

HIGHLIGHTS OF THE RULES

The information below will assist you in understanding the general rules of 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, 2011. 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 for 13-14 age group) and a field event or two field events and a running event] up to and including the state/provincial meet. For 9-10 and 11-12 age groups, the relay does not count as a running event because 9-10 and 11-12 relays do not advance to the North American Final.
8. A participant who displays unsportsmanlike conduct will be disqualified from meet in progress and shall not advance to the next level of competition.
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 and/or district meet (where applicable) or they will be disqualified from meet in progress and shall not advance to the next level of competition.
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. Most local, district (where applicable) and state/provincial meets will be held rain or shine.
19. 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.
20. Age groups 9-10 and 11-12, 4x100 Relays, will not qualify for the North American Final.