatens anyone shall be suspended for at least 1 year from the date of the incident or longer if deemed necessary by the league. After the suspension is served, the individual can return to programs on a probationary period for a minimum of 1 year.