

VIII. APPENDIX "B" - CURRENT RULES AND GUIDELINES OF INDIVIDUAL SPORTS

A. **SOCCER** (8th grade)

Guidelines

1. 8th grade boys and girls will play 2, (two) 30 minute halves.
2. Half time will be 3 minutes long.
3. Overtime periods are to be two 5- minute periods - NOT sudden death. There will not be a 1 minute break between periods.
4. Time will continue to run except:
 - a. When an injured player needs attention.
 - b. Upon the official's request.

Points of Emphasis

1. Officials will keep time on the field. (Coaches may have to supply stopwatches). Coaches will be responsible for calling substitution.
2. It is recommended that teams be on the opposite side of the spectators.
3. Referees are encouraged to give verbal calls to the players and coaches.
4. Coaches and referees: please be aware of the placement for goal kicks - ball may be placed from the "corner of the box to a line even with the goal post."
5. Referees: please be judicious in reading "side spin" on throw-ins; if the ball passes from back to front of the head some side spin may occur and should be allowed.
6. All other rules are governed by the Michigan High School Athletic Association.

Reminders (HOME TEAM)

1. Warm-up balls are to be provided for both teams.
2. A Med Kit is also to be available for athletes of both teams - make sure to have ice packs or ice bags.
3. Provide 3 game balls and two side line ball persons to help keep the games moving.
4. If lightening is in the area during a game, the game will be suspended immediately for a reasonable amount of time. At that time a decision will be made whether to resume play or terminate the game. This decision is at the discretion of the official and coaches.

A. **SOCCER** (7th grade)

Guidelines

1. Play will be 4 quarters that are 15 minutes long with 1 minute between each quarter. Teams are to change sides at the end of each quarter.
2. Half time will be 3 minutes long.
3. There will be no over time period
4. Time will continue to run except:
 - a. When an injured player needs attention.
 - b. Upon the official's request.

Points of Emphasis

1. Officials will keep time on the field. (Coaches may have to supply stopwatches). Coaches will be responsible for substitution. Coaches should have a whistle on them.
2. It is recommended that teams be on the opposite side of the spectators.
3. Referees are encouraged to give verbal calls to the players and coaches.
4. Coaches and referees: please be aware of the placement for goal kicks - ball may be placed from the "corner of the box to a line even with the goal post."
5. Referees: please be judicious in reading "side spin" on throw-ins; if the ball passes from back to front of the head some side spin may occur and should be allowed, especially at the 7th grade level.
6. All other rules are governed by the Michigan High School Athletic Association.

Reminders (HOME TEAM)

1. Warm-up balls are to be provided for both teams.
2. A Med Kit is also to be available for athletes of both teams - make sure to have ice packs or ice bags.
3. Provide 3 game balls and two side line ball persons to help keep the games moving.
4. Size 5 soccer balls will used for both gender teams.
5. If lightening is in the area during a game, the game will be suspended immediately for a reasonable amount of time. At that time a decision will be made whether to resume play or terminate the game. This decision is at the discretion of the official and coaches.

B. GOLF

Guidelines

1. Play winter rules everywhere. This means you may improve the lie or position of your ball by moving it with your clubhead (but not more than three feet) only in the fairway or the rough, not the bunkers or on the green.
2. A ball hit into the water is a one-stroke penalty. Play your next ball up to three club lengths from the point where your ball entered the water, but not nearer to the pin.
3. A balls hit out of bounds is a one-stroke penalty. Play your next ball up to three club lengths from the point where your ball went out of bounds, but not nearer to the pin (white stakes show out of bounds).
4. You must count all strokes. No practice shots. A maximum of **ten strokes** per hole.
5. Hit all putts.
6. Replace all divots and repair all ball marks on the green.

Points of Emphasis

1. The first person listed on each scorecard is the scorekeeper for the group.
2. Report your score to the scorekeeper after each hole—after you have walked off the green.
3. Double-check your score for each hole and your total score after your have finished the round.
4. Each golfer must sign the scorecard before it is handed in to an official.

Reminders

1. Type or neatly print the names on the entry sheet according to the division. Send one copy in, and keep one copy for your records.
2. Collect the green fees from each student before the tournament date, and present a lump sum for your school to the course manager at the clubhouse.
3. Team sponsors should be on hand to supervise their golfers before and after course play. Team sponsors should also assist in recording the scores of the golfers as they finish.
4. If possible, a practice session or two would be helpful.
5. If lightening is in the area during a game, the game will be suspended immediately for a reasonable amount of time. At that time a decision will be made whether to resume play or terminate the game. The decision is at the discretion of the AD in control.

