



YOUTH  
CODE OF CONDUCT  
AND  
RESPONSIBILITY



## RUNNER'S RULES

1. Must have USATF Membership Card if you are a member of a USATF Registered Club. Renewal is done the 1<sup>st</sup> day of November each year. Coaches must have received a birth certificate from each athlete.
2. All USATF rules must be followed.

## PARENTS' RULES

1. Be prompt in delivering your child to practice and picking them up.
2. Stay and watch practices and lend your support in a positive manner.
3. Build an attitude of "doing your best" and "being a good listener". Make your child feel important and let them know that they are contributing to a team effort. (Good Sportmanslike Conduct)
4. Allow your child to be a child and enjoy the experience without pressure from you to perform.

**It is your coach's responsibility to maintain order in his team's area. If your behavior is loud, rude, or detrimental to the team, you will be asked to leave. If you choose not to behave, the official, meet director, or meet referee may choose to remove you from the premises, regardless of the time remaining. Remember you are not a runner; you are just a spectator. Your bad behavior can adversely affect the outcome of the meet. Your positive support and enthusiasm can be an asset to your child's team.**

5. In competition, someone always loses. Parents encourage your child to win gracefully and not boastfully. If your child loses, don not allow your child to become negative.
6. Purchase a USATF rule book and study it with your athlete. It is always best if you know the rules so that you can make sure everyone is following them.

## GUIDELINES FOR TRACK

1. Too much competition, too soon, can slow down a child's progress in Skill Development.
2. Make fun and technique development your first priority.
3. Your child's coach will need all the support and help you can offer. Please make yourself available and volunteer at the meets in your spare time. **But let the coach do the coaching.**
4. Disagreements with the coach and/or officials do not belong on the track or in public areas surrounding the track. Questions, input, and positive suggestions should be voiced to the coach. The youth/athlete should not be present.
5. The overall purpose is to enjoy the event and the opportunity to be with your child as he/she learns and participates in the sport.

**Giving one's best makes you a winner!**

## COACHES GUIDELINES

1. The \_\_\_\_\_ was formed to provide development of their athletes in the sport of track, field, race walking, and long distance running. Therefore, devoting time to the athlete is your main objective.
2. All representatives of \_\_\_\_\_ should keep in mind that their club must be registered members of USATF, all coaches, athletes and volunteers must have individual USATF Membership cards.
3. **Registered athletes of your team, according to Regulation 7-c-2 of USATF Bylaws/Regulations Handbook states:**

***How long must an athlete wait prior to transferring from one club to another?***

**ANSWER:** There is a 90 day waiting period for transferring from one USATF member club to another USATF member club. The 90 days is measured from the date the athlete last competed in a USATF Sanctioned competition. An athlete is not eligible to represent a club in USATF Sanctioned competition if he/she has represented another club during the previous 90 days.

***Where can representation occur?***

**ANSWER:** Representation can only occur in a USATF Sanctioned competition. Thus, competition in an event not sanctioned by USATF does not constitute representation.

Although **competition in an event not sanctioned by USATF does not constitute representation, the following may determine the athlete's intention to represent a club:**

- A.** Club name appears on a submitted entry form or seed card;
- B.** Club affiliation is indicated in the results; and
- C.** Club uniform is worn by the athlete.

A USATF Membership application that indicates a club on it may be used to show intent if the date of application is proximate to the date of the competition in question.

***Does an athlete have to be a member of USATF?***

**ANSWER:** At the time of representation, NO. Representation of a club may occur regardless of whether the athlete is a member of USATF.

***Does a club have to be a member of USATF at the time of representation?***

**ANSWER: YES,** pursuant to Regulation 7-A-1, "An athlete may compete as a representative of a local club, educational institution, or other organization, and additionally, may be listed as competing for a club and/or sponsor. A club must be a member in good standing of USATF."

**Virginia Association Code of Conduct: An athlete or parent must declare their intent to participate on a team. All coaches are expected to contact the coach of the current team as notification of an athlete's intention to switch teams. The coach of the current team must not hinder the development of an athlete or discourage them from switching to another team. But, remember, the above rule will be enforced by the President of Virginia USATF.**

**Questions or concerns about all rules should be addressed with the President of the Virginia Association. This rule will help to enforce unity within the Virginia Association of the USATF club coaches.**

4. All coaches are expected to develop each athlete to their full potential and all rules and regulations of the Virginia Association, which included good sportsmanship, no swearing at the athletes, officials, meet management or games committee (absolutely will not be tolerated and you will be removed from the competition area and a possibility of expulsion from the facility). The decision is left up to the Meet Director to have the final say.

