

as enacted during the school year 1955-56 by track coaches' meetings held in January, February and May.

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1. Dual Meet Champions shall be established for both PAL and SPAL (The League Champion shall be determined, as always, on the basis of the elimination meet, all schools competing).
2. A new weigh-in procedure, defined below, is now in effect:
 - a* weigh-ins shall take place between March 1-16 (NCS requires that the weigh-ins start on or after March 1) on 24 hours notice from the PAL Athletic Comm.
 - b* regular team members absent from school for the entire school day and transfer students (from another sport within the same school or from another school) shall be eligible for late weigh-in.
 - c* students who have transferred from another school shall be eligible for competition immediately upon completion of the late weigh-in.
 - d* regular team members of those students who have transferred from another sport within the same school must wait until 2 weeks from their weigh-in date to be eligible for lightweight competition.
 - e* late weigh-ins shall be administered by the entertaining coach when the school in question travels to the entertaining school for competition. The athlete, again, would not be eligible for lightweight competition for 2 weeks. (reason for this: we wish to discourage athletes from ~~cutting~~ cutting the regular weigh-in or being absent from school just to miss the weigh-in in order to attempt to make the weight at a more favorable time; we believe that this will discourage starving etc.)
3. A second (not new) starting time for all PAL Dual Meets shall be set at 7.30 PM to accomodate night track meets whenever they are held.
4. A Dual Meet Championship is established for NPAL and SPAL in Cross Country. The League Champion will be determined as always in the regular Championship Meet at Stanford with all schools competing. Dual Meet Championships pertain to both frosh/soph and varsity in cross country.
5. Night track meets are officially accepted in PAL Dual competition so long as
 - 1) they are over before 10PM and 2) conducted at a time and place agreeable to the two or more schools concerned and 3) schools may charge admission by mutual agreement.
6. The host school for the PAL Finals (track) shall provide an adult referee.
7. The National Federation Edition of Track and Field Rules and rules passed by the PAL Track Coaches Committee shall apply to the PAL Championship Meet (trials as well).
8. There shall be no coaching at any time which interferes with the progress of an event.
9. No athlete may compete in the PAL Finals (Championship Meet) unless he actually qualifies for the PAL Finals in SPAL or NPAL Trials. Alternates from both

SPAL and NPAL Trials must be listed in the Meet Program (Managers for the NPAL and SPAL should send the names of all alternates to the Meet Chairman along with the names of the regular qualifiers).

10. PAL Finalists shall be ceded in lanes for the PAL Finals according to times posted in the SPAL and NPAL Trials only.
11. The PAL shall adopt the 10 lb shot for Class B competition beginning with the school year 1956-57.
12. All ties for the qualifying place (for NCS Group) in track events shall be settled by a meeting of the two coaches and two athletes concerned.
13. It is recommended to the Board of Managers that the PAL be divided into two separate athletic leagues next year (1956-57) or as soon as possible thereafter.

N.P.A.L. TRACK AND FIELD RULES (pertain only to NPAL)

1. Each home school is to provide an adult referee who will be present at the meet in question.
2. The National Federation Edition of Track and Field Rules shall govern all NPAL dual meets. Rules passed by the NPAL Coaches Committee shall also pertain.
3. There shall be no coaching ~~at any time~~ which interferes with the progress of an event at any time.
4. An athlete must compete throught the NPAL dual season in the class of competition (AB or C) in which he competes at the first dual meet.
5. An athlete must qualify in the NPAL trials to qualify for the NPAL Finals (PAL Trials).
6. No individual or relay team eliminated for committing a foul in the NPAL trials shall be permitted to compete in the NPAL Finals (PAL Trials) in that same event.
7. There shall be no alternates picked from the NPAL Trials for the NPAL Finals.
8. All NPAL coaches will sand to the NPAL Track Chairman a list of their NPAL entries and a list of the best seasonal performances of these athletes. This information must be in the hands of the Chairman by at least 1 week prior to the NPAL Trials. The Chairman will cede athletes, appoint them to heats, draw the lanes, draw up the order of competition in the field events and sned all this information to the NPAL coaches before the day of the NPAL Trials.
9. There will be an NPAL Relays Meet at San Mateo High School next year (1957) The meet will be conducted by San Mateo High School.

10. The Class B discus shall be run-off separately and before the Class A discus.
11. All ties for the qualifying place (PAL MEET) in track events shall be settled by a meeting of the two coaches and the two athletes concerned.