



# Track & 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 (14) 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 and JV levels, and Girls Varsity and JV levels. A freshman, sophomore or junior (girl) participant may move from one team to another during a season provided he/she competes in only one (1) classification against any school. No Senior may compete in a JV event.
- Section 2** General Rules:
- 2.1 The 10lb. shot shall be used by the JV.
  - 2.2 The 65M high hurdles will be run in the JV.

- 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 (jumps or throws) will be allowed a period of time for warm-ups which will be mutually agreed upon by the coaches prior to the start of competition and not to exceed 15 minutes. Adult supervision must be present during warm-ups
- 2.7 Participants must check into 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 shall be held at the SCVAL Championship Meet to determine qualifiers to the next higher meet.
  - 2.8.1- A four event qualifier from division is ok even if a pole vaulter. But, they must scratch an event in SCVAL Finals if they wish to participate in pole vault.

## ARTICLE IV

### Dual Meet Regulations

**Section 1** The official starting time for dual meets is 3:30 p.m. and 4:00 DST

- 1.1 This time may be changed by mutual agreement between the two schools. SCVAL Change of Schedule form should be submitted.

**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. (12) participants in each running event and gender level.
  - 3.1.1 All scores should come from the first heat unless facilities limit participation to 5 or less.
  - 3.1.2 Automatic timed winners can come from first two heats in tri and quad meets.
- 3.2 In races that are 800 meters 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 1 minute time limit in the long jump, triple jump, shot-put, and discus. The high jump shall have a 1 minute time limit. The pole vault shall have a 1½ 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

**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

**Section 7** Common practice during dual meets mutual agreement of coaches shall guide dual meet entries and heats.

## ARTICLE V Trials and Finals

**Section 1** For the SCVAL division 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 Schools will be allowed more than three entrants in an individual varsity boys, varsity girls, JV boys, or JV girls event if all of their entrants have one of the best eight marks of the entrants in that event.

1.2 No student may be entered in an division or league finals event unless he/she has competed in at least **50%** of SCVAL dual 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. Check with Commissioner of SCVAL.

- 1.3 Any student who wishes to compete in the CCS competition must compete in the Division meet. However, see the hardship rule at section 1 of article VIII.
- 1.4 Participants will compete on the track or field in order of best finish marks.
- 1.5 If funds are available, some or all of the officials helping with the meet should be paid. Pre Commissioner approval.

**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

1st Place	7 Points
2nd Place	6 Points
3rd Place	5 Points
4th Place	4 Points
5th Place	3 Points
6th Place	2 Points
7th Place	1 Point

**Section 3** Qualifiers to Division Finals:

- 3.1 Trials will be held in the events deemed necessary. If field events need to be contested over 2 days, then the following applies:
  - 3.1.1 A minimum of eight (8) 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 eight (8) 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 eight (8) participants will qualify for the finals in the field events.
    - 3.1.2(a) High jump participants will jump until a minimum of eight (8) 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 ties 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 eight (8) 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 participants in the shot put, discus, long jump, and triple jump will be allowed four (4) attempts. There will be no trials for JV 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** Video taping 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 of each division's finals.

**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.

**Section 9** The Track Committee at the seeding meeting will set starting heights in the high jump.

9.1 High jump crossbars will be moved up in two (2) inch increments until a winner is determined.

9.2 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 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 in the SCVAL who finish in the top 3 in their event will be considered all-league.

**Section 13** Start time Divisional meets 3:00pm for Field Events and 4:00 pm for Running Events.

**Section 14** Hosting the SCVAL Finals will rotate from Santa Clara, Los Gatos and Macdonald each year.  
**Divisional spring meet** DA-2025-Homestead, 2026-Milpitas, 2027-Los Altos, 2028-Palo Alto, 2029-Gunn, 2030 Lynbrook

**Divisional spring meet EC-2025-Mountain View, 2026-Saratoga, 2027-Fremont, 2028-Cupertino, 2029-Wilcox, 2030 Monta Vista**