Ribbons will be awarded for the first five places in each division. Duplicate ribbons will be awarded for all ties.

C. **BASKETBALL** (8th grade)

Guidelines

1. Games will be four-quarters. Each quarter will be 8 minutes.
2. 8th grade teams will play 12 games. 10 League games and 2 outside of the League.
3. Half time will be 8 minutes between the second and third quarter.
4. Overtime period will be three (3) minutes in length.

Points of Emphasis

1. Coaches are encouraged to play each player for at least six (6) minutes each game. All players must play during each game.
2. The second quarter is for subs only. No starter may play in this quarter. The five BEST players MUST start the game. If there are circumstances which warrant something different than this, make sure you discuss this with the opposing coach.
3. The only permissible defense is the "man to man" defense, which will be played at all times. Zone defenses may be used only in the two non-league games with the consent of the coaches involved.
4. A "man to man" or "zone" press may be used at any time and anywhere with the inclusion of a double teaming process. Once the ball crosses the half line, defense must fall back into a "man-to-man" defense. We recommend and encourage NO press after a 15 point lead has been achieved.
5. Coaches must remain seated during the game, unless the playing floor has a marked coaches box.
6. All other rules are governed by the Michigan High School Athletic Association.

C. **BASKETBALL** (7th grade)

Guidelines

1. Games will be five periods. Each period will be 6 minutes.
2. 7th grade teams will play 8 games.
3. Overtime period will be 3 minutes in length.
4. Half time will be 6 minutes between the second and third periods.

Points of Emphasis

1. Coaches are encouraged to play each player at least six (6) minutes each game. All players must play during each game.
2. The five best players may not play in the second or fourth periods. It is also strongly recommended to have the coaches meet prior to the game to discuss how the "best five" rule might be modified with exceptionally weak second units.
3. The only permissible defense is the "man to man" defense which will be played at all times. "Help side" defense is allowed.
4. Seventh grade teams may not press, except for the last 10 seconds of the game.
5. At all seventh grade games played prior to Christmas, the scoreboard will be reset to 0-0 at the beginning of each period.
7. The free throw line for 7th grade boys/girls is 12 feet.
8. Coaches must remain seated during the game, unless the playing has a marked coaches box.
9. Double teaming is allowed.
10. All other rules are governed by the Michigan High School Athletic Association.

D. SWIMMING

Guidelines

1. Swimmers must remain in their area until they are ready to swim. They must also remain quiet during all starts.
2. False starts:
 - a. Any swimmer who false starts a second time is disqualified.
 - b. A “second gun” is the signal for a false start; swimmers should stop immediately.
3. Starting
 - a. Swimmers should go to the ready bench when heat and event are announced and report to the helper at the correct lane.
 - b. Swimmers stand in front of the starting block, not on it.
 - c. Starters instructions will be:
 - 1) “swimmers step down”
 - 2) “set”
 - 3) (gun)
4. Awards: ribbons will be awarded and picked up by the coaches after the meet. (School total points will not be kept.)
5. Ties: if there is a tie for 5th place, a duplicate ribbon will be awarded.
6. Limitations of events: a swimmer may swim in three events: one relay and two individual events, or two relays and one individual events. A swimmer may participate in 4 events if 2 are relays.

Points of Emphasis

1. Swimmers are not allowed on the stairways or balcony.
2. No food is allowed in the pool area. Schools must clean up their areas after the meet. Please make sure all clothing is removed from locker rooms and school areas.
3. Swimmers should stay out of the pool until their warm-up time and leave immediately when their time is over. They should report to their area by the pool (this is designated by a sign).

Reminders

1. Swimmers should be seeded on the entries.
2. Only 3 entries for each event (exception: 7th grade freestyle allows 5 entries)
3. Coaches will meet on Saturday morning in the pool office to scratch absentees, make substitutions (only if necessary), and make any changes in the heats.
4. Each school is responsible for one or two adult/experienced timers. Supply your own stop watches.

E. VOLLEYBALL (8th grade)

Guidelines

1. Height of the net is to be 7'0". The net should be as tight as possible.
2. Court markings should include a distinctly marked 2" or 4" center line.
3. Each match will consist of the best 2 out of 3 games.
4. Warm up time allowed for visiting teams will be 12 minutes.
The warm-up will be spent as follows:
 1. Visitors will be given 5 minutes of ½ court stretching.
 2. Visitors will be given 5 minutes of full court for setting and spiking. (The home team warms up before the visitors arrive.)
 3. Both teams will be given 2 minutes for serving practice.