5. Coaches should stress that ungentlemanly/unladylike conduct will not be tolerated at any USATF competition.
6. All coaches must stay off the infield during competition (absolutely no exceptions).
7. All coaches are responsible for their area in the bleachers, under the bleachers, or around the area. You must keep all areas clean. USATF wants to continue to provide our athletes a venue and that means everyone must do their part to keep it clean.
8. Coaches please remember to keep your athletes hydrated. It is your responsibility. USATF will provide watering stations around the facility for the competitors.
9. The Virginia Association will not condone any manner that denies any boy/girl the right to participate.
10. **All persons must refrain from being intoxicated or drinking alcoholic beverages while being responsible for their athletes during coaching hours, or USATF meets. No alcoholic beverages are allowed at the field per city ordinance. If a coach, athlete or other individual on the track is obviously intoxicated and is displaying disruptive behavior, they will be asked to leave the track facility immediately by the Head Official or the Meet Director. If the individual refuses to leave, the official will inform the parent, coach, etc. that the team will be disqualified. If it is a parent of an individual athlete, they will be informed of the same action concerning their athlete.**

**The same applies to smoking. NO SMOKING ALLOWED.**

11. Never make an athlete feel as though they are not good enough for your team.
12. An official is a vital person to the competition and athletes. Therefore, he/she should be treated with respect. They will officiate a better meet if they are not under pressure. Honor his/her decision and teach your team to do likewise. Harassment by athletes, parents, coaches, spectators will not be tolerated. Verbal abuse of officials will not be tolerated.
13. All coaches must have their club By-laws on file with the Virginia Association.
14. **All coaches and volunteers will be required to submit a background check starting November 1, 2007. NO EXCEPTIONS.**
15. All coaches and managers must be at least 18 years of age.
16. All teams shall send at least ONE representative to the membership meeting.

17. Coaches are not to leave any athlete unattended after meet or practice. No child is to be left on the field by him/herself.
18. Every coach is responsible for the actions of their team, parents, and spectators. Every coach is responsible for taking all precautions to prevent, spectators, parents and athletes from threatening or assaulting officials, meet management or each other during or at the conclusion of a meet.
19. Any infringement of these rules shall constitute ungentlemanly/unladylike conduct and is subject to disciplinary action by the Executive Board.
20. If a coach, parent, spectator, or registered member of a team is put out of a meet, he or she is automatically suspended from the next TWO meets.
21. Any athlete who is suspended for misconduct will be suspended for ONE meet. Upon receipt of a misconduct charge, the athlete must IMMEDIATELY leave the premises.
22. Trash talking is considered ungentlemanly/unladylike conduct and will be considered unsportsmanlike conduct by Virginia USATF. A minimum of a TWO meet suspension will be imposed or up to one year depending on the offense. The decision will be made by the Executive Board.
23. The Executive Board shall have the power to suspend any member for conduct detrimental to track and field either on or off the track or field. This shall include abusive or threatening words or actions toward any Officer, Director or meet official of USATF. Violation of the Constitution and By-laws or Rules and Regulations, may result in disciplinary action. This could include suspension of the entire team and coach for ONE year.

## DISCIPLINARY RULES

1. Only the Executive Board may suspend an athlete, coach, assistant coach, manager, parent or spectator from further participation from Virginia USATF for words or actions deemed detrimental to the team or its activities
  - a. Persons guilty of fighting before, during or after a meet shall receive Suspension from at least TWO meets or up to one year suspension could be imposed.
  - b. Persons guilty of pushing or striking any person shall be suspended from the competitions held by USATF, which includes the Virginia Association Youth Championships, the Regional and National competitors.
  - c. Any person asked to leave the competition area by the referee shall Receive a minimum of a TWO meet suspension.

2. Anyone may request suspension of a person, team, spectator or parent from a meet by sending a Letter to the President of the Virginia Association at 1541 Westshire Lane, Richmond, Virginia 23233.
3. The President shall have the authority to suspend any person from a registered Virginia team at any competition within the State of Virginia, or Out-of-State at a competition until the next scheduled meeting of the Executive Board. The suspension by the President shall not exceed 30 days in length. At the time of the Executive Board decision a hearing will be set for all parties to go before the grievance committee.
4. The Executive Board shall determine the length of time of the suspension for actions deemed detrimental to Virginia USATF. These suspensions may be from 30 days up to permanent expulsion from Virginia USATF.

## VIRGINIA USATF UNIFORM POLICY

1. Shirts are to be tucked into shorts.
2. Shorts must be worn at the waist (no exceptions). Shorts worn down on the butt or below the butt are grounds for disqualification.
3. Uniforms are not to be changed on the track or field; only in the restroom, locker room or behind the stadium. Uniforms must be neat and clean at all times.
4. All Relay Teams must have on the SAME uniforms (no exceptions).

**OFFICIALS WILL ENFORCE THESE RULES FOR ALL AGE GROUPS.**





Club Name: \_\_\_\_\_ Club Number: \_\_\_\_\_

I acknowledge receipt of the Virginia USATF Code of Conduct and Responsibility. I understand and will see to it that my team members, coaches, and parents review this document.

I understand and will abide by the rules, guidelines and responsibilities for the Virginia USATF Association. The Code of Conduct is a part of the Virginia USATF Association By-Laws.

**SIGNATURES:**

Team President: \_\_\_\_\_ Date: \_\_\_\_\_

Head Coach: \_\_\_\_\_ Date: \_\_\_\_\_