## **ARTICLE VI** **SCVAL Championship Meet**

- Section 1** The SCVAL will hold a Championship Meet **Saturday** after divisional meets in order to determine who will represent the league at the CCS meet.
- 1.1 The meet will be scored using the following point system with 6 scoring: 10-8-6-4-2-1.
- Section 2** The top 16 Varsity athletes/schools from the El Camino and De Anza Division meets in each event will be allowed to compete in the SCVAL Championship meet. (See the exception for alternates at section 2.3).
- 2.1 If an athlete does not qualify for the finals of the El Camino or DeAnza 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 Championship 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 the 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 SCVAL Championship Meet.
- 2.3 An alternate list for each event of the 17th-28th best competitors, as determined in section 2.1, will be used to replace scratched athletes. If a scratched athlete is tied for 16th place, he/she will not be replaced. If there is a tie between replacement alternates, all tied replacement alternates will be allowed to compete in the SCVAL Championship Meet.
- 2.4 Any athlete running the CCS At-Large time at the Division Finals will compete in the SCVAL Championship Meet even if it exceeds the limit of 16 athletes stated in section 2.
- Section 3** We will hold slow/fast races for all track events (except the 1600m and 3200m) 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 heat 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 athletes have had three attempts in their event, the top 8 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 Championship 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 and pole vault qualifiers will compete in one flight. The number of qualifiers from the Championship 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.

**Section 6** Start time for SCVAL Saturday Finals- 9am Field events; 10am Jump events; 11am running events. The top (6) 800 relay times can come from the Divisional meets which are really the SCVAL trials.

**Section 7** Santa Clara, Los Gatos and Macdonald will alternate years for SCVAL Championships. They will not be divisional hosts.

## 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 JV 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. In divisional and SCVAL finals the type of start will follow the CCS start pattern for that year.

### RUNNING EVENTS

<u>Time</u>	<u>Event</u>	<u>Team</u>	<u>Event</u>	<u>Type of Start</u>
3:30 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.	BJV	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.	BJV	1600 M Run	Curve Line
9.	GV	100 M. LH	*****
10.	GJV	100 M. LH	*****
11.	BV	110 M. HH	*****
12.	BJV	65 M. HH	*****
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.	BJV	400 M. Run	2 Turn Stagger
17.	GV	100 M. Dash	*****
18.	BV	100 M. Dash	*****
19.	GJV	100 M. Dash	*****
20.	BJV	100 M. Dash	*****
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.	BJV	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.	BJV	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.	BJV	200 M. Dash	1 Turn Stagger
33.	GV	800 M. Relay*	TBD
34.	BV	800 M. Relay*	TBD
35.	GV	3200 M Run	Curve Line
36.	BV	3200 M Run	Curve Line
37.	GJV	3200 M Run	Curve Line
38.	BJV	3200 M Run	Curve Line
39.	GJV	1600 M. Relay	2 Turn Stagger
40.	BJV	1600 M. Relay	2 Turn Stagger
41.	GV	1600 M. Relay	2 Turn Stagger
42.	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>
3:30 PM	VB	VG	JVG	VB	VG
	GJV	BJV	VG	JVG	BJV
	VG	VB	BJV	VG	VB
	BJV	JVG	VB	BJV	JVG

Open pit will be utilized to speed qualifiers through.



**Section 5** For fair and safe competition, schools will provide adult supervision for field events and the finish line.

**Section 6** From Division meets and forward the type of start will follow CCS type of start.

## **ARTICLE VIII** Special Rulings

**Section 1** Hardship Rule

- 1.1 The hardship rule applies in determining whether an athlete may participate in the SCVAL Championship 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 that is equal or better than the CCS/SCVAL (average of last three years in that event) hardship at large standard. **Utilize form on SCVAL webpage.**
- 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 (3) entries.
- 1.9 A participant granted favorable consideration by the hardship committee shall participate in a trial on the following Tuesday or Wednesday. The participant will be competing against the mark of the 16th qualifier (Article VI, Section 2). If the participant is challenging a mark of an athlete who has made the CCS at-large standard during the current season, then the participant will compete against the mark of the next lowest-seeded athlete who has not made the CCS at-large standard. Four (4) throws or jumps shall be allowed for the participant in the shot put, discus, long and triple jump. The competition shall be held at the site of the SCVAL Championship Meet. The commissioner in cooperation with the participant's coach the meet director of the SCVAL Meet will determine the time. If the participant beats the challenged qualifier's mark, the participant will be seeded in the slow heat and the challenged will become the first alternate.

