

TAAF First Start Track and Field Program



A non-profit organization established in 1925, incorporated and dedicated to develop and perpetuate interest in amateur sports and to further the spirit of sportsmanship in Texas.

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TAAF First Start Track and Field Program Mission

Statement

To provide an introduction of track and field skills to kids 5-12 in a fun and preliminary setting, using basic track and field skills such as running, jumping and throwing.

Texas Amateur Athletic Federation

It's mission shall be to create and maintain in the State of Texas a permanent organization representative of the amateur athletics and/or organization, devoted thereto; to establish and maintain the highest ideals of amateur sports in the State of Texas; promote the development of physical education and to encourage the standardization of rules of all amateur athletics, games and competitions. The Objectives of Texas Amateur Athletic Federation, Incorporated are both charitable and educational.

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Participation Eligibility Requirements and Events

The Athlete's age is determined by their age on December 31, 2019. All athletes must reside in the State of Texas and have signed waiver on file before participating. Participants may only compete in one local competition and must compete in the athlete's correct age group (no age move-ups are allowed). *When the program expands we may require the following. All participants must provide proof of age prior to competing and upon request of the meet director. A current passport or a copy of a birth certificate from the Bureau of Vital Statistics are acceptable.*

Events

Born in 2013-2014 (Boys 5-6)

1. 50 Meter Dash
2. 100 Meter Dash
3. Softball Throw

Born in 2011-2012 (Boys 7-8)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Dash
5. Standing Long Jump
6. Softball Throw

Born in 2009 - 2010 (Boys 9-10)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 1600 Meter Run
5. 4 X 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Born in 2007 - 2008 (Boys 11-12)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 1600 Meter Run
5. 4 X 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Born in 2013-2014 (Girls 5-6)

1. 50 Meter Dash
2. 100 Meter Dash
3. Softball Throw

Born in 2011-2012 (Girls 7-8)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Dash
5. Standing Long Jump
6. Softball Throw

Born in 2009-2010 (Girls 9-10)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 1600 Meter Run
5. 4 X 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Born in 2007 - 2008 (Girls 11-12)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 1600 Meter Run
5. 4 X 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Rules of Competition

All Events

1. Athletes cannot exceed the event limit per age group:
 - a. 5-6 age group 2 running and softball throw
 - b. 7-8, 9-10 and 11-12 age groups are limited to a 3 event limit (2 running and 1 field event or 2 field event and 1 running event. Relays count as a running event.
2. Athletes must compete in the age group determined by the athlete's age on December 31, 2019.
3. Athletes must compete in his/her age group and sex division
4. Athletes may not use a shoe designed for track spikes. Plastic sole turf shoes are allowed.
5. Athletes must wear athletic shoes of some sort. No bare feet or socks will be permitted.
6. Athletes may not wear jewelry or sunglasses.
7. All athletes must present signed waiver *and provide proof of age* prior to participating.
8. Athletes may only enter one local TAAF First Start competition.
9. **Any athlete who displays unsportsmanlike conduct or inappropriate behavior will be disqualified from all events.**

Track Events

1. Starting blocks are not allowed.
2. Lane/position will be luck of the draw.
3. Times will be recorded to the nearest 100th of a second
4. The first false start will be charged to the entire heat. Any additional false start will result in a disqualification of the offending athlete.
5. Rules not covered here will be covered by the current Official High School National Federation Edition Track and Field rulebook.

Field Events

Softball Throw

1. The throw must be made from inside the five –foot throwing area.
2. The throwing line must be clearly marked.
3. The throw can be made from the standing or running position. The throw must land before the athlete can cross this line or a scratch will occur (zero score will be recorded).
4. Each throw will be measured for distance from a point at the center of the five foot throwing line to the spot the ball lands between the two parallel boundary lines.(50' apart)
5. Any throw landing outside of the parallel lines will be counted as a scratch (zero score will be recorded)
6. The athletes will throw in the flight order, each throwing one and then repeating until each athlete has thrown three attempts.
7. An athlete should be excused from a field event so that he/she may participate in a running event. The athlete shall return immediately following the completion of that running event.
8. Order of finish will be determined by the athlete's longest throw (measured in feet and inches to the closest $\frac{1}{4}$ inch). In the event of a tie, the next best attempt will be used of the athletes tied.

