



MIDDLE SCHOOL 6-8

2026 Track and Field – Boys & Girls

Sport Handbook

Section 1: RULES

A. GENERAL

All contests under the jurisdiction of the RIIL Middle School 6-8 shall be played according to the National Federation of State High School Association Outdoor Track and Field Rules, except for any special rulings adopted by the Committee.

1. All Eligibility Lists must be received by the RIIL Office, and all Assumption of Risks forms must be on file with the school, prior to any competition.
2. Definition of a Game/Scrimmage: Article 7, Section 2
3. Sportsmanship Expectations for Coaches, Student-Athletes, and Spectators: Article 12, Section 3
4. Loyalty to Home School: Article 7, Section 5
5. Penalties for Ejections: Article 6, Section 7
6. Protest Procedure: Article 5

B. SPORT SPECIFIC

1. Start of Season:

Coaches Interpretation Meeting: Wednesday, March 25, 2026, 7:00 pm, Zoom or at RIIL Offices.

The start of the spring season is March 23, 2026

- a) Pre-season conditioning is for 10 days only.
 - b) **Grades 6 – 8 may participate.**
2. All activities in track and field will follow the National Federation Rules for boys and girls, with the exceptions as accepted by the RIIL Middle School 6-8.
 3. The RIIL Middle School Director of Track shall be responsible for carrying out the program, with the approval of the RIIL Executive Director and the RIIL Middle School 6-8 Coordinator and shall be responsible for submitting a final report in writing, at the conclusion of the season. The Director shall supervise the State Championship Meet or make adequate provisions for such supervision.

4. RIIL will provide officials at each of the Divisional Championship Meets and the State Championship Meet. Division and State Championship plaques will be awarded.
5. Students may participate in a maximum of four (4) events, only three (3) of which may be running events and may not include both the fifteen hundred (1500) meters and the three thousand (3000) meters.
6. The following running and field events shall be included:

Discus	3000 Meter Run	100 Meter Dash
Shot Put	1500 Meter Run	4x400 relay
Long Jump	800 Meter Run	4x100 relay
High Jump	400 Meter Dash	Turbo Javelin
100 M. Hurdles	200 Meter Dash	
7. Scoring:
 - a. Dual Meets 5 – 3 – 1
 - b. Triangular Meets 5 – 3 – 2 – 1
 - c. State Championships (8 places) 10 – 8 – 6 – 5 – 4 – 3 – 2 - 1
8. RIIL Middle School State Track and Field Championship Meet Qualifying:
 - a. Top three finishers in each event in the **Division Championships** automatically qualify for the state meet.
 - b. Any student who reaches the standard in the division meet, or at one of the qualifying meets that uses the FAT system (electronic timing), will be ranked, and the top nine times/distances/heights will qualify for the meet. **Maximum of 24.**
 - c. Top four relay teams in each of the division meets qualify for the state meet. **Maximum of 20.**
9. At the State Championships, plaques will be presented to the first and second place teams in the boys and girls competitions. Individual awards will be given to the top eight (8) finishers in each event, including the top six (6) relay teams.
10. Only records set at the State Championship Meets will be official.
11. No finals in field events. In the running events, there will be semi-finals in events one hundred (100) meters or less in distance in the State Championship only.
12. Entries for the State Championships shall be submitted to the Director of Track designee before the State Meet. No entries will be accepted after the registration deadline. All times should be for metric distances.
13. Boys and Girls throw the same implements in the Discus and the 300 gram Turbo Jav. Girls will use a 6 lb. shot, and the boys will use a 4K shot. **Schools hosting the meets should provide this equipment, and all athletes should throw the same equipment in competition at dual meets, Divisional meets, and the State meet.**

14. There will be a maximum of 40 entries per event in the State Meet Qualifiers, and the Division Championships. Entries and seed times/distances/heights from the regular season meets will determine the top 40 entries in each event. Please keep accurate records of each student's time/distance/height in each of those regular season meets. In order to participate in the State Meet Qualifier or the Division Meet, a student must participate in at least one regular season meet. That time/distance/height will be used for entry into the State Qualifier and Division Meet.

