

TRACK AND FIELD STANDARDS
FOR GIRLS AND WOMEN

A jury of highly selected leaders well experienced in track and field rated an inclusive list of 53 statements of tentative standards for sports competition, with special reference to the conduct of track and field. This list had been developed from careful study of the writers of recognized authorities, of all earlier statements of standards by other organizations as well as by DGWS, and from a study of statements submitted by the DGWS track and field committee in spring of 1945 at which time this project was begun.

Thus these standards constitute the official position of the DGWS with regards to participation and competition by girls and women in track and field as revised in 1962.

THE STANDARDS

Part 1: Welfare and Guidance of Participant

1. Unless there is an annual medical examination by a physician to certify each individual for the sports in which she may participate, every player is examined before engaging in competitive track and field activities.
2. Following severe illness or injury of the high school or college-age girl, a description of the activity should be forwarded to the examining physician whose written permission should be obtained before practice or competition is resumed.
3. First aid supplies and persons trained to administer them are immediately available during all practice periods and meets.
4. Participation during the menstrual period is permissible with referral to a physician in case of uncertainty.
5. All practice periods and meets are under the direct supervision of a well-qualified woman. In high school and college, this woman is a member of the faculty.

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6. Current official DGWS Track and Field Rules are used.
(NOTE: It is recognized that in meets governed by the AAU, its rules must be complied with.)
7. Equipment and facilities are as specified in the DGWS Track and Field Guide.
8. Conditions under which participants compete: equipment and facilities are hygienic and safe. It is assumed that provision is made for safety of spectators.
9. Costume and footwear: track or field shoes are worn. Warm-up suits are advised for competitors while not in action. Glasses guards for track and field activities are provided for participants wearing glasses unless the lenses are unbreakable.
10. Participants are grouped for practice and competition according to general level of skill.
11. Written permission of parent or guardian is required for all high school girls engaging in the extramural program.
12. The intramural program takes precedence over the extramural with regards to facilities, time, and leadership. The goal is to have participation by the largest possible number of players.
13. Night practices and meets:
 - a. High school groups-No night practices or meets are held except for occasional demonstrations.
 - b. Recreation groups of high school age-The decision to hold night practices or meets is made in relation to good use of available facilities.
 - c. If night practices or meets must be held, the areas are well lighted.
14. Admission fees when charged should be used for furthering the girls sports programs.
15. All participants in a competition have full amateur standing, defined as not receiving any type of remuneration for participating in track and field activities. Any participant whose amateur standing is questionable shall be approved by all leaders in charge of the groups participating.

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16. Enjoyment of participation, improvement of skills, and pleasant social relationships among contestants are continually interpreted as being as important as winning.
17. Awards are of a symbolic type, inexpensive, and are not emphasized.
18. Participants are immediately removed from practice or competition if ill, injured, or excessively fatigued, or if they give evidence of emotional strain.
19. Informal social events are promoted in connection with meets.
20. Travel for high school and college age groups:
 - a. Travel for meets is limited to a small geographical area. Travel late at night or overnight stays are ordinarily avoided.
 - b. A member of the faculty accompanies every traveling group.
 - c. All transportation is by means of bonded carrier. This includes a private car, provided it is specifically insured to protect passengers.
21. It is desirable for the school or organization to secure insurance for protection against claims for injury that may be sustained by contestants or leaders during travel, practice, or meets under its sponsorship. In addition, there should be obtained if possible a statement of parents or guardians assuming responsibilities.

Part 2: The Leaders and Officials

1. The leader in general charge of track and field is professionally trained in physical education or recreation, but may call in especially well-qualified experts to conduct classes and competition. (See also Standard 5, Part 1.)
2. It is desirable that the leader is active in educational organizations. The track and field leader is active in sports associations which promote participation by amateurs.
3. The leader provides opportunity for all participants to take equal part in practices.
4. The leader for high school and college groups provides frequent opportunities for every team member to participate in meets.

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5. The leader thoroughly understands the track and field techniques and the DGWS rules of the specific events involved.
6. The leader has high professional and personal standards, shows intelligent concern for the needs of others, and has ability to promote friendly relationships.
7. Officials rated by the DGWS Officiating Services Area are used. (AAU officials are used at AAU sponsored meets.) If rated officials are not available, officials thoroughly acceptable to the leaders of all competing teams should be used. Essential qualifications of acceptable officials include:
 - a. Thorough knowlege of designated rules.
 - b. Impartiality in all decisions regardless of participant or spectator reactions.
 - c. Ability and readiness to interpret important decisions if leaders of competing groups agree this should be done.

Part 3: Number and length of Track and Field Practices, Length of Season, and Other Points Related to Competitive Events.

The DGWS believes that many benefits result from participation in a wisely planned and conducted program. The DGWS recognizes that many other leisure time experiences contribute to the development of the individual. Since the DGWS is concerned with the total development of the individual, the following standards to limit participation have been established.³

1. The maximum total time per participant per day is one and one half hours of activity. Adequate rest periods are to be provided for at frequent intervals during strenuous practice. Ordinarily two such periods in one day are permissible, provided that at least one hour rest period intervenes.
2. The maximum total number of practice periods plus meet is five per week.

³ Interscholastic competition (a series of scheduled meets with other schools or organizations) should not be offered for girls below senior high school level.

3. The maximum number of events per contestant in any meet is three. There should be a 20 minute rest period between each of her events.
4. The minimum practices before a meet are four for intramurals and six for extramurals. If facilities are limited, the minimum could be two for intramurals and four for extramurals. The DGWS assumes that the number of minimum practices for extramural participants must have greater endurance. If extramural participants have not had more practices and have not built up more endurance than required for intramural participation, then they should not exceed the limits set for intramurals.
5. The time between the preliminaries and the finals is two hours.
6. The total length of the season is approximately ten weeks for high school and not longer than twelve weeks for college and adult groups.
7. As a prerequisite for membership on an interscholastic or intercollegiate squad, every participant must have previously had at least one full season of intramural competition in track and field. (This statement does not preclude a girl's participation in an occasional sports day.)
8. During the track and field season, a member of an interscholastic or intercollegiate squad does not compete in more than one other sport, this to be within the school or organization, not extramural competition. (This standard does not preclude a girl's participation in an occasional event such as a sports day or demonstration.)

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