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CIF/Central Coast Section

Track & Field Bylaws

*(**As approved by the CCS Board of Managers, October, 2013)*

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**Section 1. SCHEDULED MEETINGS

A. *Organizational:* **TUESDAY, JANUARY 14, 2014** @ CCS office, 7:00 PM

B. *Evaluation:* **TUESDAY, JUNE 10, 2014** @ CCS office, 4:00 PM

**SECTION 2. MEET DATES

The 2014 CCS Track & Field Championships are scheduled as follows:

Semi-Finals: **SATURDAY, MAY 24, 2014** *-- Field Events – 2:00 PM; Running Events – 2:00 PM*

Finals: **FRIDAY, MAY 30, 2014** *-- Field events - 4:00 PM; Running events - 6:00 PM*

SITES: The CCS Commissioner and/or staff shall be responsible for all contracts for sites used during the CCS Play-offs. The CCS Commissioner and/or staff have sole authority to schedule or cancel sites, as well as full discretion as to the assignment or re-assignment of teams to times and sites throughout the CCS Play-offs. The CCS Commissioner and/or staff have the final authority in any disputes over sites or times of play, and the decision of the CCS Commissioner is not subject to appeal, due to the immediacy of running the Tournament for the good of the whole. Neutral sites are not a policy of the CCS and should not be expected in any rounds of play. Sites will be assigned by the CCS for the good of the Tournament.

Section 3. QUALIFYING FROM LEAGUE MEETS TO SEMI-FINAL MEET

A. There will be 32 qualifiers to the CCS Semi-Final Meet, determined as follows:

1. Each League/Division will have at least two (2) Automatic Qualifiers.

2. The remaining qualifiers to equal 32 will be divided among the Leagues, using the following formula:

a. The combined total enrollment for each League (current year's grade 9-12 CBEDS enrollment figures for all schools competing in Track & Field) will be divided by the total Section enrollment (current year's grade 9-12 CBEDS enrollment figures for all schools competing in Track & Field); then multiplied by 32;

b. The derived value in **A.-2.-a.** above must be a whole number. No rounding up of decimals will apply under **A.-2.-a.**

c. No league will have more than eight (8) automatic qualifiers.

3. If there are less than 32 qualifiers after implementing steps **A.-1.** and **A.-2.** above, one (1) additional qualifier will be awarded to each League, in ranked order, until all 32 qualifiers have been determined.

a. The Leagues will be ranked according to the decimal portion of the number computed in **A.-2.** above.

b. In the event that two (2) or more Leagues' decimal portions are the same, a coin toss will determine which is awarded the higher rank.

4. League entries will be up-dated at the Track & Field Committee's Organizational meeting on **January 14, 2014**, then posted shortly thereafter on the CCS web-site (*www.cifccs.org*).

B. Only athletes (including relay teams) who qualify by performance and finish in their respective League Meets may go on to the Semi-Final Meet.

1. Any competitor who is disqualified from an event in his/her League Finals may not advance in that event to the Semi-Final Meet.

C. Qualifiers from League or CCS Championship Track & Field Meets may advance to the next post-season meet regardless of school affiliation. (This rule supersedes the limit of three [3] entrants from the same school

contained in the **NF** Track & Field Rulebook.)

D. When two [2] or more basic Leagues join together to form two [2] or more supplemental Leagues, the following shall apply:

1. When two [2] or more supplemental Leagues are formed by the joining of two [2] or more basic Leagues that each had one [1] or more Automatic Qualifiers to the CCS Tournament, the new supplemental Leagues shall retain the total of their previous Automatic Qualifiers (e.g., basic League A and B each have one [1] Automatic Qualifier. When the new supplemental Leagues are formed, combining A and B, they will have a total of two [2] Automatic Qualifiers.).

2. The League Board of Managers having governance authority over the supplemental Leagues shall determine in its bylaws how those Automatic Qualifiers will be allocated from the supplemental Leagues. In the absence of a basic League tournament to determine Section qualifiers, they MUST allocate an automatic berth to each of the supplemental League Champions.