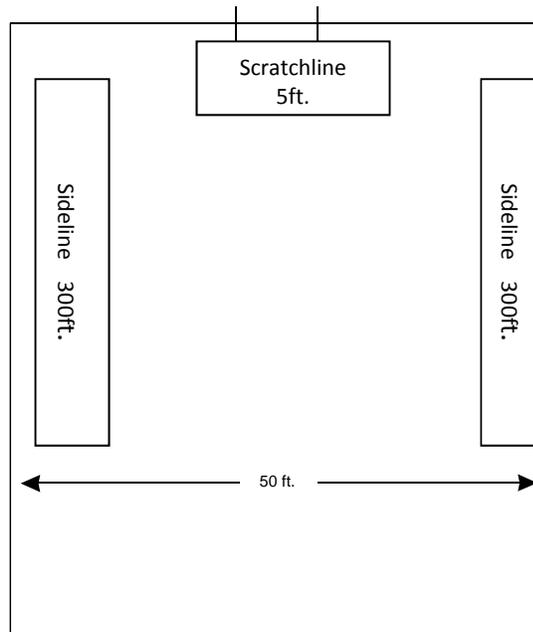
Standing Long Jump

1. The competition will be held on a flat surface (a long jump pit may be used.
2. Both of the Athletes feet must be parallel to each other and completely behind the scratch line.
3. The athlete may rock back and forth lifting heels and toes alternately on the surface, but may not lift either foot completely off the ground.
4. Both of the athlete's feet must leave the ground at the same time.
5. If any part of the athlete's shoe touches the line in jumping process the attempt will be recorded as a scratch (zero score will be recorded)
6. The attempt will be measured from the back of the scratch line to the closest mark of the jumper prior to leaving the pit area.
7. The athlete will jump in the flight order, each jumping once and then repeating until each athlete has jumped three times.
8. An athlete should be excused from a field event so that he/she may participate in a running event. The athlete shall return immediately following the completion of that running event.
9. Order of finish will be determined by the athlete's longest jump ((measured in feet and inches to the closest $\frac{1}{4}$ inch). In the event of a tie, The next best attempt will be used of the athletes tied.

Equipment needed and Field set-up

- 3 -softballs (12") must be stamped by a National Softball Association
- 1- 300' measuring tape
- 1- 25' measuring tape
- 2- Whistles
- 8 – Stopwatches
- 6- Clipboards
- 3- Rolls of athletic tape (to mark the starting line for the 50 yard dash and to mark the scratch line in the standing long jump)

Softball throw field set-up



T.A.A.F. First Start Track Program Waiver

Please Print

Name _____
(Last) (First) (Middle Initial)

Address _____

City _____ State/Province _____ Zip/Postal _____

Phone Number (____) _____ Date of Birth: Month _____ Day _____ Year _____

Parent/Guardian E-mail _____

Participants can enter either two track and one field or two field and one track event for 11-12, 9-10 and 7-8 age groups, the relay does count as a running event. Participants can enter two running and the standing long jump in the 5-6 age group. Please circle the events you wish to participate in at this meet.

Participant will compete in age group according to their age on December 31, 2019.

Born in 2013-2014 (Boys 5-6)

1. 50 Meter Dash
2. 100 Meter Dash
3. Softball Throw

Born in 2011-2012 (Boys 7-8)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run
5. Standing Long Jump
6. Softball Throw

Born in 2009-2010 (Boys 9-10)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Born in 2007-2008 (Boys 11-12)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Born in 2013-2014 (Girls 5-6)

1. 50 Meter Dash
2. 100 Meter Dash
3. Softball Throw

Born in 2011-2012 (Girls 7-8)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run
5. Standing Long Jump
6. Softball Throw

Born in 2009-2010 (Girls 9-10)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Born in 2007-2008 (Girls 11-12)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Relay Team (circle age)

**Born in 2009 or 2010
(Boys 9-10)**

**Born in 2007 or 2008
(Boys 11-12)**

1. _____
(First Name) (Last Name)

2. _____
(First Name) (Last Name)

3. _____
(First Name) (Last Name)

4. _____
(First Name) (Last Name)

Relay Team (circle age)

**Born in 2009 or 2010
(Girls 9-10)**

**Born in 2007 or 2008
(Girls 11-12)**

1. _____
(First Name) (Last Name)

2. _____
(First Name) (Last Name)

3. _____
(First Name) (Last Name)

4. _____
(First Name) (Last Name)

REGULATIONS

Eligibility

Name of School/Community _____

City, State/Province _____

Age as of December 31, 2019 _____

*All participants must compete in their age group and sex division.

*A legal birth document must be presented to the local sponsoring department or agency at the local meet.

PARENT/GUARDIAN CONSENT:

Emergency Information: _____
Parent or Guardian's Name Phone Number

Emergency name and number other than listed above: _____

I ("Participant") do hereby voluntarily submit my application and in consideration of being allowed to participate in the Texas Amateur Athletic Federation ("T.A.A.F.") First Start Track and Field Program, hereby grant to T.A.A.F. the right to record, broadcast and otherwise exploit in any and all media throughout the world my performance in this program and to use my name, likeness, voice and biographical information concerning me in connection therewith.

I assume all risks associated with my participation in this program, and I do hereby, on behalf of myself and my heirs, executors, administrators, successors and assigns, in consideration of being allowed to participate in this program, waive all claims against and release and agree to hold harmless T.A.A.F., the sponsors of the First Start Track and Field Program (the "Sponsors"), the venue owner (the "Owner") and the host Cities (and any other approved venue) and their respective directors, officers, agents, employees, successors and assigns, and all those in any way connected with the running and management of this program, from and against any and all damages, liabilities, actions, causes of actions, losses, costs, expenses, claims and demands arising out of or in connection with my participation in this program, including without limitation, death, any personal injuries or loss of, damage to or loss of use of property, which I may incur as a result of my participation in this program, including any death, personal injuries or loss of, damage to or loss of use of property which may be the result of negligence on the part of T.A.A.F., a Sponsor, an Owner and/or the Host. I understand this is a novice recreational program and promise to promote fair play and sportsmanship.

(Signature of Parent or Guardian)

(Date)