There will be 5 minutes between the "A" and "B" matches with the time being used as follows:

1. 4 minutes for setting and spiking (teams together)
 2. 1 minutes for serving (teams together)
5. "A" and "B" teams will alternate playing the first and second match.
 6. The 8th grade team will be made up of an "A" squad and a "B" squad.

Points of Emphasis

1. Time allowed for a serve to be made is not limited
2. If the server does not serve the ball by at least the second toss, it will be ruled a loss of serve and a side-out.
3. A serve taken before the whistle will be a side-out, not a re-serve.
4. Each team will provide a responsible line judge. (Coaches, please make sure the same line judge remains the whole match.) Officials will be instructed to use the line Judge.
5. Each girl is required to play in each game of the match. Coaches are encouraged to have each girl play the minimal equivalent of one full game during the match.
6. Substitution Rules:
 - If player "1" subs for player "2", than player "2" may substitute in again for player "1".
 - If player "1" subs for player "2", player "3" may sub for player "2", and now player "2" may only sub for player "3". Player "1" is not able to sub with either player "2" or "3".
 - The coach has the sole responsibility for keeping track of all aspects of substitutions during the match. There will be unlimited substitutions.
7. All other rules are governed by Michigan High School Athletic Association.

Reminds

1. The home team will provide balls for both teams.
2. All games are Rally scoring. The first two games go to 25 points with no cap. If a third game is needed to determine a winner, the game (rally score) will go to 15 with no cap.

E. **VOLLEYBALL** (7th grade)

Guidelines

1. Height of the net is to be 7'0". The net should be as tight as possible.
2. Court markings should include a distinctly marked 2" or 4" center line.
3. Each match will consist of the best 2 out of 3 games.
4. Warm up time allowed for visiting teams will be 12 minutes.
The warm-up will be spent as follows:
 1. Visitors will be given 5 minutes of ½ court stretching.
 2. Visitors will be given 5 minutes of full court for setting and spiking. (The home team warms up before the visitors arrive.)
 3. Both teams will be given 2 minutes for serving practice.

There will be 5 minutes between the matches with the time being used as follows:

1. 4 minutes for setting and spiking (teams together)
2. 1 minutes for serving (teams together)

Points of Emphasis

1. Time allowed for a serve to be made is not limited.
2. If the server does not serve the ball by at least the second toss, it will be ruled a loss of serve and a side-out.
3. A serve taken before the whistle will be a side-out, not a re-serve.
4. Each team will provide a responsible line judge. (coaches, please make sure the same line judge remains the whole match.)
5. The service line will be 25 feet for 7th grade teams. This is 5 feet from the end of a regulation court.
6. When forming a 7th grade team, the two squads should be of equal strength.
7. Substitution rules:
 - TEAMS MUST SUBSTITUTE AS THEY SERVE. The left back player rotates out and a new left front player rotates in. All servers must be listed in order and stay in that order.
 - Substitutes for an injured player should be inserted into the game at the left front position.
8. All other rules are governed by Michigan High School Athletic Association.

Reminder

1. The home team will provide balls for both teams.
2. All the games are Rally scoring. The first two games go to 25 points with no cap. If a third game is needed to determine a winner, the game will go (rally score) to 15 points with no cap.

F. WRESTLING

Match guidelines

1. Home team pays referees. Tournament officials will be paid by the League.
2. Each participating school should have one home meet.
3. It is the responsibility of the home team (either coach or A.D.) to set up all individual bouts.
4. It is the responsibility of the visiting A.D.'s to call in all no-shows to the home school no later than noon the day of the match.
5. No team points are to be kept.
6. There is a mandatory coaches' meeting prior to the tournament. Each coach (or designated replacement) must have an updated roster of wrestlers with current weights, and records to help in the seeding of wrestlers at the tournament.
7. Each wrestler will compete in four meets plus the final tournament.

