

A. General Information.

1. Meets are held at the Portland Exposition Building (874-8200) at 239 Park Avenue (U.S. Route 1) on track approximately 140 yards in length with banked, board corners at each end. There is a four-week regular season followed by the Championship Meets on the fifth week. The league began in 1959.
2. The League is divided into two conferences: the Greater Portland Conference and the Cumberland County Conference (Triple-C). Athletic Directors of the Southern Maine Middle School Athletic Conference, after considering recommendations from the coaches, will select a meet director for each conference.
3. The coaches will choose a league president who will serve at their discretion. The league president will represent the coaches and the league at the meetings of the Athletic Directors, and is responsible for organizing a pre-season meeting for coaches, the seeding meeting for the Championship Meets, and if needed, a post season meeting.
4. Competition is grouped in divisions by a combination of grade and age for grades 6, 7, and 8. Boys and girls participate separately for purposes of placing and scoring. However, in certain situations boys and girls events with few entrants may be conducted simultaneously.
5. Admission prices to the meets have been set by the Athletic Directors as follows: adults- \$4, students (K-8) - \$1, students (9-12) - \$2, senior citizens with school-system-issued passes that are good for all home high school athletic contests - no charge, and senior citizens without such passes - \$2. Meet athletes are admitted for free by their coach, by a school-issued indoor track pass, or by showing their school jersey.
6. Starting times on the schedule are for field events; running events start about 15 minutes later. In the Cumberland County Conference, meets overlap by about 15 minutes, as the relays of the preceding meet are run and the field events of the following meet are getting under way.

B. Divisions, Grades, and Ages.

An athlete's age is the age by the start of January 1

Junior Division:	6 th
Intermediate Division:	7 th
Senior Division:	8 th

C. Events.

Boys and girls have the same events except for the spacing of hurdles, the starting height in the high jump, the weight of the shot for Sr. Div, and the hurdle height for Sr. Div.

Jr. Division: 40 yd. Dash, 45 yd. Hurdles, 150 yd. Dash, 240 yd. Dash, 440 yd. Dash, 600 yd. Run, shot put, 560 yd. Relay, no 1000, no mile, no high jump.

In. Division: 40 yd. Dash, 45 yd. Hurdles, 150 yd. Dash, 240 yd. Dash, 440 yd. Dash, shot put, 560 yd. Relay.

Sr. Division: 40 yd. Dash, 45 yd. Hurdles, 240 yd. Dash, 300 yd. Dash, 440 yd. Dash, shot put, 840 yd. Relay.

Open Events (for In. & Sr. Divs.) 1000 yd. Run, 1 mile run, high jump.

D. League Rules, By-Laws, Amendments, Procedures, and Explanations.

1. Event Limitations: An athlete may enter a maximum of two events, as follows:

- a. 2 field events (not possible for the Jr. Div.).
- b. 1 field and 1 running event.

c. 2 running events, only one of which may be a floor event (40 or hurdles), and only one of which may be a board event (150, 240, 300, 440, 600, 1000, mile).

d. Any 1 event in the relay.

The only exception to the Event Limitations Rule is that the relay may be added as a third event, as long as it does not make it a third running event.

2. Scoring:

a. Score will be kept for the first four weeks of the season. During meets, only the overall boys and overall girls score be announced. Divisional scores and overall score will be announced at the end of meets. Points scored in open events will be placed in the division of the competitor.

b. In the GPC, the overall score is the sum of the three divisional scores (all teams have juniors). In the CCC, the overall score will be the sum of all three divisions only when all teams in a meet have three divisions. Otherwise, only the In. and Sr. Div. Combined will form the overall score.

c. Quadrangular meets score 5 places: 6-4-3-2-1 (relays score 6-4-2-0). Triangular meets score 4 places: 5-3-2-1 (relays score 5-3-0). Dual meets score 3 places: 5-3-1 (relays score 5-0)

