

**CENTRAL COAST SECTION
Track Field Championships
2020 LEAGUE ENTRIES**

1/14/2020

BOYS LEAGUES	LG. ENROLLMENT	FORMULA TOTAL	AUTO ENTRIES	NO ADD'L ENTRIES TO FILL 32	TOTAL LG. ENTRIES
BVAL	41,765	8.166	8		8
PAL	25,462	4.979	5		5
PCAL	35,492	6.940	7		7
PSAL	6,591	1.289	2		2
SCCAL	6,283	1.229	2		2
SCVAL	30,107	5.887	6		6
WBAL	3,722	0.728	2		2
WCAL	14,237	2.784	2		2
TOTAL	163,659		34		34
GIRLS LEAGUES	LG. ENROLLMENT	FORMULA TOTAL	AUTO ENTRIES	NO ADD'L ENTRIES TO FILL 32	TOTAL LG. ENTRIES
BVAL	41,765	8.177	8		8
PAL	25,462	4.985	5		5
PSAL	6,591	1.290	2		2
PCAL	36,050	7.058	7		7
SCCAL	6,283	1.230	2		2
SCVAL	30,107	5.895	6		6
WBAL	7,710	1.510	2		2
WCAL	9,475	1.855	2		2
TOTAL	163,443		34		34

FORMULA: LG. ENROLLMENT DIVIDED BY SECTION ENROLLMENT, MULTIPLIED BY 32



CIF/CENTRAL COAST SECTION

CONFERENCE & LEAGUE ALIGNMENT BY SPORT

2019-2020

TRACK & FIELD

<u>BVAL</u>			<u>SCVAL</u>		<u>PAL</u>		
<u>MT. HAMILTON</u>	<u>SANTA TERESA</u>	<u>WEST VALLEY</u>	<u>DEANZA</u>	<u>EL CAMINO</u>	<u>Bay</u>	<u>Ocean</u>	<u>Lake</u>
Evergreen Valley	Branham	Andrew Hill	Gunn	Cupertino	Aragon	Capuchino	Burlingame
Leigh	James Lick	Del Mar	Homestead	Fremont	Carlmont	Half Moon Bay	El Camino
Leland	Lincoln	Gunderson	Los Altos	Monta Vista	Menlo-Atherton	Hillsdale	Jefferson
Pioneer	Live Oak	Independence	Los Gatos	Mountain View	Mills	San Mateo	Oceana
Santa Teresa	Oak Grove	Mt. Pleasant	Lynbrook	Santa Clara	Sequoia	Terra Nova	So. San Fran.
Silver Creek	Piedmont Hills	Overfelt	Milpitas	Saratoga	Westmoor	Woodside	
Westmont	Prospect	San Jose	Palo Alto	Wilcox			
Willow Glen	Sobrato	Yerba Buena					

<u>PCAL</u>			<u>SCCAL</u>	<u>WBAL</u>	<u>WCAL</u>
<u>Gabilan</u>	<u>Mission</u>	<u>Cypress</u>			
Carmel	Alisal	Anzar	Aptos	Castilleja (G)	Archbishop Mitty
King City	CEIBA	G.B. Kirby	Harbor	Crystal Springs	Arch. Riordan (B)
North Salinas	Christopher	Gilroy	Mt. Madonna	Eastside Col. Prep	Bellarmino (B)
Notre Dame-Sal.(G)	Everett Alvarez	Gonzales	San Lorenzo Vly	Harker School	Junipero Serra (B)
Palma (B)	Marina	Greenfield	Santa Cruz	King's Academy	Presentation (G)
Salinas	Monterey	Oakwood	Scotts Valley	Menlo	Sacred Heart Cath
San Benito	Monte Vista Christian	Pacific Collegiate	Soquel	Mercy-Burlingame (G)	St. Francis
	North Monterey Co.	Pacific Grove		Mercy-San Fran. (G)	St. Ignatius
	Pajaro Valley	Santa Catalina (G)		Notre Dame- Bel (G)	Valley Christian
	Rancho San Juan	Seaside		Notre Dame-SJ (G)	
	Stevenson	St. Francis SCP		Pinewood	
	Trinity Christian	Soledad		Priory	
	Watsonville	York		Sacred Heart Prep	

<u>PSAL</u>						
Cindy Avitia	Cristo Rey SJ	Design Tech	Downtown College Prep	Kehillah Jewish	KIPP SJ Collegiate	Latino College Prep
Luis Valdez Lead. Academy	Mountain View Academy	Mid-Peninsula	Nueva	Pacific Bay Christian	San Francisco Christian	
Summit Prep	Summit-Rainier	Summit Shasta	Summit Tahoma	Thomas More	University Prep Acad	

LEAGUE RESPONSIBILITIES FOR CCS TRACK & FIELD CHAMPIONSHIPS

Current bylaw:

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 at the Organizational meeting in January*

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

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

- B.** Any League not providing personnel **45** minutes prior to the start of its assigned event shall be fined \$100.