Individual bouts guidelines

1. Length of periods 1-1 1/2-1 1/2, no overtime, except in tournaments, then one 1 minute "sudden death" period, followed by one 30 second period if needed.
2. The first period will begin with both wrestlers in the neutral position. Each wrestler will have the choice of neutral, top or bottom in either the 2nd or 3rd period. Note: During the tournament, the wrestler with choice in the 2nd period may also defer.
3. Illegal starting positions will not be penalized by points.
4. Illegal holds or moves will be penalized by points; however, no wrestler will be disqualified for using too many illegal holds.
5. All other rules are governed by the Michigan High School Athletic Association

G. **BASEBALL** (8th grade)

Guidelines

1. 80' bases; 55' pitcher's mound.
2. All batters begin with a 1 ball - 1 strike count.
3. There will be no advancement to any base until there is at least one out unless:
 - the pitcher winds up
 - the runner is played on
4. Eight run limit per inning except in the last inning.
5. No inning begins after 1 hour and 45 minutes from the time the game began.
6. If at the end of a 7 inning game or at the end of the time limit the game is a tie, the two teams will play one extra inning. If it is still tied after the extra inning, then the game shall end in a tie.

7.

Points of emphasis

1. 1 minute or 5 pitches between innings.
2. Have catchers ready as soon as possible.
3. Masks must be worn to warm up pitchers.
4. Players must be taught to slide to avoid injury or contact.
5. Throwing the bat unintentionally results in a warning. A second offense the same person results in ejection from the game.
6. Malicious contact by a runner to a fielder regardless of whether the fielder is in the runner's way results in ejection. When a play is being made at any base the runner must slide; no forced collisions.
7. Each player must play in each game
8. All other rules are governed by Michigan High School Athletic Association.

Reminders

1. Three game balls
2. Catchers throat protectors are required.
3. An on deck hitter must wear a batting helmet.
4. Courtesy runners for pitcher and catcher are permitted from players who are not or have not previously been in the lineup.
5. Offensive interference can be physical or verbal.
6. All substitution is by the honor system - batting order must remain the same. You may bat 9 players and substitute according to the MHSAA rules.
7. The home team should have infield/outfield warm up completed by 3:45 if at all possible.
8. Each pitcher is allowed 10 innings per week.
9. 10 run mercy rule after 5 innings.
10. If lightning is in the area during a game, the game will be suspended immediately for a reasonable amount of time. At that time a decision will be made whether to resume play or terminate the game. This decision is at the discretion of the official and coaches.

Guidelines

1. 80' bases; 55' pitcher's mound.
2. All batters begin with a 1ball - 1 strike count.
3. Advancement on a passed ball and steals are allowed only when there are two outs. Runners may lead off at anytime and may advance if played upon.
4. Five run limit per inning except in the last inning.
5. No inning begins after 1 hour and 45 minutes from the time the game began.
6. If at the end of a 7 inning game or at the end of the time limit the game is a tie, the two teams will play one extra inning. If it is still tied after the extra inning, then the game shall end in a tie.
7. Everyone should play at least 3 innings; the emphasis is on teaching.
8. Pitchers should not pitch more than 4 innings in each game.

Points of emphasis

1. 1 minute or 5 pitches between innings.
2. Have catchers ready as soon as possible.
3. Masks must be worn to warm up pitchers.
4. Players must be taught to slide to avoid injury or contact.
5. Throwing the bat unintentionally results in a warning. A second offense results in ejection from the game.
6. Malicious contact by a runner to a fielder regardless of whether the fielder is in the runner's way results in ejection. When a play is being made at any base the runner must slide; no forced collisions.
7. Pitching
 - Pitchers must pitch from a stretch position in the following situations: runner on 1st, runners on 1st & 2nd, runners on 1st & 3rd, and runner on 2nd.
 - Pitchers have the option of pitching from a stretch or a wind-up in all other situations.
 - If a pitcher pitches from a wind-up when runners are on base a one time warning will be given and the rule will be explained to the pitcher. If the same pitcher again pitches from a wind-up when runners are on base a balk will be called.
 - Pitchers should learn the basics of the balk rule. Not every little infraction should be called however most of the pitchers have absolutely no idea what or how the balk rule works.
8. All other rules are governed by the Michigan High School Athletic Association.

Reminders

1. Three game balls
2. Catchers throat protectors are required.
3. An on deck hitter must wear a batting helmet.
4. Courtesy runners for pitcher and catcher are permitted from players who are not or have not previously been in the lineup.
5. Offensive interference can be physical or verbal.
6. All substitution is by the honor system - batting order must remain the same. You must bat everyone and can substitute freely.
7. If lightning is in the area during a game, the game will be suspended immediately for a reasonable amount of time. At that time a decision will be made whether to resume play or terminate the game. This decision is at the discretion of the official and the coaches.

