

6. Participants -

- A. Athletes should be dressed in proper, school issued uniforms.
(See Federation rules)
1. Numbers should be provided and worn by all athletes. They should be a soft, pliable material and worn in front, or as may be determined by the head official, except for the shot, discus, and high jump competitors.
 2. Jewelry of any kind, i.e. necklaces, earrings, watches, etc. cannot be worn while competing.
- B. Each school may enter:
- One participant per team for the 100 M, 200 M, 400 M, and Hurdle events.
 - Two participants per team for all other events including Field
 - One team entry for Relay events
- C. In Running Events - when an athlete reports to the paddock area for his/her lane assignment, a hip # can be given out for each assignment. This enables officials to know who was in what lane at the end of each race.
- D. A contestant may participate in any combination of track and field events, but the combined number may not exceed four events.
- F. In the field events, each competitor will be allowed a maximum of 3 tries in the trials. A maximum of 3 tries will also be allowed in the finals with the best overall effort (trial or final) recorded.

7. Other important rules or guidelines to be followed include:

- A. Scoring is according to the National Federation Rule Book.
Scoring: 10 - 8 - 6 - 4 - 2 - 1
Awards: Team Trophies - 1st, 2nd, & 3rd Place Teams
Medals: for 1st, 2nd, & 3rd Place Individuals
Certificates: for 1st through 6th finishers
- B. **One false start is allowed** - as voted on at the 1990 ESDAA Track and Field Championships. A second false start by the same individual is cause for disqualification. A person with a flag should be stationed 10 meters beyond the Starting Official to halt runners in the event of a false start.
- C. Field events should have one official, one marker, and one recorder throughout the event. Someone should be able to
-