One person's thought for 2020 (*addressing new league participation and concern from 2019*);

<i>Field Event</i>	<i>Boys-currently</i>	<i>Boys-2020?</i>	<i>Girls-currently</i>	<i>Girls -2020?</i>
Long Jump	PCAL	PCAL	WVAL	WVAL
High Jump	SCVAL	SCVAL	SCVAL	SCVAL
Discus	WBAL	WCAL	STAL	STAL
Pole Vault	PCAL	PCAL	WCAL	PCAL
Shot Put	MHAL	MHAL	SCCAL	SCCAL
Triple Jump	PAL	PAL	PCAL	WBAL/PSAL
Judges/Inspectors	MHAL(2) WCAL(1) PAL(2) SCVAL(2) WBAL (2) PCAL (1)	MHAL(2) WCAL(1) PAL(2) SCVAL(2) WBAL (1) PCAL (1) PSAL (1)	Same as boys	Same as boys
<i>Other Considerations</i>				
Hurdle Crew	WCAL			
Clerk of the Course	WBAL (Ken Wilner & Staff) & PCAL (Jeff Myers & Staff)			
Implement Certification	PAL (Bill Daskarolis/Kelly Weston/Al Hernandez)			



CENTRAL COAST SECTION Sanctioned Tournaments/Meets Spring 2020



TOURNAMENT DIRECTORS—ALERT!

By hosting a tournament schools agree to insure that all CIF, CCS and NFHS rules and regulations are followed. The approval of your tournament is contingent upon your signature affirming that you intend and are responsible to insure that every aspect of your tournament will be run in compliance with all NFHS, CIF and CCS rules and regulations.

MEMBERS OF DIFFERENT SCHOOL TEAMS MAY NOT COMPETE ON A "JOINT" TEAM AT ANY TIME IN ANY TYPE OF CONTEST. If a school is deficient in the minimum number of players required to play in a contest, you may not allow players from another school to play with them in order to make up that deficiency. You may not allow such a team to forfeit and then play the contest anyway or by calling it a scrimmage or something else. Scrimmages are NOT part of a tournament and should not be considered as a solution to allow a team, otherwise unqualified or ineligible to play per NFHS, CIF or CCS rules in your tournament. However well-intentioned such actions might be, they are a very serious violation of several rules and will result in sanctions against all schools involved (both schools from the combined teams and the schools that play them AND it will jeopardize the future conduct of the tournament at which this is allowed!

Name of Tournament	Host School	Sport	Gender	Level	Tournament Dates	Application Received	Last reviewed	STATUS	Counts as	Minimum # of matches	Maximum # of matches
Track & Field											
Alisal Invitational	Alisal	T&F	B/G	V/JV-FS	4/18	12/9	12/9	approved	1	1	1
Santa Cruz Coast Relays	Aptos	T&F	B/G	V	3/7	10/30	10/30	approved	1	1	1
Aragon Dons T&F Invitational	Aragon	T&F	B/G	V/F-S	3/14	7/15	7/22	approved	1	1	1
Bellarmino Track & Field Invitational	Bellarmino	T&F	B/G	V/FSB/J VG	2/29	11/18	11/19	approved	1	1	1
Kiwanis-Bellarmino Track & Field Classic	Bellarmino	T&F	B/G	V/JV	3/14	11/17	1/6	approved	1	1	1
Stanford Track & Field Invitational	Castilleja	T&F	B/G	V	4/3-4/4	12/10	12/11	CCS approved NFHS pending	1	1	1
Garlic Classic	Christopher	T&F	B/G	V/F-S	3/28	9/22	9/23	approved	1	1	1
Cupertino HS/Deanza College Invitational	Cupertino	T&F	B/G	V	3/21	12/2	12/3	approved	1	1	1
Firebird Relays	Fremont	T&F	B/G	V/F-S	3/28	11/18	11/19	approved	1	1	1
Avis Kelley Invitational	Gilroy	T&F	B/G	VB/VG/ FSB	3/21	9/11	9/11	approved	1	1	1
Grizzlies Invitational	Jefferson	T&F	B/G	V/FS	3/21	10/10	10/10	approved	1	1	1
Don Bell Quicksilver Classic	Leland	T&F	B/G	V/FS	4/4	12/6	12/6	approved	1	1	1
Top 8 Track Classic	Los Gatos	T&F	B/G	BV/GV/ BFS	4/17	11/22	11/25	approved	1	1	1