8. The home team should have infield/outfield warm up completed prior to the arrival of the visiting team if at all possible.
9. Each pitcher is allowed 10 innings per week.
10. 10 run mercy rule after 5 innings
11. Teaching concepts that need to be addressed:
 - How and when to use cut-offs.
 - Lesser know rules such as balk rule, infield fly rule, missed third strike, tagging up, etc.
 - 1st and 3rd base coaches responsibilities.
 - A dropped ball by the catcher on the third strike is not an automatic out.
12. If lightening is in the area during the game, the game will be suspended immediately for a reasonable amount of time. At that time a decision will be made whether to resume play or terminate the game. The decision is at the discretion of the official and the coaches.

H. SLOW PITCH SOFTBALL

Guidelines

1. 60 feet bases; 40 feet pitchers mound.
2. No inning begins after 1 hour and 30 minutes from the time the game began.
3. If at the end of a 7 inning game or at the end of the time limit the game is a tie, the two teams will play one extra inning. If it is still tied after the extra inning, then the game shall end in a tie.
4. No more than eight runs per inning will be allowed except in the last inning.

Pitching

1. The pitcher will take a position with both feet in contact with the rubber. Both feet must be on the ground within the 24-inch length of the pitcher's rubber. The shoulders shall be in line with first and third bases.
2. Both feet must remain in contact with the pitching rubber at all times prior to the forward step.
3. The pitcher will not be considered in the pitching position unless the catcher is in position to receive the ball.
4. The pitch starts when the pitcher makes any motion that is part of her windup.
5. In the act of delivering the ball, the pitcher will not take more than one step, which must be forward, toward the batter and simultaneous with the delivery of the ball to the batter.
6. The pitching arm will not go back any higher than the shoulder prior to the forward motion of the arm before the release of the ball. If the pitching arm does exceed that limit an illegal pitch will be called by the umpire. The umpire will call an illegal pitch as soon as possible. If a batter chooses not to swing at an illegal pitch a "ball" is called. A batter may choose to swing at an illegal pitch and then the ball is in play.
7. Maximum arc not to exceed the height of the batter's head. If the pitcher's arc exceeds that limit an illegal pitch will be called by the umpire. The umpire will call an illegal pitch as soon as possible. If a batter chooses not to swing at an illegal pitch a "ball" is called. A batter may choose to swing at an illegal pitch and then the ball is in play.

Points of Emphasis

1. Three pitches or one minute between innings.
2. Ten fielders are used.
3. Unlimited substitution - must keep batting order the same.
4. Ten run mercy rule after 5 innings.
5. Eleven inch ball is used.
6. Catcher must wear a mask.
7. Runner may not leave the base until the ball crosses home plate.
8. Two game balls per game.
9. Strike zone is from the shoulders to the knee caps.

Reminders

1. Two game balls
2. An on deck batter must wear a batting helmet.
3. Offensive interference can be physical or verbal.
4. All substitution is by the honor system; batting order must remain the same.
5. The home team should have infield/outfield warm-ups completed prior to the visiting team arrives.
6. If lightning is in the area during a game, the game will be suspended immediately for a reasonable amount of time. At that time a decision will be made whether to resume play or terminate the game. This decision is at the discretion of the official and the coaches.

H. **FAST PITCH SOFTBALL**

Guidelines

1. 60 feet bases; 40 feet pitchers mound.
2. No inning begins after 1 hour and 45 minutes from the time the game began.
3. If at the end of a 7 inning game or at the end of the time limit the game is a tie, the two teams will play one extra inning. If it is still tied after the extra inning, then the game shall end in a tie.
4. All batters begin with a 1 ball - 1 strike count.
5. There will be no advancement to any base until there is at least one out unless:
 - the pitcher winds up
 - the runner is played on
6. Eight run limit per inning except in the last inning.

Pitching

1. The pitcher will take a position with one foot in contact with the rubber. The shoulders shall be in line with first and third bases.
2. The pitcher will not be considered in the pitching position unless the catcher is in position to receive the ball.
3. The pitch starts when the pitcher makes any motion that is part of her windup.
4. In the act of delivering the ball, the pitcher will not take more than two steps, which one must be forward, toward the batter and simultaneous with the delivery of the ball to the batter.
5. All legal fast pitch pitches are allowed. The sling shot is not allowed.

Points of Emphasis

1. Five pitches or one minute between innings.
2. All substitution is by the honor system - batting order must remain the same. You may bat 9 players and substitute according to the MHSAA rules.
3. Ten run mercy rule after 5 innings.
4. Eleven inch ball is used.
5. Catcher must wear full equipment.
6. Runners may leave the base when the ball leaves the pitchers hand.
7. All other rules are governed by Michigan High School Athletic Association.

