

OVERVIEW

AGE GROUPS:

7-8, 9-10, 11-12, 13-14.

AGE IS DETERMINED BY THE CHILD'S AGE AS OF DECEMBER 31 OF THE CURRENT YEAR.

EVENTS:

7-8 BOYS/GIRLS - STANDING LONG JUMP/TURBO JAV/100M/200M/400M/800M

9-10/11-12/13-14 BOYS/GIRLS - STANDING LONG JUMP/TURBO JAV/100M/200M/400M/800M/1500M/1500M R/W

ELIGIBILITY/PARTICIPATION:

- Any child within the age groups may participate, regardless of school or club affiliation
- Participants need not be USATF members (though membership is encouraged)
- Participants must compete in their correct age and gender group
- Participants may enter into multiple USATF Future stars meets in various locations
- A participant may compete in a maximum three events. The events are of their choosing and may be combined at the participants' discretion (two running/1 field, 2 field/1 running)
- Participants are to be excused from a field event to enable them to compete in a running event
The participant shall return to the field event immediately following the completion of the running event

EQUIPMENT

- Participants may wear shoes designed for spikes in both running and field events, at the discretion of the meet director. Meet directors should make any restriction regarding spikes clear to all participants prior to the meet being conducted
- Participants may not compete in their bare feet
- The proper attire for the USATF Future Stars consists of a minimum of a t-shirt, jersey or blouse, shorts, long pants, leotards or tights that are not considered objectionable by meet management and shoes
- Starting blocks are permitted and are optional, at the discretion of the meet director. Meet directors should make any restriction regarding starting blocks to all participants prior to the meet being conducted
 1. Each meet director will be provided with two (2) Turbo Javs, free of charge. Participants may bring their own Turbo Javs as long as they are clearly marked and made available for all other participants to use as well



ATHLETE CONDUCT

- A participant who exhibits unsportsmanlike conduct will be disqualified from the meet. Unsportsmanlike conduct is defined as conduct which is deemed unfair or language that will bring discredit to the individual or other participants, disrespectfully addressing an official, using profanity, criticizing or taunting another participant or official or any other behavior deemed inappropriate by meet management

TIMING/SCORING/RESULTS

- 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 (1/4 inch)
 1. Timing may be done by hand, using stopwatches, or through fully automated timing (FAT).
Field vent measurement may be done using measurement tape
- In the case of ties for first place, there must be a run off for the running event. In the field events, the contestants with the best second throw or jump shall be declared the winner
- Each running competitor is allowed one false start. A false start occurs when a runner fails to comply with the starter's commands, or when a runner leaves the mark with a hand or foot after the "set" instruction but before the pistol is fired or whistle is blown. The participant charged with the false start shall be warned the first time and disqualified if the offense is repeated
- Lane or positions may be drawn by chance or seeded. This decision is made at the discretion of the Meet Manager.
- Results may be recorded digitally, if FAT, or on paper. Sample paper forms are found in Appendices A, B and C.
- Meet Managers must submit event results to USATF no later than 30 days after the conclusion of their events

GENERAL MEET MANAGEMENT

- Cancellation/rescheduling of USATF Future Stars meets for inclement weather shall be at the discretion of the Meet Manager
- Competition in the presence of lightning is strictly prohibited
- Each competitor is individually responsible for promptly reporting for each event entered. The competitor must report to the Clerk of Course for any running events or the designated area for field events



RULES

Note: The rules that follow are written as they would be followed for USATF Future Stars Meets taking place at a track facility. Meet Managers who host USATF Future Stars meets at open fields or less formal locations should make their best efforts to ensure distances contested are accurate.

GENERAL RULES – TRACK EVENTS

- The starting of each race shall be done by the report of a starting pistol fired in a manner that its smoke or flash will be visible to the timer or other sounding device. Any caliber of starting pistol may be used. If necessary, a whistle or “clapper” may be used in the absence of a starter pistol. w/pic of kids at start line
- In case of a false start, the starter or assistant starter shall recall the runners by a second shot/whistle/clap. If any competitor is in motion after the starter gives an order to “set”, the starter shall not fire the pistol or blow the whistle and shall ask the runners to stand
- The starting runner may not touch the scratch line or the ground in front of it until after the starting pistol has been fired
- **100 METERS:** The 100m race begins at the line marked “100M”, located at the beginning of the homestretch and ends at the finish line. Athletes run in their lanes from start to finish
- **400 METERS:** The 400m and 800m begin and end at the finish line. The 400m is one lap around the track; the 800m is two laps
- The 400m uses “staggered” start lines. These lines are marked on the track. Runners in the outer lanes start father down the track, on the turn. If there is any confusion regarding which line to use for the start for this race, consult with your official starter. Athletes run in their assigned lane for the entire race, from start to finish
- **800 METERS:** In the 800m and 1500m races, a curved starting (waterfall) will be used so that each competitor will run the same distance going into the curve. This curved line is marked at the start/finish line of all standard tracks
- **1,500 METERS:** The 1,500m run and 1,500m race walk begin at the line marked “1,500m”, located at the end of the first turn of the track (known as “Turn 2), roughly 100 meters after the traditional start-finish line
- **1,500M RACE WALK:** The race walk starts at the 1500m start line at the top of the straight-a-way on turn two (2). After 3 ¾ laps, the race walk ends at the common finish line. Athletes are to be judges by a minimum of three (3) people and a maximum of five (5). Walkers are required to maintain continuous contact with the ground and the advancing leg must be straightened at the knee from the moment of first contact with the ground until the leg is in a vertical straight position