15. Hurdle spacing shall be the same height and distance for Boys and Girls

- a. 100-meter race
- b. Height of hurdles: 30 inches' high
- c. Use the hurdle spacing listed below for 100m High School girls
 - i. Total number of hurdles: 10 hurdles Distance to first hurdle: 13 meters
 - ii. Distance in between hurdles: 8.5 meters.
 - iii. Distance from last hurdle to finish line: 7.5 meters.

16. State Qualifying Standards effective 2026:

<u>Event</u>	<u>Girls</u>	<u>Boys</u>
HIGH JUMP	4'2"	4'8"
LONG JUMP	13'	15'2"
SHOT PUT	23'6" **6lb.	31' **4K
DISCUS	58'	82' **1K
TURBO JAV	75'	115'
100M HURDLES	20.0	18.0
3000M	13:00	11:20
1500M	5:48	5:15
800M	2:50	2:30
400M	70	61
200M	29	26.5
100M	13.7	12.9

17. State Championship Meet Order of Events:

1:00 pm Girls High Jump	2:30 pm Boys High Jump
1:00 pm Boys Long Jump	2:30 pm Girls Long Jump
1:00 pm Girls Shot Put	2:30 pm Boys Shot Put
1:00 pm Boys Discus	2:30 pm Girls Discus
1:00 pm Boys Turbo Jav	2:30 pm Girls Turbo Jav
1:30 pm Girls Events First	
4 x 100m Relay	
3000 meters	
100 meter Dash trials	
100 meter Hurdle trials	
1500 meters	
400 meters	
100 meter Dash finals	
100 meter Hurdle Finals	
800 meters	
200 meters	
4 x 400m Relay	

Section 2: MANDATORY COACHES CERTIFICATION & CONTINUING EDUCATION

- A. ALL Coaches must be appointed by their School Administration. A coach is any adult with access to student-athletes through an education-based athletic program.
 - 1. Including, but not limited to: Volunteer Coaches, Assistant Coaches, and Head Coaches.
- B. Coaching Requirements: Article 13

Section 3: SCHEDULE/GAMES

The RIIL shall make up the schedules and order of meets.

- A. The home school is responsible for providing adequate crowd control measures. There is a need for increasing vigilance in this matter. Schools must make every effort to ensure that players, officials, and spectators are protected. Schools should take the following measures to secure a safe environment by:
 - 1. utilizing bleachers for fans to sit and watch the meet(s) where space permits.
 - 2. providing an easily identifiable school supervisor who is preferably an administrator or athletic director. The school supervisor will introduce him/herself to the visiting coaches and the officials and will assist in the supervision of the meet before, during, and after the game.
 - 3. holding mandatory meetings before the first meet of the season for all coaches, athletes and their parents/guardians to review the RIIL Middle School 6-8's policy on sportsmanship and fan behavior during RIIL Middle School 6-8 sanctioned events.
- B. Important Dates:
 - 1. Preseason:

2. First Day of Practice: Monday, March 23, 2026
 3. First Day to schedule a meet: Monday, April 7, 2025
 4. Regular Season:
 - a. Meet Week #1: begins on Monday, April 6th
 - b. Meet Week #2: begins on Monday, April 13th
 - c. Meet Week #3: begins on Monday, April 27th
 - d. Meet Week #4: begins on Monday, May 4th
 - e. Meet Week #5: begins on Monday, May 11th (Optional Meets/Crossovers, etc.)
 5. State Meet Qualifier, Saturday, May 9th
 6. Division Championship Meet Week begins on Monday, May 18th
 7. State Championship: Sunday, May 31, 2026, at Rhode Island College, 1:00 pm
- C. Home teams shall set a date/time for all contests.
1. If there is a conflict in the date/time of the contest with the visiting team(s) and mutual agreement cannot be reached, the Principals of each school should resolve the conflict.
 2. Once the Home Confirmation Schedule is submitted, changes will not be allowed unless there are extenuating circumstances.
- D. Postponement of Regular Season Meets after the confirmation deadline:
1. League Games must be rescheduled for the next day unless mutually agreed upon by both schools and within all other guidelines contained in this handbook. League games must take precedent over non-league games or lesser events
- E. Practice Limitations:
1. Meets allowed after 10 days of practice, not including Sundays
- F. Rosters shall be completed via the RIIL website and made available to the public no later than 10 days after the start of practice. Rosters must be updated when students are added/removed from the team.

