

FRRPD: Track and Field K-8th grades

Feather River Recreation and Park District offers recreational leagues where emphasis is on gaining a positive team experience and not winning or losing. We strive to provide a safe, healthy and enriching environment for our young athletes where they can become better athletes and most importantly better people. There is a zero tolerance policy for all unsportsmanlike behavior from all coaches, parents, players and spectators. We reserve the right to ask anyone to leave at any time if they are showing poor sportsmanship.

# General Information:

1. All players must turn in a FRRPD Youth Sports Registration form and be on the Roster in order to be eligible to participate. A roster must be filled out by coaches or school administrator and returned to the FRRPD office before the first meet.
2. Persons or players participating in the activities sponsored by FRRPD are not covered in any way for personal liability, property damage, medical injuries, etc.
3. A player with a bloody injury or blood on his/her uniform must leave the event. The player may not return until the wound is no longer bleeding, the wound is covered and the uniform is changed.

# Fee:

1. School: $20 per runner

Free Agent: $22 per runner (register at the FRRPD Activity Center)

FRRPD Team: $55 registration fee /$10 jersey fee (register at FRRPD Activity Center) Coaching semi-provided. Team will practice once to twice weekly. Contact Dirk Damon ([recsports@frrpd.com](mailto:recsports@frrpd.com)) for more information.

# School Responsibilities

1. Schools are responsible for providing coaches and supervision for participants at meets. Children are not to be left alone or unsupervised at any point of the meet. For every 15 participants there is to be one coach or volunteer supervising.
2. Schools must ensure that all participants have a signed youth sports waiver form and are turned in to the FRRPD office before the first scheduled meet.

# Parent/Guardian Responsibilities

1. Children may compete on an individual basis if their school is not organizing a team. Parents must register individual children at FRRPD Activity Center; participants cannot compete until players are properly registered at the office, no onsite registration.
2. Children must be accompanied by an adult at all times at the meet.

# Uniform Requirements

1. A jersey and shorts is recommended.
2. Athletic shoes required (no vans or shoes that don’t lace up). Spiked shoes or cleats are not allowed, even if the spikes have been removed. Track cleats are allowed. Track spikes of

more than 1/8” in length are **not** allowed. No needle spikes are allowed. If a participant is

caught wearing inappropriate shoes they will not be allowed to compete and asked to leave the facility, if they are caught in violation more than one time FRRPD reserves the right to remove them from the league.

1. Athletes are not permitted to wear jewelry while competing.

# Event Details:

It is the goal to separate races by gender and as follows: K, 1/2, 3/4, 5/6 & 7/8. After the first meet grade separation is subject to change based off discretion of FRRPD Staff. Gender will never be combined and would only be combined for relay races in the K-4th grade levels. Participants are eligible to compete in any 4 events of their choosing.

# Events:

K-4th Events: 5-8th Events:

50 Meter Dash 100, 200, 400 Meters

100 Meter Dash 1600 Meter Dash 200 Meter Dash Long Jump (running) Long Jump (running) Softball Throw Softball Throw Shot Put (6 pounds) Tennis Ball Throw 4x100 Relay Race 4x100 Relay Race



# Running Events:

1. When a running event is called, coaches/parents/supervisors should direct the athletes that are planning to participate to the start line.
2. Relay Races: The goal is to separate races by grade and gender as specified above, if there are not enough participants adjustments will be made at the discretion of FRRPD staff.

# Field Events:

1. These events will be based on the best of three attempts.

1. Long Jump: Jumpers must take off from one foot and land on both feet..
2. Triple Jump: Jumpers run and jump while alternating feet and must take off from one foot and land on both feet..
3. Throwing Events (softball throw & shot put): the goal is distance and accuracy. If a throw does not land in the target area it will be considered a foal and will not be recorded.

# Harrison Stadium Rules:

The following items are not allowed on the field or track at any time:

* + Food of any kind
  + Chewing gum, candy, sunflower seeds or shelled nuts
  + Beverages (including sports drinks) except water
  + Animals of any kind (except service animals)
  + Tents/stakes
  + Chairs
  + Sharp objects
  + Glass containers
  + Metal spikes



* + Track spikes of more than 1/8” in length. No needle spikes.

Access to the turf and track is limited to players, coaches, officials and district personnel while an organized event is in progress. Schools are responsible for monitoring and controlling program participants, parents and fans. Failure to comply with these rules may result in removal of participation in FRRPD programs.

I, the undersigned, have read these rules and will be the responsible person for the use of the facility. Coach Name (print): School:

Phone Number: Email Address:

Signature: Date: