



TRACK & FIELD BY-LAWS – BOYS & GIRLS

ARTICLE I GOVERNING RULES

SECTION 1 The National Federation Rules shall be followed unless specifically changed in these By-Laws or by the CIF Federated Council.

SECTION 2 Any recommended By-Law changes must be approved by a majority of the league coaches and presented to the Athletic Directors and the Board of Managers for approval at the end of the season.

ARTICLE II PRACTICE AND GAME LIMITATIONS

SECTION 1 Teams and individuals must comply with section 3 of Article V of the CCS By-laws. That is, neither a team nor an individual may compete in more than fifteen (15) contests during the season. This includes league competition. Division trials, finals, CCS, or state meet competitions are not included in determining the limitations. A group of eight (8) or more athletes shall constitute a team at any meet. Thus, if the school in a meet enters seven (7) or fewer athletes, that meet will not be counted against the team limitation. However, it will count against the individual limitations for all of the athletes that participate in the meet.

ARTICLE III GAME MANAGEMENT - PLAYER ELIGIBILITY

SECTION 1 There shall be official competition at the Boys Varsity and F/S levels, and Girls Varsity and JV levels. A freshman or sophomore participant may move from one team to another during a season provided he/she competes in only one (1) classification against any school.

1.1 A student may move up and down from one team to another provided he/she competes in only (1) classification against any school. The student may then return to his/her original classification in ensuing meets.

SECTION 2 General Rules:

2.1 The 10lb. shot shall be used by the F/S.

2.2 The 65M high hurdles will be run in the F/S.

2.3 Any legal discus may be used in SCVAL meets.

2.4 Times and distances must be recorded in the home school's book for the first three (3) places. These results must be provided to the visiting team.

2.5 The girls' team shall use the 4-kilo shot put.

2.6 Individuals in field events (jumps or throws) will be allowed a period of time for warm-ups which will be mutually agreed upon by the coaches prior to the start of competition and not to exceed 15 minutes.

2.7 Participants must check in to the event official.

(A) Field event participants must report and sign in before opening of competition. Failure means no participation.

2.8 The coed Pole Vault shall be held at the SCVAL Championship Meet to determine qualifiers to the next higher meet.

ARTICLE IV **DUAL MEET REGULATIONS**

SECTION 1 The official starting time for dual meets is 3:00 p.m.

1.1 This time may be changed by mutual agreement between the two schools.

1.2 JV meets shall be held if one coach wishes it to be held.

SECTION 2 A rained-out meet shall be made up on a school day by mutual agreement of the two schools.

SECTION 3 Entries:

3.1 In all races up to and including the 400 meter dash, entries shall be limited.

(A) All scores should come from the first heat unless facilities limit participation to 5 or less.

3.2 In races that are 800 meters or more, each school may enter as many competitors as facilities and meet management will allow without heats being involved.

3.3 In all field events, each school shall be limited to five (5) participants for each event.

(A) May be changed by mutual agreement between the two schools.

(B) All competitors are allowed four (4) attempts only, in Division dual meets, with a 1 minute time limit in the long jump, triple jump, shot-put, and discus. The high jump shall have a 1 minute time limit. The pole vault shall have a 1½ minute time limit.

(C) The following are the starting heights for dual meets. These may be changed by mutual agreement.

<u>Event</u>	<u>Varsity</u>	<u>F/S or GJV</u>
HJ - Boys	5-2	4-8
HJ – Girls	4-2	3-8

SECTION 4 Lane assignments shall be made as follows:

4.1 Flip a coin at the beginning of the meet with the winner choosing odd or even lanes for the first event utilizing lanes (the 400 relay). Teams will alternate odd or even lanes for each succeeding event that utilizes lanes. Home teams get last throw, jump, etc. in all field events.

SECTION 5 In dual meets, one (1) point shall be awarded for a win and one-half (1/2) point for a tie towards the Division championship.

SECTION 6 Protests shall be conducted as per the SCVAL General By-Laws.

ARTICLE V **TRIALS AND FINALS**

SECTION 1 For the SCVAL trials, each school may enter three (3) participants in each event and one (1) relay team. Both the El Camino and De Anza divisions shall hold separate finals.

1.1 Schools will be allowed more than three entrants in an individual varsity boys, varsity girls, frosh-soph boys, or JV girl's event if all of their entrants have one of the best eight marks of the entrants in that event.

1.2 No student may be entered in an event unless he/she has competed in at least one SCVAL meet during the season prior to the division trials and finals. This requirement may be waived under

rare circumstances if a majority of the coaches in the affected division vote to waive this requirement.

