

SANTA CLARA VALLEY ATHLETIC LEAGUE

Track and Field By-laws

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, F/S, and girls Varsity, JV. A freshman or sophomore participants 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/he 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 will be allowed two (2) trials (jumps or throws) prior to the start of competition.
- 2.7 Participants must check in to the event official.
 - 2.7.1 Field event participants must report and sign in before opening of competition. Failure means no participation.
- 2.8 The coed Pole Vault may be held at the SCVAL 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.
 - 3.1.1 All scores should come from the first heat unless facilities limit participation to 5 or less.
 - 3.2 In races that are 800 yards 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.
 - 3.3.1 May be changed by mutual agreement between the two schools.

3.3.2 All competitors are allowed four (4) attempts only, in Division dual meets with a ½ minute limit in the long jump, triple jump, shot put, and discus. The Pole Vault shall have a two (2) minute time limit.

3.3.3 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
PV	10-6	9-0

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 Every school is guaranteed one entrant per event regardless of whether the school has an athlete that meets the standard for the event.

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

1.3 If a school has any girls participating in the division trials and finals that have met the qualifying standard for an event, the girls with the best mark must be entered in the event for which the standard has been met before a girl may be entered in the same event for JV girls.

- 1.4 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.
- 1.5 Any student who wishes to compete in the CCS competition must compete in the Division meet. However, see the hardship rule at the section 1 of article VIII
- 1.6 Participants will compete on the track or field in order of best finish marks.
- 1.7 Both the El Camino and De Anza Division may adopt standards for each event at the pre-season meeting for varsity boys, varsity girls, frosh-Soph boys, and JV girls. If standards are set by either Division, then no student may be entered in an event at the Division finals by a Division (El Camino or De Anza) adopting the standards unless he/she meets the standards or the coaches agree that the student not meeting the standards or the coaches agree that the student not meeting the standard will not cause an unwieldy field for the finals for that event or an additional heat for that event in the trials.
- 1.8 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

1 st place	7 points
2 nd place	6 points
3 rd place	5 points
4 th place	4 points
5 th place	3 points
6 th place	2 points
7 th place	1 point

Section 3 Qualifiers to Division Finals:

- 3.1 Trials will be held in the events deemed necessary.
 - 3.1.1 A minimum of seven (7) 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 seven (7) 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.

3.1.2 A minimum of nine (9) participants will qualify for the finals in the field events.

3.1.2(a) High jump and pole vault participants will jump until a minimum of seven (7) have qualified and competition will then cease.

3.1.2(b) 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.

3.1.3 In cases of time in the field events, tied participants will progress into the finals.

3.2 Final for SP/Discus/LJ/TJ

3.2.1 All varsity participants in the shot put, discus, long jump, and triple jump will be allowed three (3) trial attempts. The top seven (7) 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.

3.2.2 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.

The Track Committee at the seeding meeting will set section 9 Starting heights in the high jump and pole vault.

- 9.1 High jump crossbars will be moved up in two (2) inch increments until a winner is determined.
- 9.2 Pole vault crossbars will be moved up in six (6) inch increments until a winner is determined.
- 9.3 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 the 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 Qualification Meet

- Section 1 The SCVAL will hold a Qualification Meet in order to determine who will represent the league at the CCS meet.
- Section 2 The top 16 Varsity athletes/schools from El Camino and De Anza Division meets in event will be allowed to compete in the Qualification meet.
 - 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 Qualification 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 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 Qualification Meet.
- Section 3 We will hold slow/fast races for all track events (except the 1600 and 3200) 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 heats 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 the athletes have had three attempts in their event, the top 7 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 Qualifier 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 will compete in one flight. The number of qualifiers from the Qualifier 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.

<u>RUNNING EVENTS</u>				
<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	n/a
10.	F/S	65 M HH	n/a
11.	GV	100 M LH	n/a
12.	GJV	100 M LH	n/a
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	n/a
18.	BV	100 M Dash	n/a
19.	GJV	100 M Dash	n/a
20.	F/S	100 M Dash	n/a
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	JVG	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 Qualification 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 in a boys event that is better than the 5th best boys mark recorded at the Division meets and in a girls event that is better than the 6th best girls mark recorded at the Division meets.
- 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 entries
- 1.9 A participant granted favorable consideration by the hardship committee shall participate on the following Tuesday or Wednesday in competition with the last place qualifier. Four (4) throws or jumps shall be allowed each contestant in the shot put, discus, long and triple jump, the competition shall be held at a neutral site. The commissioner in cooperation will determine the time with the two coaches.
- 1.10 All run-offs, jump-off, or throw-offs will be held at the same site. This site will be determined at the pre-season track coaches meeting.

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:

2.2.1 To call a meeting of all the league Track 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

2.2.2 To call a meeting of all the league coaches at the end of the season to review the by-laws and make revision, 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.

2.2.3 Compile the results and send to the League Commissioner as well as to the league schools.

2.2.4 To represent the league on the CCS Track Committee.

2.2.5 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 were 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 described in sections 3.1-3.5 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

3.6.1 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 into the El Camino Division.

3.6.2 If there is 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.

3.6.3 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.

(Revised 7/1/06)