E. AT-LARGE ENTRIES

1. At-large entries into the CCS Semi-Finals are available to qualifying athletes. If an athlete does not automatically qualify for the CCS Semi-Finals but his/her mark from their performance at the final League event which qualifies athletes to the CCS Semi-Finals at the Varsity level is equal to or better than the average of the last-place qualifying mark to the CCS Finals from the three [3] most recent years, then that athlete will be added to the CCS Semi-Final competition. This provision is for all events, including relays.

2014 CCS AT-LARGE ENTRY STANDARDS

Boys:							
100	11.13	**1600**	4:25.08	**400R**	43.67	**HJ**	6' 1"
200	22.60	**3200**	9:38.41	**1600R**	3:26.95	**PV**	13' 00"
400	50.00	**110HH**	15.45	**LJ**	21' 02.75"	**Shot Put**	49'02.5"
800	1:57.75	**300IH**	40.53	**TJ**	43' 01.75 "	**Discus**	140' 00"
Girls:							
100	12.61	**1600**	5:15.22	**400R**	49.91	**HJ**	5' 0 "
200	25.94	**3200**	11:38.05	**1600R**	4:02.72	**PV**	10' 4 "
400	58.30	**110HH**	15.67	**LJ**	16' 09"	**Shot Put**	36' 7 "
800	2:19.09	**300LH**	47.35	**TJ**	34' 11"	**Discus**	112' 4 "

2. At-Large entries will be allowed in the 800, 1600 and 3200; however, extra heats will not be created.

F. LEAGUE RESULTS

1. League Representatives must submit their final League entries, after removing all scratches and inserting all alternates from their League, to the CCS Office and the Semi-Final Results Director by 9:00am, on the Tuesday morning following their respective League Championships.

2. Once League entries are submitted for the CCS Semi-Final Meet, alternates will not replace scratched athletes.

3. League entries, from League Qualifying Meets, are to be submitted electronically, via e-mail as described in the CCS Track & Field Participant Information Bulletin and also as posted on the CCS web site.

Section 4. QUALIFYING FROM SECTION SEMI-FINALS TO SECTION FINALS**

A. RUNNING EVENTS

1. Running Events (except the 1600m and 3200m): Eight [8] finalists. Winners of each heat, plus the next fastest, qualify for the Finals.

2. 1600m: Two [2] equal heats. Top two [2] finishers in each heat, plus the next eight [8] fastest, qualify for the Finals.

3. 3200m: One heat. Top twelve (12) finishers qualify for the Finals.

****B.FIELD EVENTS**

****1.Long Jump, Triple Jump, Shot Put, and Discus**: Four [4] attempts. The top ***twelve (12)*** qualify for the Finals. Semifinal marks do not carry over to the finals. The twelve (12) qualifiers from the semifinals will be given three trials at the finals. The competitors with the eight (8) best marks will be given three additional trials.

2. High Jump and Pole Vault: The Games Committee will determine whether meet logistics will allow for the events to be conducted to completion. Top eight [8] qualify for the Finals.

Section 5. QUALIFYING FROM SECTION FINALS TO STATE MEET

A. CCS qualifies three [3] in each event to the State CIF Meet.

B. There is no provision for granting hardship exemption from competing in the Section Semi-Finals and Finals Meets. An athlete MUST compete in the CCS Meet to qualify for the State Meet.

C. AT-LARGE ENTRIES

An athlete shall earn an At-Large entry into the State Meet if his/her mark at the Section Finals is equal to or better than the average of the 9th-place qualifying marks to the State Meet Finals from the three [3] most recent years (***CIF By-Law 2802***).