1.3 Any student who wishes to compete in the CCS competition must compete in the Division meet. However, see the hardship rule at section 1 of article VIII.

1.4 Participants will compete on the track or field in order of best finish marks.

1.5 If funds are available, some or all of the officials helping with the meet should be paid.

SECTION 2 Team points will be awarded and combined with dual meet points to determine a Division champion on the following basis:

Dual Meet and Division Final Scoring

1st Place	7 Points
2nd Place	6 Points
3rd Place	5 Points
4th Place	4 Points
5th Place	3 Points
6th Place	2 Points
7th Place	1 Point

SECTION 3 Qualifiers to Division Finals:

3.1 Trials will be held in the events deemed necessary. If field events need to be contested over 2 days, then the following applies:

(A) A minimum of eight (8) participants will qualify for the finals in each track event. In the case of ties in the trials, it will be left to the discretion of the track committee as to whether more than eight (8) will compete in the finals or a run-off will be held at the site of the trials. Events seeded to finals will count as one (1) event.

(B) A minimum of eight (8) participants will qualify for the finals in the field events.

i. High jump participants will jump until a minimum of eight (8) have qualified and competition will then cease.

ii. In the shot put, discus, long jump and triple jump, all participants shall have three (3) trials attempts with the top eight (8) qualifying to the finals.

iii. In cases of ties in the field events, tied participants will progress into the finals.

3.2 Final for SP/Discus/LJ/TJ

(A) All varsity participants in the shot put, discus, long jump, and triple jump will be allowed three (3) trial attempts. The top eight (8) participants after the three trial attempts will be allowed three additional attempts and will compete in reverse order of their place after the first three attempts.

(B) All JV and F/S participants in the shot put, discus, long jump, and triple jump will be allowed four (4) attempts. There will be no trials for JV and FS competition, just finals.

3.3 No marks will carry over from the Division trials to the division finals, yet marks made in the trials will count as Division records.

SECTION 4 All implements shall be weighed for the trials and finals, if possible.

SECTION 5 Videotaping or Accu-Track shall be provided for the Division trials and finals if available.

SECTION 6 The league shall provide awards for the first six (6) places in each event.

SECTION 7 A Track Committee consisting of one (1) voting member from each school shall have the responsibility to prepare the heats and lanes and field event entries, selection of officials, and to carry out all other details necessary for administering the league trials and finals.

SECTION 8 An athlete who entered in a classification at the seeding meeting shall remain in that classification for the Division meet.

- SECTION 9** The Track Committee at the seeding meeting will set starting heights in the high jump.
- 9.1 High jump crossbars will be moved up in two (2) inch increments until a winner is determined.
- 9.2 The starting heights for the finals will be set “2” inches below the height of the last place qualifier.
- SECTION 10** Seeding - done according to National Federation, CCS or games committee.
- SECTION 11** No competitor may be added to an event after the seeding meeting without the agreement of the majority of the schools competing in the division meet. The additions should be made only under unusual circumstances.
- SECTION 12** All competitors who finish in the top 3 in their event will be considered all-league.

ARTICLE VI

SCVAL CHAMPIONSHIP MEET

- SECTION 1** The SCVAL will hold a Championship Meet in order to determine who will represent the league at the CCS meet.
- 1.1 The meet will be scored using the following point system with 6 scoring: 10-8-6-4-2-1.
- SECTION 2** The top 16 Varsity athletes/schools from the El Camino and De Anza Division meets in each event will be allowed to compete in the SCVAL Championship meet with the exception of those athletes meeting the criteria of Section 2.4. (See the exception for alternates at section 2.3).
- 2.1 If an athlete does not qualify for the finals of the El Camino or De Anza Division meets but his/her mark in the Division trials is better than any of the top 16 marks posted in the event at the finals, he/she will be allowed to compete in the Championship Meet. However, no more than 16 will be allowed to compete in any event. Thus, each addition of an athlete to an event under this section means that the athlete with the worst mark will be dropped from the event. An athlete will not be added to an event under this section if it results in the displacement of an athlete who beat the added athlete in the trials.
- 2.2 If there is a tie for the 16th qualifying place in any event, all of the tied athletes will be allowed to compete in the SCVAL Championship Meet.
- 2.3 An alternate list for each event of the 17th-20th best competitors, as determined in section 2.1, will be used to replace scratched athletes. If a scratched athlete is tied for 16th place, he/she will not be replaced. If there is a tie between replacement alternates, all tied replacement alternates will be allowed to compete in the SCVAL Championship Meet.
- 2.4 Any athlete running the CCS At-Large time at the Division Finals will compete in the SCVAL Championship Meet even if it exceeds the limit of 16 athletes stated in section 2.
- SECTION 3** We will hold slow/fast races for all track events (except the 1600m and 3200m) with the athletes/schools with the best 8 marks competing in the fast heats and the remaining qualifiers competing in the slow heats. The slow heat will be run prior to the fast heat for each event. The qualifiers to the CCS semifinals will be based upon the best times, no matter whether the time comes from the fast heat or slow heat. The number of boys and girls to qualify to the CCS semifinals will be as per the yearly track by-laws of the CCS.
- SECTION 4** We will hold two flights for the long jump, triple jump, discus, and shot put with the athletes with the top 8 marks competing in the second flight and all remaining athletes competing in the first flight. All athletes will initially receive three attempts in their event.
- 4.1 After all athletes have had three attempts in their event, the top 8 will receive three additional attempts. They will compete in reverse order of their place after the initial three attempts.
- 4.2 The number of boys and girls who qualify from the SCVAL Championship meet to the CCS semifinals in the SP/Discus/LJ/TJ will be as per the yearly track by-laws of the CCS.