**CENTRAL COAST SECTION
Sanctioned Tournaments/Meets
Spring 2020**



<u>Name of Tournament</u>	<u>Host School</u>	<u>Sport</u>	<u>Gender</u>	<u>Level</u>	<u>Tournament Dates</u>	<u>Application Received</u>	<u>Last reviewed</u>	<u>STATUS</u>	Counts as	<u>Minimum # of matches</u>	<u>Maximum # of matches</u>
Rustbuster Invitational	Monta Vista	T&F	B/G	V/F-S	3/7	5/28	5/28	approved	1	1	1
O-Condon Track Invitational	No. Monterey Co	T&F	B/G	V	4/10	10/24	10/25	approved	1	1	1
North Salinas Time Trials	North Salinas	T&F	B/G	V/FS	2/29	10/28	10/28	approved	1	1	1
North Salinas Invitational	North Salinas	T&F	B/G	V/F-S	4/4	11/13	11/13	approved	1	1	1
Frosh Focus	North Salinas	T&F	B/G	Fr	4/15	11/13	11/13	approved	1	1	1
Royal Relays	Overfelt	T&F	B/G	BV/GV/ BFS	4/4	11/7	11/7	approved	1	1	1
51st Annual Rotary T&F Invitational	Pacific Grove	T&F	B/G	V/FS	4/11	10/25	10/25	approved	1	1	1
Bill Kearney Invitational	Salinas	T&F	B/G	V/FS	4/18	10/20	10/21	approved	1	1	1
Bearcat Twilight Relays	San Mateo	T&F	B/G	V/FS	3/20	12/9	12/11	approved	1	1	1
Knights Invite	Soquel	T&F	B/G	V	4/18	11/15	11/15	approved	1	1	1
St. Francis Track & Field Invitational	St. Francis	T&F	B/G	VB/VG/ FSB/JV	3/21	9/16	9/16	approved	1	1	1
1st Annual Peninsula Preview	Terra Nova	T&F	B/G	V	2/29	11/19	11/19	approved	1	1	1
Winter Time Trials	Watsonville	T&F	B/G	V/JV	3/6	9/17	9/17	approved	1	1	1
Wildcat Relays	Watsonville	T&F	B/G	V/JV	3/14	9/17	9/17	approved	1	1	1
Willow Glen Track Invitational	Willow Glen	T&F	B/G	V/F-S	3/7	8/19	8/20	approved	1	1	1

Track and Field & Cross Country Rules Changes - 2020

By NFHS on July 09, 2019

Track & Field/Cross Country

4-6-5g, 8-6-1e: Clarifies that a competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.

Rationale: The committee believes when no advantage is gained by a competitor helping a distressed or injured competitor, the competitor assisting should not be penalized for exhibiting good sportsmanship.

5-3-3 & 4, 5-10-6 thru 11: Clarifies that in the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

Rationale: In the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

6-2-6: Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway.

Rationale: This change promotes a more organized and efficient warm-up period.

6-3-2-b-4-a: This change provides metric measurements for tie-breaking jump-offs for vertical jumps.

Rationale: The committee established appropriate metric increments for tie-breaking jump-offs in the vertical jumps.

6-9-5: The length of long jump and triple jump pits constructed after 2019 shall be at least 23 feet (7 meters).

Rationale: Clarifies the language of the 2019 rule change for long jump and triple jump pits and ensures pit measurements are within industry standards for safety.

8-1-1: Clarifies cross country course markings.

Rationale: The reorganization of the rule states that a course should be clearly marked with any or all of the methods listed in the rule.

8-1-3: Clarifies cross country course layouts.

Rationale: This rule change will not eliminate courses that may be used for smaller meets with limited numbers of participants. The additional language provides a recommended minimum distance for straightaways at the start of all meets.

2020 Editorial Changes

5-11-1: A relay team shall pass their baton in accordance with the rules.

Rationale: Clarifies that a team finishes the race with the same baton that it used at the start of the race.