Because most children at Future Stars Meets will not have previous race walking experience, meet officials should instruct children to keep one foot on the ground at all times – no “running” – and to try to lock their knees. Officials should verbally warn athletes who are not following proper form and protocol for race walking, and encourage correct technique. An athlete who repeatedly breaks rules on three or more occasions may be disqualified by the official

- Interference – If any athlete impedes another competitor by jostling or running/walking across an opponent's path, deliberately runs on or inside the track curb (or painted line), or illegally runs outside the assigned lane or course, the Referee shall disqualify the offending runner

Aiding a competitor is a violation. Aiding a competitor is defined as:

- a. anyone associated directly or indirectly with a competitor who paces the competitor by running, or taking a position along the track for the purpose of coaching or otherwise assisting the runner
 - b. a competitor who is behind the leading runner paces or otherwise assists a team mate or intentionally impedes another runner
 - c. a runner that intentionally leaves the track and re-enters to complete the race
- Record all track events results using a results sheet such as the one found in Appendix A
 - For meets with the capacity and desire to utilize full and former race walking rules, see Appendix D

It is strongly encouraged that USATF Future Stars Meet Managers reach out to their local USATF Associations for expertise and assistance in meet management, particularly to assist with Turbo Jav and race walk. To find your USATF Association, visit [HTTP://WWW.USATF.ORG/ABOUT/ASSOCIATIONS.ASPX](http://www.usatf.org/about/associations.aspx)



GENERAL RULES – FIELD EVENT

TURBO JAV: The Turbo Jav should be conducted in an open grass field, free of impediments. The field may be slightly smaller than a football field. Competitors and officials should stand clear of the throwing area

- Athletes throw the Turbo Jav by taking a running start toward a scratch line, which may be marked by tape, chalk, lime or other marking techniques
- Athletes must release the Turbo Jav before getting to the line and must not step on or over the line. A throw on which the participants stands on or over the line shall be declared a “foul” and will not be recorded
- Officials should include one official at the throwing line, to judge fouls, at least one official in the field, to mark the length of the throw, and two or more volunteers to return the throw Turbo Javs to the competitors

- Measurement shall be determined by the distance from the throwing line to where the Turbo Jav first strikes the ground
- Each competitor will be allowed three (3) throws
- Throwing area must be clear of any obstructions

FOR FURTHER INSTRUCTION ON PROPER TECHNIQUE, REFER TO THE TURBO JAVELIN INSTRUCTION MANUAL AT:

<http://www.turbojav.com/file/cc5a52fbb427dbcc462319699c9f8334/turbojav-instruction-booklet.pdf>

STANDING LONG JUMP: All competition in the Standing Long Jump will be on a flat surface. A sand long jump pit or any flat surface may be used. A scratch line, which may be marked by tape, chalk, lime or other marking techniques, marks the point from which competitors jump. It is recommended that two judges (one on either side to measure length) be used.

- To jump, competitor may rock forward and backward, lifting heels and toes alternately on the surface, but may not lift either foot completely off the ground or slide it along in any direction on the ground. Both feet must be parallel to each other, an equal distance from the scratch line before jumping, and both feet must leave the ground at the same time
- The jumper must take off from behind the scratch line. If the jumper's shoe extends over the scratch line or makes a mark in front of it, on the first offense the jump shall not be measured, but shall count as a trial. Any subsequent offenses shall be deemed a foul and will not be recorded
- Each legal jump shall be measured perpendicularly to the scratch line or its extension to the point touched by the person or apparel of the jumper which is nearest the scratch line or its extension

RECORD ALL TRACK EVENTS USING A RESULTS SHEET SUCH AS THE ONE FOUND IN APPENDIX B.

RECORD AND REPORT COMPLETE MEET RESULTS USING A RESULTS SHEET SUCH AS THE ONE FOUND IN APPENDIX C.