3. Athletes must have participated in no high school meets during the regular season to be eligible in the league.
4. An In. Div. Athlete can be moved into the Sr. Div., but once that has been done the athlete may not return to the lower division during the indoor track season. A Jr. Div. Athlete may not be moved up.
5. If a runner in a contending position falls on the first or second corner (meaning the entire first banked curve), the race will be stopped with a gun and restarted if it is not possible to determine a specific foul.
6. If a runner on any lap of a race establishes the second, third, or fourth lane as his or her lane by running there for 3 consecutive strides or more, then he or she may not go back into an inside lane to cut off someone gaining on them on the inside, unless his or her lead is one full stride (about 7 feet) or more. If the lead is less than one full stride, the runner moving to the inside, cutting off the person gaining on the inside, will be considered the same as a person who is passing on the outside cutting in too soon, and disqualification in the event will therefore result.
7. Jewelry: For reasons of liability and safety no jewelry of any kind or any material, including watches, may be worn on any part of the body for any reason during competition. Using tape to cover jewelry is not acceptable. Once an athlete has been warned individually by an official about jewelry, he or she will be disqualified from an event if he or she then refuses or is unable to remove it, forgets to remove it, or puts it back on and enters another event. An elastic band may be used to control long hair.
8. Uniforms: All athletes must wear a school-issued jersey in school colors, or a similar jersey in school or neutral colors (white, gray, tan, or black). Track shorts must be either school colors or a solid neutral color (except for a small number or logo, or very thin stripes or trim). T-shirts worn under the jersey, or spandex or the like worn under the shorts, must be a single color (a school color or a neutral color) (except for a small number or logo, or very thin stripes or trim). Multi-colored shorts (other than school colors) and multi-colored items worn under the jerseys are not allowed.

Relay team members must wear identical (same basic color and design) jerseys in school colors. Other visible clothing worn in relays (shorts, items worn under shorts such as spandex, items worn under jerseys such as t-shirts) must follow only the general rule in the preceding paragraph (must be school colors or neutral colors).

Once an athlete has been warned individually by any official about improper uniform, he or she will be disqualified from the event if he or she refuses or is unable to correct the problem, forgets to do

so, or attempts to wear improper uniform in a later event. And event will not be unduly delayed for an improperly uniformed athlete to change. An athlete or coach concerned about “borderline” uniform situation should check with the meet referee in advance.

9. Numbers: All competitors must wear their assigned number while competing, and it must be showing on the back for all events, except high jumpers may wear paper numbers on the front in that event only. They must remember to put them on the back for all other events. Numbers drawn on paper must be large enough and dark enough to be seen by the judges from the back of the bleachers in the 40s and hurdles. Athletes without a number on and visible will be disqualified in a running event, or called for a foul or a miss in a field event.

Team uniform numbers are as follows:

0-99: Biddeford	1000-1099: Windham
100-199: Scarborough	1100-1199: Falmouth
200-299: King	1200-1299: Yarmouth (Harrison MS)
300-399: Lincoln	1300-1399: St.James
400-499: Moore	1400-1499: Bonny Eagle
500-599: Mahoney	1500-1599: Southern Maine Catholic Schools (St.Joseph's (lead school), Holy Cross, St.Patrick's, Cathedral)
600-699: Greely	1600-1699: Thorton Academy
700-799: Westbrook (Wescott JHS)	1700-1799: Saco
800-899: Memorial	1800-1899: Cape Elizabeth
900-999: Gorham	1900-1999: Poland (Whittier MS)
	2000-2099: Freeport/Durham

10. Rosters: Rosters (two copies) must be turned in to the meet director by the start of the meet on the first week. Rosters must be on either the league supplied form, or a comparable for with the same heading information and columns. There must be one roster only for the whole 6th, 7th, and 8th grades, boys and girls together, all in numerical order only! If the league form is not used, information must be in the same columns, without unneeded information. The columns are: assigned number, first name or nickname, last name, grade in school, division, and age by Jan. 1st. A column for boy (B) or girl (G) may be added between number and 1st name.If you have unused numbers that may be used during the season, leave spaces for them so that the roster stays in numerical order.

