

TRACK & FIELD BYLAWS

1. GOVERNING RULES

- A. Track and Field meets shall be conducted in accordance with the rules as defined in the NFHS Track and Field rule book.

2. TEAM CLASSIFICATIONS

- A. Official competition shall be conducted in Varsity Boys, Frosh-Soph Boys, and Varsity Girls in dual meets. Only the varsity classifications will participate in league finals. (6-2-14)

3. MEET LIMITATIONS

- A. Track and Field teams may not schedule more than one (1) meet per school week except for *division/league finals* schedule. ~~This does not include postponed meets. (6/6/16)~~
- B. All rained out, or postponed, *or canceled* meets must be held *at the next available week for both schools. If it cannot be made up before league trials/finals, those meets will be scored as a dual meet as well to determine a winner for the missed dual meet.* ~~within five (5) school days. (6/6/16)~~
- C. All teams will adhere to the CCS number of contests limits placed upon each team/sport. (6-2-14)

4. PARTICIPANT REGULATIONS

- A. A competitor officially becomes a participant when the runner steps on the track in response to the meet starter's command or, in a field event, once the event starts.

5. GENERAL REGULATIONS

- A. For any meet, a student may enter not more than any four track and field events.
- B. One student is allowed one (1) meet per day.
- C. All track and field events will be conducted in accordance with National Federation High School Rules.
- D. The type and number of events run in league meets shall be the same as those run at the CCS trials and finals and the CIF state meet.

6. DUAL MEET REGULATIONS

- A. Points shall be earned in dual meets as follows
 - 1. First place earns five (5) points.
 - 2. Second place earns three (3) points
 - 3. Third place earns one (1) point
 - 4. Winners in relay events earn five (5) points: Loser earns zero (0).
- B. 4 X 100 Relay must have an official at each exchange zone.
- C. The home coach at track meets shall be the meet referee.
- D. The home school shall be the official scorebook. The home school will give a copy of the results at the end of the meet to the visiting school.
 - 1. In dual meets, the home team shall provide *scanned results of all track and all field* results, ~~of the top 3 places and~~ *team* scores within 24 hours of completion of the meet *to all division head coaches, via email.* Violation will result in a warning for the first infraction and a \$100 fine for the second infraction payable to the BVAL. (6/6/16)
 - 2. The home school will ~~call results to the SJ Mercury News 408-920-5354 or email~~ highschools@mercurynews.com *as well as to* www.tfmeets.net. (6/6/16)
 - 3. Any coach will have 24 hours to correct an error in the scorebook.
- F. The official starting time for dual meets is 3:30pm. *For quad meets, the meet start time will be 3:00pm.*

- Coaches may mutually agree to change the starting time of a particular meet. *(6/6/16)*
- G. Protests: All protests shall follow the format at stated in Article 7 Protest Procedures in the Constitution of the Blossom Valley Athletic League.
- H. Number of competitors: Each school shall be allowed an unlimited number of entries in all track and field events.
- I. If a home school cannot run an event, the event should be contested before or prior to the next meet. *(05/20/08)*
- J. Running Events: In all races requiring heats, the second heat and all subsequent heats will only displace the 3rd place finish of the 1st heat which shall be the fastest heat.
1. In any meet with more than two schools, the rules for the second heat will be treated the same as the first heat. All subsequent heats will just be awarded a time and will not be evaluated for scoring purposes. *(6-2-14)*
- K. Field Events: Once a field event starts competition, no athlete may sign in to start competition.
1. Shot-put and discus: Each competitor will have four (4) attempts. *(6-2-14)*
 2. The long jump and triple jump will be conducted as an open pit. All contestants will be allowed four (4) attempts. The long jump and triple jump will start at 3:30pm. No “run-throughs” will be allowed after the event has started.
 - a. Open pit for jumps (long, triple) will be open until start of 1600 meter relay. *(5-24-07)*
 3. High jumpers and pole-vaulters will follow the NFHS Track & Field rule book.
 - a. Scoring Heights

High Jump:	Girls- 3' 8", F/S Boys- 4' 6", Varsity Boys- 5' 0"
Pole-vault:	F/S- 7' 0", Varsity Boys- 8' 0", Girls- 6' 0" <i>(5-25-00)</i>
- L. The suggested times for dual meets shall be as follows and should be adhered to, to the best of the hosting school's ability. *(6-2-14)*
- | | | | | |
|-------|------|-------|------|------------------|
| 4x100 | 3:30 | 800 | 4:25 | |
| 1600 | 3:40 | 300H | 4:35 | |
| HH | 3:55 | 200 | 4:45 | |
| 400 | 4:05 | 3200 | 4:55 | |
| 100 | 4:15 | 4x400 | 5:20 | <i>(5/24/01)</i> |
- M. Check in for all running events will be at the start/finish line. *(5-24-01)*
- N. The 3200-meter run shall be run simultaneously Varsity Boys, F/S Boys, and Girls. The F/S Boys shall wear distinctive uniforms to facilitate place picking and timing.
- O. The 400m will be run on a two-turn stagger.
1. The 800 meter can be run with a 1-turn stagger or a waterfall start.
- P. If all dual meets cannot be completed or rescheduled before league finals - the dual meet will be scored in the marks from trials and finals to determine a winner for the dual meet. *(5-18-98)*
- Q. If an automatic timing system is being used, it must be supervised by an adult at all times. *(5/28/15)*
- R. All situations not covered in the Track and Field bylaws should be referred to the track committee of the Blossom Valley Athletic League. This committee is comprised of the three (3) division chairs and the BVAL Commissioner. *(5/28/15)*