- SECTION 5** All high jump qualifiers and pole vault qualifiers will compete in one flight. The number of qualifiers from the Championship Meet to the CCS semifinals will be as per the yearly track by-laws of the CCS.
- 5.1** If there is a tie for the last qualifying place to the CCS semifinals, then the tie will be broken by a jump off in accordance with Rule 2-2-2-b-4 of the National Federation Track and Cross Country rules.

ARTICLE VII
ORDER OF EVENTS

- SECTION 1** As a general rule, the order of events for the Dual and Division meets for the varsity boys and girls shall be the same as at the CCS and State meets.
- SECTION 2** The order of events for the F/S and JV girls will be arranged to facilitate meet management. Any changes from the Varsity order must be made by mutual consent.
- SECTION 3** Field events order for the division dual meet season is the same as the SCVAL finals. Any changes must be by the consent of the head coaches involved.
- SECTION 4** Distance events may be combined by mutual consent of the coaches.

RUNNING EVENTS

<u>Time</u>	<u>Event</u>	<u>Team</u>	<u>Event</u>	<u>Type of Start</u>
3:00 PM	1.	GV	400 M. Relay	2 Turn Stagger
	2.	BV	400 M. Relay	2 Turn Stagger
	3.	GJV	400 M. Relay	2 Turn Stagger
	4.	F/S	400 M. Relay	2 Turn Stagger
	5.	GV	1600 M Run	Curve Line
	6.	BV	1600 M Run	Curve Line
	7.	GJV	1600 M Run	Curve Line
	8.	F/S	1600 M Run	Curve Line
	9.	BV	110 M. HH	*****
	10.	F/S	65 M. HH	*****
	11.	GV	100 M. LH	*****
	12.	GJV	100 M. LH	*****
	13.	GV	400 M. Run	2 Turn Stagger
	14.	BV	400 M. Run	2 Turn Stagger
	15.	GJV	400 M. Run	2 Turn Stagger
	16.	F/S	400 M. Run	2 Turn Stagger
	17.	GV	100 M. Dash	*****
	18.	BV	100 M. Dash	*****
	19.	GJV	100 M. Dash	*****
	20.	F/S	100 M. Dash	*****
	21.	GV	800 M. Run	1 Turn Stagger
	22.	BV	800 M. Run	1 Turn Stagger
	23.	GJV	800 M. Run	1 Turn Stagger
	24.	F/S	800 M. Run	1 Turn Stagger
	25.	GV	300 M. LH	1 Turn Stagger
	26.	GJV	300 M. LH	1 Turn Stagger
	27.	BV	300 M. LH	1 Turn Stagger
	28.	F/S	300 M. LH	1 Turn Stagger

29.	GV	200 M. Dash	1 Turn Stagger
30.	BV	200 M. Dash	1 Turn Stagger
31.	GJV	200 M. Dash	1 Turn Stagger
32.	F/S	200 M. Dash	1 Turn Stagger
33.	GV	3200 M Run	Curve Line
34.	BV	3200 M Run	Curve Line
35.	GJV	3200 M Run	Curve Line
36.	F/S	3200 M Run	Curve Line
37.	GJV	1600 M. Relay	2 Turn Stagger
38.	F/S	1600 M. Relay	2 Turn Stagger
39.	GV	1600 M. Relay	2 Turn Stagger
40.	BV	1600 M. Relay	2 Turn Stagger

FIELD EVENTS

<u>Time</u>	<u>LJ</u>	<u>TJ</u>	<u>HJ</u>	<u>SP</u>	<u>Disc</u>
3:00 PM	VB	VG	JCG	VB	VG
	GJV	FSB	VG	JVG	FSB
	VG	VB	FSB	VG	VB
	FSB	JVG	VB	FSB	JVG

SECTION 5 For fair and safe competition, schools should provide adult supervision for field events and the finish line.