If duplicate numbers are used, they must be listed consecutively and circles in red! Duplicates may be used for boy-girl pairings, or if necessary, pairings for athletes of the same sex who are never used in open running events but are in different divisions. For duplicate numbers, or whenever there can be any doubt whether the name is for a boy or a girl, put a B or a G after the number.

Rosters must be left with the meet director or recorder each week. Correct and update rosters as soon as possible, and both the meet director and the recorder must be informed of any changes. Remind athletes that they may not swap numbers or numbered jerseys without creating a lot of confusion.

11. General Meet Information:

- a. First Week: Officials such as starters, the clerk, and field event judges do not have a lot of extra time to explain “what to do”. Coaches are responsible for doing that before the meet. Be sure your athletes, especially those competing in indoor track for the first time, know the following: where events are located or start, how to report to the clerk or field event judge, to stop on a second gun for a false start, to stop on a gun fired on the first or second corner for a restart, not to wear jewelry of any kind for any reason (including a watch), what the proper uniform is (including items worn under the jersey or shorts that show). Considerable time must be spent teaching the starting commands (Rule 18 deals with starting procedures specific to the Portland Expo), what the announcer's calls for first, second, and last call

mean, and how to run relay races (red lines for the passing zone, passing the baton, etc.).

b. It is strongly recommended that each coach sends home a letter for each athlete's parents, explaining basic rules, where the team sits, what the admission prices are, the schedule, the order of events, etc.

c. Only athletes entered in the 40s or hurdles are allowed on the bank of the track at the starting line. Athletes should be instructed to listen to the clerk for their name. If an athlete does not respond because of inattention, he or she will be scratched. Athletes in this are who are not entered in those events may be disqualified from the meet, especially if they are the cause of disruption or inattention.

d. At no time during a meet should athletes or managers go to the scorer's table to get times, find out the score, etc. Coaches should disrupt the work at the table as little as possible. Only at the end of the meet will all sheets from the meet be available for a coach to look at in the vicinity of the table. Because the league statistics are based on these original sheets only, coaches must be very careful while looking at them. Copies of the meet results will be available shortly after the meet's conclusion.

e. Coaches' Complaints: No coach with a complaint should go to any official except the referee or meet director. If a coach bothers or verbally attacks an official, he or she risks being moved from the Expo, getting athletes disqualified, or even getting the team removed from the meet if the offense is serious enough. Handle your complaints or concerns in a proper manner.

12. Seeding for the Regular Season Meets: Seeding should be completed at least 20 minutes before the scheduled starting time, preferably the day before. The clerk must be provided with a clear, clean, legible set of sheets for all running events, in the order in which the events are to be run. Seed according to the Order of Events sheet. Remember to list the Shot Put and High Jump on completely separate sheets for the judges of those events.

13. Limits on the Number of Entries, and the Number of Races:

a. 40s and hurdles: (8 lanes to use) In the 40s, a maximum of two trial heats in dual meets (2 team meets), and a maximum of three trial heats in triangular meets (3 team meets), allows 8 per school, or in quadrangular meets (4 team meets), allows 6 per school plus fill-ins on an equal basis per school. All hurdle races will be limited to 2 trials (if need) and a final in all regular season heats. However, if any of the 40s have fewer than the maximum 3 trials or any of the hurdle races have no trials, then on a 1 for 1 basis, an additional third trial may be added to any of the hurdles races, so that the maximum number of races for the 40s and the hurdles stay the same. There will be no non-placing heats. There will be 6 in the finals, unless ties increase that to 7 or 8. Coaches must seed as few races as possible, using all 8 lanes to do so. If there are many scratches, the clerk will move athletes to ensure at least one more runner than the number qualifying in each race, or combine races to make a final. During the regular season, all trials will be timed and those times recorded for at least 3 places. For finals, all scoring places will be timed and those times recorded for at least 3 places. For finals, all scoring places will be timed and those times recorded, and if the possible also the other runners in the finals.