7. LEAGUE TRIALS AND FINALS REGULATIONS

- A. League finals will be held for the Varsity level program. *(5/29/03)*
- B. A track commission consisting of one (1) coach from each school, shall assist the league chairman in administrating the league finals.
1. It has been approved that, in an attempt to make hosting BVAL finals more equitable and promote fairness among the twenty four schools in our league: the school site for hosting the BVAL Finals Meet should be rotated among the other schools who are willing and able to host, for a period of two years. The division chairs must approve the site at their pre-season meeting. *(5/24/12)*
 2. It shall be the responsibility of this committee to:

- a. Prepare heat and lanes
- b. Select officials
- c. A meet referee will be hired for the BVAL Finals affiliated with the BVAL (05/20/08)
- d. Administer the "Hardship Rule."
- e. Assist the meet director as needed

3. Each league trials and finals site must be able to operate the same timing system programs that the BVAL Championship site will run. Please see in advance for the type of approved program. Any site that does not have the ability to use this required software must relinquish the hosting duties and another site must be chosen at the pre-season BVAL meeting. (6-2-14)

4. Each Division Chairperson will send the results of their division finals meet, including league meets points (including all "at-larges" and scratches discussed at the post-division finals meet within 24 hours to the head timing system the BVAL Finals will use and to the Mt. Hamilton Division Chairperson. (6/6/16)

- C. The league chairman shall be the Meet Director.
- D. Job assignments for league finals will be made at division pre-season meeting.
- E. Participants at League Finals:
 - 1. The number of participants shall follow the CIF rules. (5-25-00)
 - 2. Each division will decide to have trials/finals or fast/slow heats in all events. (5/20/02)
 - 3. Field events will qualify eight (8) qualifiers into the finals.
 - a. In the event the pole vault cannot be held at the division finals, it must be held at another school that same week of division finals and that mark must meet the minimum qualifying standard. (05/27/10)
- F. Trials shall be held in each event as needed for the purpose of determining qualifiers to the finals. The number of qualifiers shall be the number of lanes available.
 - 1. Field events shall qualify the same number to finals as the running events.
- G. In the event a student qualifies for the next higher section meet and is unable to compete, the replacement shall be the next student in line referring to the finishing order of the league finals.
 - 1. Scratches from BVAL finals to CCS must be in by Sunday noon. (05/20/08)
 - 2. CCS automatic qualifiers shall be determined on a yearly basis by CCS. (05/20/08)
- H. The number of participants qualifying from each division are:

Mt. Hamilton	Santa Teresa	West Valley
Boys 7	Boys 5	Boys 4
Girls 7	Girls 5	Girls 4 (5/29/03)
- I. ~~A common (all BVAL) alternate list shall be compiled by all three (3) league reps the weekend of the league finals. This list will be created by the Mt. Hamilton Division chair, after getting the results from the other two divisions and emailed to each school the following Monday before BVAL finals. (5-24-01)~~
Each Division Chairperson will also make an alternate list with marks up to five places in each division to be combined with the other two divisions to the Mt. Hamilton Division Chairperson within 24 hours of the completion of his/her division finals. A top 10 list of alternates will be compiled to be used at BVAL Finals. (6/6/16)
 - 1. This alternate list is to be used in the following way:
 - a. Alternates must be present ten minutes before the start of each race to see if there are any one, scratches, and two, "no shows" for each event. If there are open slots, the athlete can be placed in that running lane or in that field event flight.
 - b. If said alternate is not present ten minutes before and there are open spots, the race and/or field event will proceed forward with open spots.
 - c. The clerk of the course or field event official will not call out any alternate names, they must be present at time of alternate list call-ups. (6-2-14)
 - 2. Anyone who is disqualified from division finals cannot become an alternate for any following meets, *even if they have a qualifying mark from the trials meet. A disqualification trumps any*

made qualifying mark since s/he will not have completed the event with an "honest effort" mark, per the "at-large" BVAL Finals list. (6/6/16)

3. Create an at-large qualifying standard sheet to be used above and beyond the automatic qualifying entries. (5/24/07)
- J. Scoring of the finals shall be the same as in the CCS and CIF meet. (5/20/02)
- K. Entries in excess of three (3) per event are subject to inspection by the league director, league representative, and two (2) random coaches to be chosen at the pre-season meeting. (5/2/07)
- L. The BVAL will follow the same scoring as CCS in all league meets. (5/27/10)

