

CAPITAL VALLEY CONFERENCE

TRACK AND FIELD

ADOPTED BY THE CVC ATHLETIC BOARD: April 19, 2010

Section 1 - Starting Date

1.1 The first day of practice, first scrimmage, and first contest are determined by the Section.

1.2 A coaches meeting shall be held prior to the first allowable contest.
Adopted: January 11, 2012

Section 2 - Official Rules

2.1 The official rule book shall be the National Federation of State High School Association rule book.

Section 3 - Contacts

3.1 The number of contacts allowed is determined by the Section.

Section 4 - Meet Times

4.1 Meets shall start at 3:30.

Section 5 - Meet Results

5.1 The home school shall be responsible to notify the media with results.

Section 6 - Change in Classification

6.1 During non-league meets athletes may move from one classification

to another. In league play an athlete may move only to a higher classification. Once at the higher classification they may not be moved down for league contests, but may be moved down for a non-league contest. An athlete may not participate in more than one classification in one day.

6.2 At the Conference meet, athletes may be moved from a higher classification to a lower classification (if school year appropriate).

Section 7 - CVC Track and Field Coordinator and Track and Field Committee

7.1 The CVC track and field coordinator shall be appointed by the CVC Athletic Board.

7.2 The head track and field coach of each school is a voting member of the track and field committee.

7.3 Duties of the CVC Track and Field Committee:

7.3.1 To act as the governing body, at the discretion and approval of the CVC Athletic Board, of the track and field competition in the CVC.

7.3.2 To develop rules and guidelines for insuring uniform and consistent competition through out the league.

7.3.3 To oversee the enforcement of the CVC track and field rules.

7.3.4 To serve as a jury of appeals for the CVC Conference Finals.

7.4 A track and field committee meeting shall be called by the sports coordinator no later than one week prior to the start of league competition.

7.4.1 Assistant coaches may attend meetings but will not be allowed to vote unless representing the head coach.

7.4.2 Proxy votes, other than through assistant coaches, will be allowed only through the track and field coordinator.

7.4.3 When voting in committee, ballots will be taken by hand count and a simple majority is required to pass any legislation.

7.4.4 Votes taken by telephone/email are considered valid when conducted by the league coordinator.

Section 8 - Championship

8.1 The championship shall be determined by results of the league meets and the conference meet.

8.1.1 Teams shall receive points for meets according to the follow scale:

1 point for every team beat in dual meet competition

1/2 point for every team tied in dual meet competition.

2 points for every team beat in conference finals competition.

1 point for every team tied in conference meet competition.

8.1.2 Points earned for beating a team shall be called Championship Points. The teams with the most championship points for all meets shall be champion.

8.1.3 In the case of a tie for the most points, both teams shall be declared champions and duplicate pennants shall be awarded

8.2 Divisions of competition will be: Boys Varsity, Girls Varsity, Boys Frosh/Soph, Girls Frosh/Soph

Section 9 - Playoffs

9.1 Number qualifying for participation in the playoffs shall be determined by the Section.

Section 10 - Rain Outs and Make ups

10.1 One day for making up rained out meets will be built into the league schedule.

10.1.1 The host school shall make the determination of the playability of the facilities.

10.2 If there is more than one rain out, one make up meet will be run.

10.3 If a rain out occurs during a meet the events in progress will be restarted and any completed events will carry over.

Section 11 - Conduct of League Meets

11.1 All athletes must be signed in to field events before the start of the first race. No late entries will be permitted.

11.2 There is no limit to the number of entrants in dual meets. Where there are multiple heats, the first runner from each school shall be placed in the first heat. A clerk of the course shall assign all other runners to a heat and lane. All participants will be timed and places awarded on the basis of fastest time.

11.3 The order for running events shall follow the order used in the Section Meet.

11.3.1 In horizontal jumps and throws in dual meets competitors may have no more than four attempts.

11.3.2 The long and triple jumps shall be conducted having open pit for all divisions.

11.3.3 Dual meet opening heights for the high jump and pole vault shall be:

STARTING HEIGHTS

<u>DIVISION</u>	<u>HIGH JUMP</u>	<u>POLE VAULT</u>
Fr/Soph Girls	4'0"	6'0"
Fr/Soph Boys	4'6"	8'0"
Varsity Girls	4'0"	7'0"
Varsity Boys	5'0"	9'0"

11.4. SUGGESTED OFFICIALS:

Meet Referee (Head Coaches)

Starter

Timers and judges including a head finish judge

Turn and relay exchange judges
Clerk of the Coues
Announcer
Scorekeeper
Hurdle and block crew
Head official for each field event

Section 12 - Conduct of Conference Meet

12.1 The two purposes of the CVC Conference Finals Meet are to be the final determiner of the CVC team champion and to determine the best qualifiers from the league to the Section Playoffs.

12.2 The meet will be a one day meet with trials in events where necessary.

12.3 Schools wishing to host the meet will submit a bid to the Track Coordinator who will select a host capable of producing a quality event. In the event there are multiple bids from qualified schools, the event will be rotated.

12.3.1 The League meet shall be run on the campus of a school belonging to the CVC.

12.3.2 Any profit from the operation of the meet will be retained by the host school. Any loss incurred in the operation of the meet will be the responsibility of the host school.

12.3.3 Host schools are authorized to assess an entry fee to cover any potential loss.

12.4 Seeding shall be done prior to the League Meet. The host school shall use an online data entry system and inform all coaches on how and when to submit entries.

12.4.1 A deadline for entries will be determined and announced by the host school. There will be no additional entries after the deadline.

12.4.2 For purposes of determining number of events entered, a competitor shall be considered an entrant when his/her coach enters his/her name on line. Competitors are restricted to four events, including relays. If a competitor enters five events they are disqualified from all events entered.

12.5 All pertinent information about the conduct of the league meet will be made available on line by the host school. Information to include meet times, parking, locker facilities, admission prices, and any rules unique to this meet.

12.6 The order for running events shall follow the order used in the Section Meet.

12.7 The first six finishers in each event will count in the scoring.

12.7.1 The scoring will be:

<u>PLACE</u>	<u>POINTS</u>
1 ST	10
2 ND	8
3 RD	6
4 TH	4
5 TH	2
6 TH	1

No 6th place points will be awarded for relays

12.8 There will be no restriction to the number of athletes entered in each event from each school.

12.9 In the horizontal jumps and throws athletes will receive 3 jumps and 3 throws and the top 9 will receive 3 more jumps/throws. In these field events competition will be held between the four classifications separately according to the conference finals schedule.

12.10 Conference finals opening heights for high jump and pole vault.

STARTING HEIGHTS

<u>DIVISION</u>	<u>HIGH JUMP</u>	<u>POLE VAULT</u>
Fr/Soph Girls	4'0"	6'0"
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12.11 Meet Officials

12.11.1 Starter

12.11.2 Meet Referee (League coordinator)

12.11.3 Jury of Appeals: Shall be composed of the CVC Track and Field Committee with the league coordinator serving as chairman.

12.11.3.1 The jury of appeals will rule on all disputes, either during or directly following the meet. The purpose of the jury of appeals is to rectify any situation which it feels does not meet the stated purpose of the CVC Conference Finals Meet.

12.11.4 Meet Director (Head coach of host school)

12.11.5 Required Officials

12.11.5.1 Timers and Judges including a head finish Judge

12.11.5.2 Turn and Relay exchange judges

12.11.5.3 Clerk of the Course

12.11.5.4 Announcer

12.11.5.5 Scorekeeper

12.11.5.6 Hurdle and Block crew,

12.11.5.7 Each school will be in charge of officiating a field event