

## NEW HAMPSHIRE INDOOR TRACK LEAGUE GENERAL RULES FOR ALL FACILITIES

1. Order of Running Events: 3000m; 55mH; 55m; 1000m; 600m; 300m; 1500m; 4x400m Relay, 4x160m Relay. (Girls **always** precede Boys).
2. Order of Field Events: Girls first in High Jump and Shot Put. Boys first in Long Jump.
3. Scoring in all regular meets will be 6 places (6-5-4-3-2-1), relays will be (12-10-8-6-4-2).
4. SPIKES: Spikes are allowed at Dartmouth (1/4 inch). At UNH, Southern Maine, and Plymouth, no spiked shoes or shoes designed for spikes are allowed, except for in the high jump.
5. There will be no shot putting, high jumping, or long jumping allowed after competition in that event has ended. No sitting on high jump pit after the event is completed.
6. Harassment of officials by coaches will subject their respective teams to disqualification from the meet. Harassment of officials by an athlete will result in that individual's disqualification from the meet. If an athlete or coach is disqualified under this rule, a notification of this action will be sent to his or her school's athletic director.
7. All athletes must compete in an official school uniform. Decorative or ornamental accessories (as determined by the clerk of course) are not allowed. Any visible garments worn underneath the uniform bottom and extending below the knees shall be unadorned and of a single, solid color. Any garment worn underneath the uniform bottom and that terminates above the knee is considered a foundation garment and not subject to being a single, solid color. In relays, any visible garments worn under the uniform top and/or bottom, and extending below the knees, shall be unadorned and of the same, single solid color, but not necessarily the same length. Visible items worn under both the top and bottom do not have to be the same color.
8. Please limit less gifted athletes to 1 (one) event. Also, put less talented distance runners in the 1000m or 1500m, not the 3000m.
9. In the Long Jump, there will be no runbacks, even in warm-ups. An athlete should have a measurement, then run forward and adjust accordingly.
10. No doubling in the 600, 1000, 1500 or 3000 in regular season meets, unless an athlete has met, in meet competition this year, the open meet qualifying standard in one of these events. Then the athlete can double in any 2 of these. Therefore, there will be no doubling in an athletes first meet. In regular season meets, no tripling ever in these events.
11. No hard shell shot puts made with a polyethylene shell are allowed.
12. No food or drinks other than water are allowed in the indoor track at all facilities.
13. Watches are not allowed.
14. In the high jump. An athlete is allowed at most 2 check marks.
15. Each team is allowed 5 entries per event but only 40 total entries---relay counts as 1 entry.