2014 STATE CIF AT-LARGE ENTRIES

Boys:							
100	10.65	**1600**	4:16.38	**400R**	41.87	**HJ**	6' 05"
200	21.63	**3200**	9:09.03	**1600R**	3:18.09	**PV**	15' 04"
400	48.59	**110HH**	14.40	**LJ**	22' 08"	**Shot Put**	57' 00"
800	1:52.92	**300IH**	38.10	**TJ**	46' 10"	**Discus**	171' 03"
Girls:							
100	11.89	**1600**	4:59.51	**400R**	47.64	**HJ**	5' 05"
200	24.50	**3200**	10:39.88	**1600R**	3:52.04	**PV**	11' 09"
400	55.93	**110HH**	14.26	**LJ**	18' 02"	**Shot Put**	41' 05"
800	2:12.10	**300LH**	43.55	**TJ**	38' 06"	**Discus**	135' 00"

Section 6. SEEDING PROCEDURES

A.RUNNING EVENTS REQUIRING TRIAL

1. Equal heats will be formed. Heat winners, plus the next fastest times, qualify for the Finals. (League Champions and Heat winners are not "protected" in the seeding process. Athletes are seeded by time or mark.)
2. Semi-Final winners will be seeded by time.
3. Lanes in heats will be assigned ***in accordance with the NFHS rules by the games committee***
4. **Stagger-Start:** In the Section Meet, the stagger-start for all running events, except the 1600m and 3200m, will be the same as used at the current year's State Meet.
5. **Alley-Start:** In the Section Meet, the alley-start will be used for the 1600m and 3200m. Seeding for these races will be the same as used for the State Meet.

B.FIELD EVENTS

1. **Shot Put, Discus, Long Jump & Triple Jump**:
   - **a.** Athletes will be seeded on the basis of League qualifying marks, with the best mark last, broken into an equal number of competitors in each flight. Each flight will take four [4] attempts before moving to the next flight. The top flight in all cases will be last.
   - **b.** The ~~eight [8]~~ twelve [12] best will advance to the Finals.
   - **c.** In the event of a perfect tie, all competitors will advance in that event.
   - **d.** At the Section Finals, the athletes will be seeded 1 to 12 on the basis of qualifying marks, with the best competing last. Each athlete will take three [3] trials. The top eight [8] and ties (must be a fair attempt) from the trials will take three [3] final efforts in inverse order of standings at the end of the trials. Each fair attempt will be marked, and the time-limit will be observed ***in accordance with NFHS rules.***
   - **e.** If a contestant is entered in a track event and a field event at the same time, he/she should first sign out and be excused by the field event judge, then report to the Clerk-of-the-Course. Coaches may check in their athletes for running events while the athlete is competing in a field event. He/she must report back to the field event immediately after completion of the running event. He/she will be allowed 10 minutes to recover before resuming competition in the field events.
2. **High Jump and Pole Vault**:
   - **a.** Athletes will be seeded on the basis of League qualifying marks, with the best mark last. Continuing flights of “five alive” will be used at each height.
   - **b.** Starting heights will be determined by Meet Management after all entries are submitted. Under no circumstances will the opening height be higher than the 40th percentile of League entry marks.
   - **c.** The eight [8] competitors with the best marks will advance to the Finals. Any athlete involved in a tie, which cannot be broken by NFHS rules (“perfect tie”), for the eighth qualifying position will advance to the finals.
   - **d.** If a contestant is entered in a track event and a field event at the same time, he/she should first sign out and be excused by the field event judge, then report to the Clerk-of-the-Course. Coaches may check in their athletes for running events while the athlete is competing in a field event. He/she must report back to the field event immediately after completion of the running event. He/she will be allowed 10 minutes to recover before resuming competition in the field events. An athlete may request the Head Event Official to complete his/her trials at the current height out of order or opt to return to the event with the number of trials remaining he/she was excused with. In both cases, the competition will continue and the athlete will return at wherever the crossbar has been raised during his/her excused absence.
   - **e.** The time limit rule will be in effect in the high jump and pole vault in accordance with the NFHS rules.

f. Ties for First-Place, or CIF-qualifying, will be resolved by using the **NF** rule-book tie-breaking procedures; or, if still unresolved, by pre-determined jump-off heights.