8. LEAGUE CHAMPIONSHIP

- A. Blossom Valley Athletic League Track and Field Championships will be decided by combining each team's place in the dual meet season with the team's place in the league finals. Scoring for the Track and Field Championships will be as follows:
 1. Dual Meets: Each win will equal 2 points, each tie will equal 1 point, and each loss will equal 0 points
- B. League Finals will be scored:
 1. The first place team will receive points equal to the number of teams in league. The second place team will receive 1 point less and down to 1 point for the last place team. (5-18-99)
 2. The boys F/S title is determined by the results of the dual meet season. (5-18-99)
- C. The team with the highest total of combined dual meet points and league finals points will be declared the Champion. (5-25-00)
 1. The finish at league finals will break any ties, if necessary. (6-2-14)
- D. Jobs at Division Trials/Finals & BVAL Finals:
 1. For both division trials/finals & league finals, each school is responsible for an event and must be there at least 30 minutes prior to the start of the event. There will be a \$100 fine for not having personnel at the event 30 minutes prior to the start. Duties will be assigned and distributed at the pre-season coaches meeting. (05/28/09) This fine will be due by June 1st. A twenty percent (20%) fee will be assessed if payment is not received by this date. (6-2-14)

9. HARDSHIP RULES

- A. The rule is designed to provide consideration for the top qualifying athletes in the league, who through a medical reason is prevented from participating in the league finals and thereby from qualifying in the next higher meet. The following procedures shall be observed: (5/27/04)
 1. There shall be a committee of the league coaches to consider cases. (One coach from each of the participating schools.)
 2. Application for consideration shall be presented to the committee by the coach of the student prior to the start of the meet. The application will give the name of the student, event, and the circumstances preventing the athlete's participation. All medical applications must be accompanied by a medical doctor's verification.
 3. The Hardship Committee (as named above) will act on cases presented as "hardship cases" prior to the meet. A majority of committee members must be present to act and the decision of the committee will be final.
 4. A student granted favorable consideration by the committee shall participate on the following Tuesday or Wednesday in a competition with the last place qualifier. The competition will be held on the qualifier's home field, and at a time selected by the committee in cooperation with the two schools. Failure to appear for the runoff will constitute a forfeit, and the athlete who appears shall be declared the qualifier.
 - a. In the long jump, triple jump, shot-put, and discus, each contestant shall be allowed four (4) attempts.
 - b. In the high jump and pole-vault the contestants will follow the NFHS Track & Field

rule book.

5. Contestants placing in the last qualifying position in the league finals will not qualify automatically to the next higher meet. They shall be approved to the next higher meet only by action of the qualification Committee in case there are hardship cases or other disputes affecting a qualifier to the next higher meet.

6. In the event that an athlete is injured during the qualifying trials or league finals and is unable to further compete in that particular meet, the coach of the student may petition the qualifying committee as a hardship. (There will be no hardships granted for the BVAL Championships which is the entry meet into CCS) (5/27/04)

7. The qualifying committee shall meet at the end of the meet and determine if the athlete is a hardship case. A student granted favorable as set by the qualifying committee to advance to the next higher meet. The decision of the qualifying committee will be final. A majority of the qualifying committee must be present to act.

8. In the event of two (2) or more hardships in any one (1) event, the number of athletes hard-shiping shall compete against the equivalent number of qualifying athletes. (5/27/04)

10. ORDER OF EVENTS

<u>DIVISION</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>EVENT</u>
Varsity Girls	400 Meter Relay	Varsity Girls	Shot-put
Varsity Boys	400 Meter Relay	Varsity Boys	Shot-put
F/S Boys	400 Meter Relay	F/S Boys	Shot-put
Varsity Girls	1600 Meter Run	Varsity Boys	Discus (5-25-00)
Varsity Boys	1600 Meter Run	F/S Boys	Discus "
F/S Boys	1600 Meter Run	Varsity Girls	Discus "
Varsity Girls	100 M Hurdles	Varsity Boys	High Jump (5/00)
Varsity Boys	110 M Hurdles	F/S Boys	High Jump "
F/S Boys	65 M Hurdles	Varsity Girls	High Jump "
		(go up in height together, bar cannot lower)	
Varsity Girls	400 Meter	All Together	Pole Vault
Varsity Boys	400 Meter	(go up in height together, bar cannot lower)	
F/S Boys	400 Meter		
Varsity Girls	100 M	All Together	Long Jump
Varsity Boys	100 M		Triple Jump
F/S Boys	100 M	(open pits, until start of 1600 Meter Relay)	
Varsity Girls	800 Meter		
Varsity Boys	800 Meter		
F/S Boys	800 Meter		
Varsity Girls	300 Meter Hurdles		
Varsity Boys	300 Meter Hurdles		
F/S Boys	300 Meter Hurdles		
Varsity Girls	200 Meter		
Varsity Boys	200 Meter		

F/S Boys 200 Meter

Varsity Girls 3200 Meter Run

Varsity Boys 3200 Meter Run

F/S Boys 3200 Meter Run

Varsity Girls 1600 Meter Relay

Varsity Boys 1600 Meter Relay

F/S Boys 1600 Meter Relay

11. REALIGNMENT AND MOVEMENT

- A. For movement into the Mt. Hamilton and Santa Teresa Division all member schools must provide facilities for all events. (5-24-07)