b. 150, 240, 300: (6 front row positions, 5 second row positions, etc.) There will be a maximum of two timed sections in dual meets, a maximum of three timed sections in triangular meets, and a maximum of four timed sections in quadrangular meets providing each school with 6 front row positions, plus fill-ins on an equal basis per school. Back row positions may be seeded, but no one starts in lane 1 for any back row. No race with as few as 3 runners, unless it is a single final race or unless there are a total of 7 runners, forming a section of 4 and a section of 3. If there are scratches, the clerk will move athletes seeded to outside lanes or back rows to balance the number of athletes to at least four per race. A large number of scratches will result in the clerk combining races, taking top-seeded lanes into consideration.

c. 440, 600, 1000, mile: Normally, these are single, final races. Seven front row positions may be used. Back row positions up to 6 may be seeded, but no one starts in lane 1. If 12 or more entered, two timed sections will be formed, labeled on the clerk's sheet as "fast" and "slow" because if scratches reduce the number to under 12, a single race will be formed with the "fast" section as front row, others behind. For these races, boys and girls may be run at the same time if there are 3 or fewer entries in either race.

d. Relays: No single-team relays will be run when such a situation may be combined with another relay of the

same length with 3 or fewer entries. Only one relay team per school may be entered. No non-scoring or practice relay teams may be run, except when a school's relay team must run alone otherwise, a designated non-scoring relay team of eligible athletes may run with it.

e. Scratches in all events should be reported to the meet director or clerk as soon as known.

14. Shot Put: The Sr. Boys use the 4 kg shot; the In. Boys, Sr. Girls, and In. Girls use the 8 lb shot. Jr. Boys and Jr. Girls use the 6lb shot. The League owns two of each wight shot and only league-owned shot puts may be used at all meets of the indoor season

Each school is allowed 4 entries in each shot put plus schools may fill in unused spots on an equal basis. In each shot put there will be 2 trial attempts for all entries, and 1 final attempt will be allowed for the top 4 in dual meets, the top 5 in triangular meets, and the top 6 in quadrangular meets. In the Festival Meet only, the top 7 after the 2 trial attempts will be allowed 1 final attempt. Entries in the shot put must be ready for limited warm-ups as soon as the event area is ready. There will be no warm-ups between trials and finals.

Coaches will prepare for the shot put judge seeded lists of entries by school, with the best putters listed first (on a separate sheet from that for the high jump). There will be two assistant shot put judges all season to locate better where the shot lands.

15. Open High Jump: Each school is allowed 4 entries in each high jump (boys and girls), plus schools may fill in unused spots on an equal basis. Entries in the high jump must be ready for limited warm-ups as soon as the event area is ready.

The starting heights will be as follows, unless otherwise decided by the meet director because of the quality of the performances for the season (in any case, the same starting heights must be used for all conference meets per week):

Girls: 3'8"

Boys: 4'2"

Girls and boys will warm up separately, the boys starting after the girls have finished. Better jumpers should be encouraged to pass at the lower heights, or this can be marked on the entry sheets by coaches. Coaches will prepare for the high jump judge seeded lists by school, with the best jumpers listed last (on a separate sheet from the shot put entries).

16. Leaving Field Events: Athletes who need to leave a field event for a running event should let the field judge know when the first call has been made. The athlete then checks in with the clerk, who must be informed of the field event, and then the athlete can return to the field event until the running event is near. Field event judges can allow throw or jumps out of order to help the situation. The athlete must return to complete the event within 10 minutes of last leaving the field event (Note: In the high jump, if everyone has completed the height, the high jump judge will never wait more than five minutes before passing any missing jumpers to the next height). Athletes entered in both field event need to go back and forth as necessary to be ready when called. The athlete should inform each judge of the situation.