Reminders

2. Two game balls
3. An on deck batter must wear a batting helmet.
3. Offensive interference can be physical or verbal.
4. The home team should have infield/outfield warm-ups completed prior to the visiting teams arrival if possible.
5. If lightning is in the area during a game, the game will be suspended immediately for a reasonable amount of time. At that time a decision will be made whether to resume play or terminate the game. This decision is at the discretion of the official and the coaches.

I. **TENNIS**
Guidelines

1. There is a refundable \$10.00 entry fee for everyone who plays. For anyone who does not play (i.e., "no show"), their money will not be returned.
2. A match will consist of a maximum of 11 games. As soon as a person wins six games, A winner will be declared.
3. When there is a disagreement as to a shot being in or out, play over.
4. Each participant is expected to bring his or her own tennis racket and tennis balls.
5. Tournament pairings sheet with starting times and court location will be sent to the school's AD. If a player is more than ten minutes late for any match, they will be eliminated from the tournament.
6. All players are expected to remain at the site until all play of the match is finished.

Division Selection

1. An 8th grader may not play in the 7th grade tournament, but a 7th grader may play in the 8th grade tournament. Boys and girls will play in separate brackets.
2. If one division is filled, the liberty may be taken to place players in a different one.
3. If a player placed in the top four of the division last year, he/she must advance one division or more, the following year.
4. Only 8th graders will play a doubles tournament.

Reminders

1. Type or neatly print the names according to division on the entry sheet. Send one copy and keep one for your records.
2. Collect the \$10.00 from each participant beforehand. You will be informed by fax of any "no- shows".
3. There will not necessarily be any water or drinking fountain at the tournament site.
4. Phone service will not be available at the tournament site.
5. If lightning is in the area during a game, the game will be suspended immediately for a reasonable amount of time. At that time a decision will be made whether to resume play or terminate the game. This decision is at the discretion of the official and the coaches.

J. TRACK

Guidelines

1. Records

If only one contestant remains in the pole vault or high jump the bar may be moved to any height if it is for a record.

2. Participation

- Each school may enter 2 people in each running event and 3 in each field event.
- There must be at least 1 running event between any running events a contestant enters. The exception is the 800 run and the 400 relay.
- 7th graders may participate in three events: 1 field and two running or visa versa.
- 8th graders may participate in 4 events as long as one is a relay, and one is a field event.

Points of Emphasis

1. NO radios, tape players, or CD players are allowed at any time.
2. Non track participants must remain outside the track area.
3. Athletes need to listen for "1st call", "2nd call", and "final call" for all events. The starter will not wait for a missing participant.
4. Coaches and athletes should not ask for the race results from the clerk or timers.

Reminders

1. Help keep all athletes down, in the infield, during the starts of the 200m race.
2. Coaches will help with the exchange zone for the relays.
3. Keep the field clean. Pick up all the trash before you leave.
4. If lightening is in the area during a meet, the meet will be suspended immediately for a reasonable amount of time. At that time a decision will be made whether to resume the meet or terminate. The decision is at the discretion of the meet officials and coaches.

Events

1. Field events : pole vault, shot put, high jump, long jump
2. Running events: (in order)
 - 3200m run
 - 100m low hurdles
 - 70m dash
 - 100m dash
 - 400m run
 - 1600m run (unlimited entries for 7/8)
 - 60m dash
 - 200m dash
 - 800m run (unlimited entries 7/8)
 - 400m relay (2 entries allowed)
 - 800m relay (2 entries allowed)

1. Pole vault
 - Qualifying heights: 7th = 6'0
8th = 6'6
 - Bar movement: 7th = 6'0", 6'6", 7'0", 3" thereafter
8th = 6'6", 7'0", 7'6", 3' thereafter
2. Shot put
 - 3 puts for each contestant
3. Long jump
 - 3 jumps for each contestant
4. High jump
 - Qualifying heights : 7th girls = 3'6"
8th girls = 3'9"
7th boys = 4'0"
8th boys = 4'6
 - Bar movement
 - Girls: the bar will move 3" at a time until 4"0" is reached
then it will move 2" at a time
 - Boys: the bar will move 3" at a time until 4"6" is reached
then it will move 2" at a time
 - All jumpers will be allowed 2 jumps per height until only those scoring in the meet are left, than 3 jumps per height will be allowed.