Section 7. RULES

A. The 2013-2014 NFHS Track & Field Rules will be used.

B. COACH MUST BE PRESENT

Coaches are expected to be present for the entire Meet. All athletes competing in any CCS contest (scrimmages, alumni contests, pre-season, League and CCS Play-offs) must be accompanied by a coach that meets the following criteria, as addressed in CIF Bylaws 308 and 506:

1. **MUST BE THE "REGULAR COACH"** The coach of either a public or private school team or athlete must be the coach of record for that school for the current season and must comply with all requirements of CIF Bylaw 506:
   - **a. PUBLIC SCHOOLS** - All public school teams must be coached by persons who meet the requirements of the California Education Code and California Administrative Code Title V.
   - **b. NON-PUBLIC SCHOOLS** - In the case of a non-public school, persons engaged by that school on a yearly contract basis as regular members of the school coaching or teaching staff and certified by the administrator for that school as competent for the position held.
2. **EMERGENCY SITUATIONS** In the case of an emergency ONLY, the Principal of the school may designate an alternate coach, as long as it is done in writing prior to the contest and submitted to the League Commissioner for all pre-season and League contests, and the CCS Commissioner for CCS Play-off contests. Any alternate coach MUST be an individual who meets all the conditions, as stipulated in **Section 7.B-1.** above.
3. NO COACH PRESENT = STUDENT INELIGIBLE TO PARTICIPATE

C. Competitors must check in with the clerk of the course or the field-event judge no later than 15 minutes prior to the the published start time for that event**.**

Section 8. APPEALS

A. HARDSHIP APPEALS:

1. Hardships may only be considered for qualification from League to the Semi-Finals;
2. Hardship only applies to an illness/accident that is non-sports related;
3. The athlete must be under a medical doctor's care;
4. Any request for hardship must be presented to the League Meet Director, IN WRITING, before the start of the athlete's first race in the League meet;
5. The athlete must have posted a previous mark that is better than the last qualifier's mark;
6. The hardship hearing will be held on the second working day following the request for hardship;
7. Appeals shall be conducted according to the respective League's By-Laws.
8. A run-off/throw-off/jump-off between the athlete with the hardship and the last qualifier, will be held no later than two [2] days before the Sectional Semifinals. The site will be determined by the League.

B. THE JURY OF APPEALS:

At Semi-Finals and Finals -The meet director shall appoint a jury of appeals with approval of the CCS office. Appeals will be addressed immediately, and are final, with no further action to follows.

Section 9. MEET OFFICIALS - Section Semi-Finals and Finals

A. League responsibilities for providing Field Event judges and other Meet personnel are as follows:
***Note: To be reviewed and confirmed. Any changes will be determined by the Organizational meeting on January 14, 2014.*

Event:	League Responsibility
LONG JUMP:	WVAL - Girls / MTAL - Boys
HIGH JUMP:	SCVAL - Girls & Boys
DISCUS:	STAL- Girls / WBAL & MBL- Boys
POLE VAULT:	WCAL - Girls / MBL - Boys
SHOT PUT:	SCCAL - Girls / MHAL - Boys
TRIPLE JUMP:	PAL - Girls / PAL - Boys
Turn Judges/Inspectors:	MHAL(2); WCAL(1); PAL(2); SCVAL(2); WBAL (2); TCAL(1)
Hurdles:	WCAL

ALL LEAGUES SHALL PROVIDE THEIR OWN CREWS AND EQUIPMENT NECESSARY TO CARRY OUT THEIR RESPONSIBILITIES.

B. Any League not providing personnel 30 minutes prior to the start of its assigned event shall be fined $100.

Section 10. UNIFORMS

As per **NFHS** Rule 4-3.

Section 11. AWARDS & SCORING

Awards will be presented at the Finals, for both Girls and Boys, as follows:

A. *Team Trophies*: Champion, Runner-Up, 3rd- and 4th-Place;
1. Scoring for 8 places shall be as follows: 10,8,6,5,4,3,2,1
2. In case of a tie by two (2) or more competitors for any place scoring in a event, the points for all places involved shall be divided equally among the tying competitors.