ARTICLE VIII
SPECIAL RULINGS

SECTION 1 Hardship Rule

- 1.1** The hardship rule applies in determining whether an athlete may participate in the SCVAL Championship Meet without participating in the Division finals.
- 1.2** Hardship only applies to an illness/accident that is non-sports related.
- 1.3** The athlete must be under a medical doctor’s care.
- 1.4** Request for hardship must be presented to the SCVAL Commissioner and the director of the Division finals meet in writing by the coach of the participant before the start of the athlete’s first race.
- 1.5** The coach of the hardship athlete must verify that the athlete has posted a mark during the current season that is better than the CCS at-large entry standard.
- 1.6** The hardship hearing will be held on the second working day following the request for hardship.
- 1.7** The hardship committee hearing the hardship request will consist of the SCVAL Commissioner and the athletic directors for the two schools in charge of the two divisions’ finals meets.
- 1.8** A hardship athlete is considered one of the school’s three (3) entries.
- 1.9** A participant granted favorable consideration by the hardship committee shall participate in a trial on the following Tuesday or Wednesday. The participant will be competing against the mark of the 16th qualifier (Article VI, Section 2). Four (4) throws or jumps shall be allowed for the participant in the shot put, discus, long and triple jump. The competition shall be held at the site of the SCVAL Championship Meet. The commissioner in cooperation with the participant's coach and meet director of the SCVAL Meet will determine the time. If the participant beats the mark set by the 16th qualifier, the participant will be seeded in the slow heat and the 16th qualifier will become the first alternate.

1.10 All run-offs, jump-offs, or throw-offs will be held at the site of the SCVAL Championship Meet.

SECTION 2 Sports Chairperson

2.1 The Track chairperson(s) shall be elected every two years by all the Division track coaches in accordance with Art. VIII of the SCVAL Constitution.

2.2 The Track Chairperson(s) are:

- (A)** To call a meeting of all the league coaches prior to the beginning of the season to go over the schedules, by-laws, rule changes and anything pertinent to their sport for that season.
- (B)** To call a meeting of all the league coaches at the end of the season to review the by-laws and make revisions, set up schedules for the next season, and solve any problems that came up during the season. The chairperson(s) will present any by-law changes to the Athletic Directors and the Board of Managers.
- (C)** Compile the results and send to the League Commissioner as well as to the league schools.
- (D)** To represent the league on the CCS Track Committee.
- (E)** To notify the Athletic Director and Commissioner of all sport committee meetings.

SECTION 3 League Realignment - The leagues will be realigned every two years based upon their records for the prior two years as follows:

3.1 First, the finishing place of each school in the De Anza and El Camino Divisions for varsity boys, varsity girls, frosh-soph boys, and JV girls will be determined in accordance with section 2 of article v for each of the two prior years.

3.2 Second, the first place team in each division (VB, VG, FSB, and JVG) for each year will be awarded 7 points, second place will be awarded 6 points, etc.

3.3 Third, the points for all four divisions (VB, VG, FSB, and JVG) will be totaled for each school.

3.4 Fourth, the school with the lowest score in the De Anza Division will be moved to the El Camino Division. As an example, if a school scored 7 points in VB, 1 point in VG, 2 points in FSB, and 1 point in JVG, its total score would be 11. If this was the lowest total score in the De Anza Division, then this school would be moved to the El Camino Division.

3.5 Fifth, the school with the highest score in the El Camino Division will be moved to the De Anza Division.

3.6 If there is a tie under the procedure describe in sections 3.1 through 3.5 regarding the top team in the El Camino Division or the bottom team in the De Anza Division, then the tie shall be broken in the following order:

- (A)** The team with the best dual meet record in head-to-head competition among the tied El Camino teams will be moved to the De Anza Division and the team with the worst dual meet record in head-to-head competition among the tied De Anza teams will be moved to the El Camino Division.
- (B)** If there is still a tie, then the tie will be broken by comparing the total scores for the tied teams for the varsity boys, varsity girls, frosh-soph boys, and JV girls at the division finals meets for the 2-year period for the tied teams.
- (C)** If there is still a tie after applying the procedures in sections 3.1, through 3.6.2, then the tie will be broken by flipping a coin.