Section 4: POSTPONEMENTS

- A. If a meet is postponed for any reason, other than inclement weather, it must be postponed to a definite date with the consent of the schools and permission of the MS Director of Track and Field.
- B. Where unusual circumstances prevail or where conditions are unfavorable, a meet may be postponed by mutual consent of the opposing school's Principals, or authorized agents of the schools involved.
- C. The Director of Middle School Track and Field is empowered to exercise the right to postpone a meet if the opposing school's Principals cannot agree.

Section 5: OFFICIALS

RIIL assigned official's authority extends to pre-and post-meet oversight. Fighting and unsportsmanlike penalties will always be within the authority of the umpires at the contest site.

Section 7: Medical Coverage/Emergency Action Plans

- A. Home team medical coverage shall be responsible for both teams unless the visiting school provides its own medical coverage.
- B. The judgment of the medical person will be final with regard to the medical condition of a player. No player may continue to play against the medical person's advice under any circumstance.
- C. An Emergency Action Plan with clearly defined written and practice protocols should be developed and in place at every school. When possible, an athletic trainer should be present at all practices and games.
 - 1. *Rationale:* An effective emergency action plan (EAP) should be in place as a prompt and appropriate response to any emergency situation that can save a life. The EAP should be designed and practiced to address all teams (freshman, junior varsity, and varsity) and all practice and game sites. An athletic trainer is a key component in any strategy to minimize injury risk and optimize safety for all participants.

D. Levels of Medical Coverage:

<u>Medical Professional:</u>	<i>A. Education/Schooling/Training & Licensure</i> <i>B. Scope of Practice</i> <i>C. Able to Return to Play</i>
Medical Doctors-MD/DO Advanced Practice Provider-NP/PA	A. Advanced degree (Medical School/Successfully passed the licensing board, and RI Licensed) B. Preventative Care, On field Evaluation, Immediate Care, Diagnosis C. Can they Return to Play – Yes
Athletic Trainer RI Licensed	A. Minimum Bachelor's Degree (Successfully pass the BOC exam, and RI licensed) B. Preventative Care, On field Evaluation, Immediate Care, Assessment of injury, referral for further diagnosis C. Can they Return to Play during a game/contest? – YES
Physical Therapist RI Licensed	A. Degree varies from BS, MS to DPT (Successfully pass the board exam, and RI licensed.)

	<p>B. Preventative Care, Rehabilitation, Orthopedic exam evaluation</p> <p>C. Can they Return to Play during a game/contest? – NO</p>
<p>Physical Therapist w/ Orthopedic Clinical Specialist (OCS) credential & RI Licensed</p>	<p>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the OCS exam, and RI licensed)</p> <p>B. Rehabilitation, Orthopedic exam evaluation. On the field coverage - not qualified, no emergency training incorporated into initial certification or required to be annually updated.</p> <p>C. Can they Return to Play – NO (During a Game/Contest), Yes (In Clinical Setting)</p>
<p>Physical Therapists w/ Sports Certified Specialist (SCS) credential & RI Licensed</p>	<p>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the SCS exam, and RI licensed)</p> <p>B. Rehabilitation, Orthopedic exam evaluation. On-the-field coverage – Qualified</p> <p>C. Can they Return to Play during a game/contest? – YES</p>
<p>EMT - Basic, Intermediate & Paramedic</p>	<p>A. Successfully complete the EMT program, pass the board exam, and RI licensed)</p> <p>B. Emergency care</p> <p>C. Can they Return to Play during a game/contest? – NO, per RI EMS laws/regulations/protocols</p>
<p>School Nurse (RN)</p>	<p>A. Successful completion of a nursing program (Successfully pass the board exam, and RI licensed)</p> <p>B. Emergency care, referral for further treatment/diagnosis</p> <p>C. Can they Return to Play during a game/contest? – NO</p>