2020 Editorial Changes

5-1-5, 6-8-10d

2020 Points of Emphasis

1. Meet Administration
2. Exchange Zone
3. Assisting Injured Athletes



[Homepage](#)

CIF/Central Coast Section Track & Field Bylaws



Section 1. SCHEDULED MEETINGS

- A. Organizational: **WEDNESDAY, JANUARY 15, 2020**, 6:00 PM
 B. Evaluation: **TUESDAY, JUNE 2, 2020**, 4:00 PM

Section 2. MEET DATES

The 2020 CCS Track & Field Championships are scheduled as follows:

Semi-Finals: **SATURDAY, MAY 16, 2020**

Finals: **FRIDAY, MAY 22, 2020**

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~~ **34** qualifiers to the 2020 CCS Semi-Final Meet, determined as follows:
1. Each League/Division will have at least two (2) Automatic Qualifiers*

** The PSAL has notified the CCS Office that they will officially be offering the sport of Track & Field in 2020. Upon review by the CCS Commissioner of the current bylaws, it is determined that the PSAL would be receiving two (2) automatic entries, as prescribed in the current bylaw.*
 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~~ **34**;
 - 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~~ **34** 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~~ **34** 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 in **January**, 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 final League event which qualifies athletes to the CCS Semi-Finals at the Varsity level may go on to the Semi-Final Meet.
1. Any competitor who is disqualified from an event in his/her final League event which qualifies athletes to the CCS Semi-Finals at the Varsity level 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 eighth (8th) 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.

2020 CCS AT-LARGE ENTRY STANDARDS

Boys:							
100	11.06	1600	4:21.27	400R	43.30	HJ	6'0
200	22.59	3200	9:40.21	1600R	3:27.65	PV	12'10
400	50.43	110HH	15.61	LJ	21' 01	Shot Put	49'08
800	1:57.79	300IH	40.80	TJ	43'03	Discus	141'00
Girls:							
100	12.56	1600	5:08.46	400R	49.66	HJ	5'01
200	25.78	3200	11:32.04	1600R	4:06.91	PV	10'04
400	59.37	110HH	15.64	LJ	17'00	Shot Put	36'10
800	2:19.13	300LH	46.86	TJ	36'04	Discus	112'05

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 prior to the CCS Semi-finals.
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 800 m, 1600m and 3200m):** Eight [8] finalists. Winners of each heat, plus the next fastest, qualify for the Finals.
2. **800 m:** Three (3) equal heats with competitors starting in lanes. Twelve athletes will advance following the current CIF State Meet formula for advancement.
3. **1600m:** Two [2] equal heats. Top four (4) finishers in each heat, plus the next four (4) fastest, qualify for the Finals.
4. **3200m:** Two [2] equal heats. Top four (4) finishers in each heat, plus the next four (4) fastest, 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. The twelve [12] competitors with the best marks will advance to the Finals. Normal NFHS tie breaking rules will be used to advance to finals. When competition is complete, the area will be closed and no further practice will be allowed.

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](#)). CIF State Meet at-large entry standards are posted on the CIF website (www.cifstate.org).

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 ~~800m~~, 1600m and 3200m, will be the same as used at the current year's CIF State Meet.
5. ***Alley-Start:** In the Section Meet, the alley-start will be used for the ~~800m~~, 1600m and 3200m. Seeding for these races will be the same as used for the CIF State Meet.
* amended by the CCS Board of Managers on April 10, 2019

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 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 twelve [12] competitors with the best marks will advance to the Finals. Normal NFHS tie breaking rules will be used to advance to finals. When competition is complete, the area will be closed and no further practice will be allowed.
- 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 current 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 follow.

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 at the Organizational meeting in January

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

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

- B. Any League not providing personnel **45** 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:

- | | |
|--|--|
| <ul style="list-style-type: none"> • berating your opponent's school or mascot • complaining about officials' calls (verbally or in gestures) • berating opposing players | <ul style="list-style-type: none"> • 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.

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 its 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 $\frac{1}{2}$ 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
 - o 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 $\frac{1}{2}$ of their regularly-scheduled league contests OR
 - o 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 $\frac{1}{2}$ of their regularly-scheduled league contests.
 - o if through internal team competition and ladder movement an athlete has not had the opportunity to participate in $\frac{1}{2}$ the regular-scheduled league contests.

CCS SPORTSMANSHIP POLICY - [Click here to see entire policy](#)