17. Hurdles: Sr. Div. Boys hurdles are 33" high; all other divisions (boys and girls) are 30" high. The distance to the first hurdle is 13 meters for both boys and girls. The spacing between the girls' hurdles is 8 meters. The spacing between the boys' hurdles is 8.5 meters.

18. Starting Procedure for the SMMSITL at the Portland Expo:

a. For the 40 and hurdles: The starting commands will be "On your marks", "Set", and the fired gun.

b. For the 150, 240, 300, 440, 600, and relays, the starter will ask if anyone is using a "down" start.

1. If anyone responds affirmatively, the commands will be "On your marks", "Set", and the fired gun. Those (if any) not starting "down" will be told to remain still on the first command and bring one foot to the line on the second command. When all are still, the gun is fired.

2. If no one is using a "down" start, the commands will be "On your marks" and the fired gun. All athletes will

bring one foot to the line on the first command. When all are still, the gun is fired.

3. Athletes in back row(s) may use a down start. If choosing to stand, an athlete in a back row must remain still until the gun is fired.

c. For the 1000 and mile, the starting commands will be “On your marks” and the fired gun. Athletes will bring one foot to the line on the first command. When all are still, the gun is fired. “Down” starts are not allowed. Athletes in the back row(s) must remain still until the gun is fired.

d. The interval between “set” and the fired gun should be at least one second, but no more than two seconds.

e. The interval between “On you marks” and the fired gun in a race where all are using a standing start, AND the interval between “On you marks” and “Set” in a race where at least one is using a “down” starts should be several seconds. However, if most runners are ready, and on or more are taking excessive time to be “on you marks” all runners will be told to stand and relax. Those delaying will be warned to comply with the commands more quickly or be called for a false start.

f. A false start is charged if an athlete touches the track on or beyond the starting line once the final verbal command has been given OR if there is any forward motion just before the gun is fired.

g. One false start is allowed in all running events for each athlete, but a second false start in a race will result in disqualification.

Rules pertaining to the festival meet:

19. The seeding for the Festival Meets will be done in this order: field events, 40s, hurdles, and other running events (mile, 1000, 600, 440, 140, 240, 300, relays). Declarations of any division changes (In. to Sr.) must be made before seeding starts. All coaches must attend the seeding meetings, or send a qualified representative.

20. All athletes are guaranteed at least on entry in the Festival Meet, although not necessarily a first choice of event. If an athlete has not scored all season, he or she may be entered in only one event in the Championship, and also be considered an alternate for the relay

21. Festival Meet Entries: The following are the limits to the number of entries in each event.

a. 40s and hurdles: A maximum of 48 entries forms 6 trial races, followed by 2 semifinals and a final.

Note: If an automated timing system is used, the 8 fastest times from the trials advance directly into the final.

b. High Jump: Top 15 from league statistics plus any tied with the last qualifier.

c. Shot Put: Top 21 from league statistics plus any tied with the last qualifier.

d. 150, 240, 300: A maximum of 6 per heat. No back rows are allowed. Since there will be no recall for a foul or fall or anything else on the first bank unless it involves the runners in the first three lanes (and then only if it seriously impacts the running of the race for those three), all the lanes 1, 2, and 3 must be filled before seeding any lanes 4, 5, or 6. Final places are on time, and any restart reduces the chance of placing for all runners in the race.

e. 440, 600: Fast sections of 6 each, and slower sections of up to 11

f. 1000, mile: 1 fast section up to 11, and 1 slower section of up to 16.

g. Relays: No more than 4 teams per heat; a maximum of 3 is better.

22. Other than these rules, the rules governing the general running of the meets are those set down by the National Federation of State High School Associations for track and field in the rule book, the case book, the official's manual, and the rules interpretations. Coaches should obtain a copy of these.