

TRACK & FIELD BY-LAWS

1. GOVERNING RULES

Track and field meets shall be conducted in accordance with the rules as defined in the National Federation Track and Field Rules Book.

2. TEAM LADDERS

Official competition shall be conducted in Varsity Boys , Fresh/Sop Boys, and Varsity Girls Track and Field in both dual meet and League Finals.

3. MEET LIMITATIONS

1. Track and Field teams may not schedule more than one (1) meet per school week except for League schedule. This does not include postponed meets. (5-20-02)
2. All rained out or postponed meets must be held within five (5) school days. (5-20-02)

4. PARTICIPANT REGULATIONS

A competitor officially becomes a participant when the runner steps on the track in response to starters command or, in a field event, once the event starts.

5. LEAGUE CHAMPIONSHIP

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:

Dual Meets: Each win will equal 2 points
Each tie will equal 1 point
Each loss will equal 0 points

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)

The team with the highest total of combined dual meet points and League Final Points will be declared the Champion. (5-25-00)

5.1 Division & BVAL Finals -

For both division & League finals a school responsible for an event 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)

6. GENERAL REGULATIONS

1. For any meet, a student may enter not more than any four track and field events.
2. One student is allowed one (1) meet per day.
3. All track and field events will be conducted in accordance with National High School Rules.
4. The type and number of events run in League meets shall be the same as those run at the C.C.S. Trials and Finals and the C.I.F. State Meet.

7. DUAL MEET REGULATIONS

1. Points shall be earned in dual meets as follows
 - 1.1 First place earns five (5) points.
 - 1.2 Second place earns three (3) points
 - 1.3 Third place earns one (1) point
 - 1.4 Winners in relay events earn five (5) points: Loser earn zero (0).
2. 4 X 100 Relay must have an official at each exchange zone.
3. The home coach at track meets shall be the meet referee.
4. The home school shall be the official score book. The home school will give a copy of the results at the end of the meet to the visiting school.
 - 4.1 A coach will have 24 hours to correct an error in the score book.
 - 4.2. The home school will call results to the SJ Mercury News 920-5354.
5. The official starting time for dual meets in 3:30 P.M. Coaches may mutually agree to change the starting time of a particular meet.
6. Protests: All protests shall follow the format at stated in Article 7 Protest Procedures in the Constitution of the Blossom Valley Athletic League.
7. Number of competitors: Each school shall be allowed an unlimited number of entries in all track and field events.

- 7.1 If a home school can not run an event, the event should be contested before or prior to the next meet. (05/20/08)
- 7.2 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.
- 7.3 In the field events: Once a field event starts competition, no athlete may sign in to start competition. Shot-put and discus: Each competitor shall be limited to four (4) attempts.

The long jump and triple jump will be conducted as an open pit.

All contestants will be allowed four (4) jumps.

The long jump and triple jump will start at 3:30. No run through will be allowed after the event has started.

Open pit for jumps(long, triple) will be open until start of 1600 meter relay. (5-24-07)

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High jumpers and pole-vaulters will follow the Rule Book.

Scoring Heights Girls - 3' 8", F/S Boys - 4' 6", Varsity Boys - 5' 0"

High Jump Pole-vault F/S 7' 0", Varsity Boys 8' 0" (5-25-00)
 Girls' Pole-vault recommended at 6' 0"

7.3 One or two division dual meets will be spaced as compared to a 3 division meet, with running events to go from the 4x100 relay at 3:30 P.M. and ending with the 4x400 relay starting no earlier than 5:20 P.M. This by-law may be waived by mutual agreement of the opposing coaches. (5/20/02)

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 (5/24/01)

7.4 Check in for all running events is at the start/finish line. (5-24-01)

8. 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.

9. The 400 m will be run on a two-turn stagger.

9.1 The 800 meter can be run with a 1 turn stagger or a waterfall start.

10. If all dual meets can not 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)
11. All situations not covered in the Track and Field By-laws should be referred to the track committee of the Blossom Valley Athletic League. This committee is composed of the 3 division chairs and the BVAL Commissioner.

8. LEAGUE TRIALS AND FINALS REGULATIONS

1. League finals will be held for the Varsity level program. (5/29/03)
2. A track commission consisting of 1 coach from each school, shall assist the league chairman in administrating the league finals.
3. 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 Championship/finals affiliated with the BVAL (05/20/08)
 - d. Administer the "Hardship Rule."
 - e. Assist the meet director as needed
4. The League Chairman shall be the Meet Director.
5. Job Assignments for League Finals will be made at division meeting.
6. Sites for League Championships:

Mt. Hamilton Division	TBA
Santa Teresa Division	TBA
West Valley Division	TBA
7. Participants at League Finals:
 - 7.1 The number of participants shall follow the CIF rules. (5-25-00)
 - 7.2. Each division will decide to have trials/finals or fast/slow heats in all events. (5/20/02)
 - 7.3 Field events will qualify eight (8) qualifiers into the finals.
 - 7.4 In the event the pole vault can not 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)***

- 8. 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.
 - 8.1 Field events shall qualify the same number to finals as the running events.
- 9. 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.
 - 9.1 Scratches from BVAL finals to CCS must be in by Sunday noon. (05/20/08)
 - 9.2 CCS automatic qualifier shall be determined on a yearly basis by CCS. (05/20/08)

10. The number of participants qualifying from each division are:

<u>Mt. Hamilton</u>	<u>Santa Teresa</u>	<u>West Valley</u>
Boys 7	Boys 5	Boys 4
Girls 7	Girls 5	Girls 4 (5/29/03)

- 11. A common (all BVAL) alternate list shall be compiled by all 3 league reps the weekend of the league finals. This list will be created and faxed to each school the following Monday. (5-24-01)
 - 11.1 Anyone who is disqualified from division finals cannot become an alternate for any following meets. (5/27/04)
 - 11.2 Create an at-large qualifying standard sheet to be used above and beyond the automatic qualifying entries. (5/24/07)
- 12. Scoring of the finals shall be the same as in the C.C.S and State meet. (5/20/02)
- 13. 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)
- 14. **The BVAL will follow the same scoring as CCS in all league meets. (5/27/10)**

9. HARDSHIP RULES

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)

- A. There shall be a committee of the League coaches to consider cases. (One coach from each of the participating schools.)
- B. 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.
- C. 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.
- D. 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.
 - D.1 In the long jump, triple jump, shot-put, and discus, each contestant shall be allowed four (4) attempts.
 - D.2 In the High Jump and pole-vault the contestants will follow the Rule Book.

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.

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 C.C.S.) (5/27/04)

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.

- E. In the event of 2 or more hardships in any 1 event, The number of athletes shipping shall compete against the equivalent number of qualifying athletes.
(5/27/04)

10. TRACK AND FIELD 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 Boy	High Jump “
F/S Boys	65 M Hurdles	Varsity Girls	High Jump “
Varsity Girls	400 Meter	All Together	Pole-Vault
Varsity Boys	400 Meter		
F/S Boys	400 Meter		
Varsity Girls	100 M		Long Jump
Varsity Boys	100 M	Pole-vault	Triple Jump
F/S Boys	100 M		
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

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