B. *Medals:* The top six [6] finishers in each event (must have a mark to receive a medal);

C. *Plaques:* Awarded to the Coach of each Champion Team.

Section 12. SPORTSMANSHIP

A. The member-schools of the CIF/Central Coast Section are committed to providing a sportsmanlike environment for students, coaches, and spectators

Our Sportsmanship Definition is:
A person who can take a loss or defeat without complaint, or victory without gloating, and who treats his/her opponents with fairness, courtesy and respect.

B. The following behavior is **unacceptable** at all CIF/CCS High School contests:

- **berating your opponent's school or mascot**
- **complaining about officials' calls (verbally or in gestures)**
- **berating opposing players**
- **artificial noise-makers**
- **obscene cheers / gestures**
- **negative signs**

C. To this end, each school is required to submit one (1) signed Sportsmanship Contract on or prior to September 15 of the school year. This contract confirms that the principal has verbally and through written communication addressed the importance of sportsmanship to his/her student body, faculty and community.

D. **Each Principal** is required by the CCS Board of Managers to meet with any individual or team from his/her school participating in the CCS Tournament to review CCS Sportsmanship Information. (**REQUIRED PRE-GAME SPORTSMANSHIP MEETING**)

E. **Coaches** will attend a meeting with the Site Director the first day of the meet where they will be reminded of the importance of good sportsmanship and to make certain their Administrators have reviewed this information with their athletes in the past week.

Section 13. ELIGIBLE ATHLETES

A. All athletes must be in good standing with their school, League and CCS in order to compete. No ineligible athletes will be allowed to compete.

B. Any participant or coach who is ejected from the Semi-Finals or Finals Section Meet for FLAGRANT MISCONDUCT or UNSPORTSMANLIKE BEHAVIOR will be disqualified from all remaining meets in that sport that season, including the CIF State Meet.

C. No athlete will be allowed to compete who is not accompanied by a coach or faculty member of the school he/she is representing.

Section 14. PASSES

A. **ONLY** CCS and State-CIF Passes will be honored.

B. Coaches (a maximum of five [5] official school Track & Field coaches) will be admitted at the "Participants' Gate."

Section 15. MEET PROGRAMS

Programs will be produced by the CCS office and placed on sale at the Section Meet.

Section 16. TOURNAMENT INFORMATION

The *Participant Information Bulletin* will be sent to all schools and the media approximately three [3] weeks prior to the start of the Tournament.

OTHER IMPORTANT DOCUMENTS RELATED TO PLAYOFFS:

CCS PLAYOFF POLICY - Click here to see entire policy

SEASON LONG LEAGUE PLAY

The sole purpose of CCS Playoffs is to provide a post-season championship event for it's member school teams and athletes who have been engaged in season-long league play in a given sport.

A. Section playoffs are to be conducted as the culminating activity for teams and/or individuals who have been engaged in season-long league play in a given sport.

B. Schools or leagues which do not conduct a given sport on a recognized league basis for the majority of a given sport season will not be allowed to enter playoff competition. Exceptions to this general policy may be made by the Board of Managers as a result of a unique, short-term and specific circumstance beyond a school's control that directly causes the school to be unable to participate in that sport in season-long league play,

C. In individual sports, (swimming, track & field, cross country, tennis, golf, gymnastics, badminton, wrestling), a student athlete must compete in at least ½ of the regularly-scheduled league meets in order to participate in the CCS playoffs in that sport. The specific qualification standards outlined in the CCS bylaws for each of these sports must be met in addition to this general minimum participation standard. Exceptions to this rule may be considered by the league ONLY
   - if there is a serious medical condition or hardship that is beyond the student's control and which clearly and solely causes their lack of participation in a minimum of ½ of their regularly-scheduled league contests OR
   - if the student has corrected a scholastic ineligibility in the most recent grading period which occurs after the first half of the league season is complete and which directly and solely causes their lack of participation in a minimum of ½ of their regularly-scheduled league contests.
   - if through internal team competition and ladder movement an athlete has not had the opportunity to participate in ½ the regular-scheduled league contests.

CCS SPORTSMANSHIP POLICY - Click here to see entire policy

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