

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 & Field rulebook.

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 unless in a rained out or postponed meet. In this case, a second meet may be rescheduled during a week as mutually agreed to by both head coaches of affected schools. (5/21/18)
- 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. (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, 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. In quad meet, the teams involved will have 48 hours to report scores as indicated in the following bylaw.
 3. The home school shall email the meet scoresheet to all division coaches and to Hank Lawson at LynbrookSports.com within 24 hours after the completion of the meet. It is advised to also send to www.tfmeets.com and/or www.athletic.net at the home school's discretion. (5/16/17)
 4. Any coach will have 24 hours to correct an error in the scorebook.
- E. The official starting time for dual meets is 3:30pm. For quad meets, the meet start time will be 3:00pm.
1. Coaches may mutually agree to change the starting time of a particular meet. (6/6/16)
- F. Protests: All protests shall follow the format at stated in Article 7 Protest Procedures in the Constitution of the Blossom Valley Athletic League.
- G. Number of competitors: Each school shall be allowed an unlimited number of entries in all track and field events.
- H. If a home school cannot run an event, the event should be contested before or prior to the next meet. (05/20/08)
- I. 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)
- J. 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.
 - i. 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.
 - i. Scoring Heights-
 1. High Jump: Girls- 3' 8", F/S Boys- 4' 6", Varsity Boys- 5' 0"
 2. Pole-vault: F/S- 7' 0", Varsity Boys- 8' 0", Girls- 6' 0" (5/25/00)
- K. 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)

1. 3:30-4x100m	2. 3:40-1600m	3. 3:55-100/110/65m Hurdles	4. 4:05-400m	5. 4:15-100m
6. 4:25-800m	7. 4:35-300m Hurdles	8. 4:45-200m	9. 4:55-3200m	10. 5:20-4x400m
- L. Check in for all running events will be at the start/finish line. (5/24/01)
- M. 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.
- N. The 400m will be run on a two-turn stagger.
 1. The 800m can be run with a 1-turn stagger or a waterfall start.
- O. 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)
- P. If an automatic timing system is being used, it must be supervised by an adult at all times. (5/28/15)
- Q. 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:
 - i. Prepare heat and lanes
 - ii. Select officials
 - iii. 1 be hired for the BVAL Finals affiliated with the BVAL (05/20/08)
 - iv. Administer the "Hardship Rule."
 - v. 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 complete results of their **two-day** Division Meet, including league meets points, any "at-large" marks, 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. (5/18/17)
- 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. Per CCS Bylaws, field events will qualify ~~eight (8)~~ twelve (12) qualifiers into the finals in the horizontal jumps and throwing events, **same with the distance events that hold trials.** (5/24/19)
 - i. 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. All running events will qualify eight (8) to the final, with exception to the distance events (800m, 1600m, 3200m), which will qualify twelve (12). (5/21/18)

- 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. SCORING (5/21/18)
 - i. Each event within the meet will be scored to eight places and scored as such: 10-8-6-5-4-3-2-1 (5/21/18)
 - 3. All league trials and finals results, scratches, advancers, team scores, and team standings MUST be submitted to the Mt. Hamilton Division chairperson and official head timer by noon the Sunday following division finals. (5/21/18)
- H. The number of participants qualifying from each division are:
- I. 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:
 - i. 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.
 - ii. 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.
 - iii. 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 she or 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. If a school is requesting a hardship of an athlete or athletes, the following procedures should take place:
 - 2. School must present the hardship case in writing at the Division Trials Coaches Meeting before the meet.
 - i. Please identify Athlete Name, Grade, Events, and current season best mark in any event being contested.
 - 3. School must have all medical information with them for verification, if requested. After school has made their case, a coach in the division must make a motion, which must obtain a second. After a discussion period, a majority decision made by the division coaches (one per school) must be obtained before the hardship is awarded.
 - 4. If a hardship is obtained, then that athlete will challenge the final automatic qualifier (7th place in MHAL, 5th place in STAL, 4th place in WVAL) on the following Tuesday, preceding the BVAL Finals Meet at a location to be

determined by the school being challenged. The school granted the hardship must agree on location and time. If possible, a neutral site should be utilized.

5. If the last automatic qualifier has the BVAL “at-large” mark, s/he must make an “honest effort” in that event. The athlete requesting the hardship must have a valid mark in that event on that hardship date and therefore, must compete regardless.
 - i. Failure to appear for the hardship contest will constitute a forfeit, and the athlete who appears shall be declared the qualifier, but must have a valid mark.
6. If the last automatic qualifier does not have the BVAL “at-large” mark, s/he must contest the event. In this case, the winner will be declared the last automatic qualifier from that division.
7. If the athlete being challenged loses the hardship contest, they will be put in the first slot on the alternate list, as defined in these bylaws. If the challenging athlete does not win the event(s) being challenged, they will be eliminated from competition and cannot advance.
8. Hardship cases can only be applied towards the BVAL Finals Meet. Athletes cannot request a hardship into the two-day Division Meet, nor can an athlete request a hardship towards the CCS Semi-finals Meet.
9. In the long jump, triple jump, shot-put, and discus, each contestant shall be allowed four (4) attempts. In the high jump and pole-vault the contestants will follow the NFHS Track & Field rule book.
10. In the event of two or more hardships in any one event, the number of athletes ~~hard-shiping~~ requesting granted a hardship shall compete against the equivalent number of qualifying athletes working backwards, 7th, 6th, 5th qualifiers, etc. (5/16/17)

10. ORDER OF EVENTS

A. Running Events

- a. The order shall consist of Varsity Girls, Varsity Boys, then Frosh-Soph Boys for the following races:
 - i. 4x100m Relay, 1600m, (100/110/65m hurdles), 400m, 100m, 800m, 300m hurdles, 200m, 3200m, 4x400m Relay.

B. Field Events

- a. The order for each field event shall be:
 - i. Shot Put: Varsity Girls, Varsity Boys, F/S Boys
 - ii. Discus: Varsity Boys, F/S Boys, Varsity Girls
 - iii. High Jump: Varsity Boys, F/S Boys, Varsity Girls
 - iv. Pole Vault: combined boys and girls, all divisions going up in height together, the bar cannot lower.
 - v. Long Jump & Triple Jump: open pits until the start of the 4x400m 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)