- 1.10 All run-offs, jump-offs, or throw-offs will be held at the site of the SCVAL Championship Meet.

## **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 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 revisions, 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 was 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 describe in sections 3.1 through 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 to the El Camino Division.
  - 3.6.2 If there is still 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.



# CIF/Central Coast Section

## Track & Field Bylaws

2024-25

*pending approval of the CCS Board of Managers  
at their January 29, 2025 meeting.*



### Section 1. SCHEDULED MEETINGS

- A. Organizational: **TUESDAY, JANUARY 16, 2025, 6:00 PM**  
 B. Evaluation: **TUESDAY, MAY 28, 2025, 4:00 PM**

### Section 2. MEET DATES

*The 2025 CCS Track & Field Championships are scheduled as follows:*

Semi-Finals: **SATURDAY, MAY 17, 2025**

Finals: **SATURDAY, MAY 24, 2025**

**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.*

- A. The following events will be conducted at the CCS Track & Field Championships
1. Running Events (both Boys and Girls unless indicated otherwise):  
100m, 200m, 400m, 800m, 1600m, 3200m, 100mHH(Girls), 110mHH(Boys), 300mLH(Girls),  
300mIH(Boys), 4x100m Relay, 4x400m Relay, 4x800m Relay
  2. Field Events: (both Boys & Girls)  
Long jump, Triple Jump, High Jump, Pole Vault, Shotput, Discus
- B. The following Wheelchair and Ambulatory Events will be conducted at the CCS Track & Field Championships: (both Boys and Girls): 100m, 200m, 400m and Shotput (see appendix A)
- C. The following Unified Events will be conducted at the CCS Track & Field Championships: (both Boys and Girls): 100m, 4x100m Relay, Shotput (see appendix B)

### 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 basic league will have at least two (2) Automatic Qualifiers. **Exception: Each basic league will have at least one (1) Automatic Qualifier in the 4x800** (pending approval of the CCS Board of Managers at their January 29, 2025 meeting).
  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 **seven (7)** 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 updated at the Track & Field Committee's Organizational meeting in **January**, then posted shortly thereafter on the CCS website ([www.cifccs.org](http://www.cifccs.org)).
  5. ~~In the 4x800 event, the winner of each league's competition which qualifies athletes to the CCS Finals will advance as an automatic qualifier (eight (8) automatic qualifiers). **The league may provide runners-up in order of finish an opportunity to compete as the league representative if a winning relay team is unable to advance to the finals.**~~ The ten (10) fastest non-winning qualifying times as

~~recorded in those league competitions will also advance to the CCS Finals. (A total of 18 qualifiers). There is no semifinals for this event. Qualifiers will advance directly to the CCS Finals. (pending approval of the CCS Board of Managers at their January 29, 2025 meeting.~~

- 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 (8<sup>th</sup>) 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. **EXCEPTION: the 4 x 800 relay will not have an at-large entry standard until 2026 when 3 years of data is available.** (pending approval of the CCS Board of Managers at their January 29, 2025 meeting.

**2025 CCS AT-LARGE ENTRY STANDARDS**

Boys:							
100	11.06	1600	4:21.78	400R	43.45	HJ	6'0
200	22.34	3200	9:32.61	1600R	3:31.19	PV	12'06
400	50.67	110HH	15.61	LJ	20'09.50	Shot Put	45'00.5
800	1:57.55	300IH	41.18	TJ	41'11.25	Discus	132'07
Girls:							
100	12.71	1600	5:09.69	400R	50.62	HJ	5'00
200	26.12	3200	11:33.18	1600R	4:12.47	PV	9'04
400	59.24	100HH	16.11	LJ	16'07	Shot Put	33'00
800	2:18.94	300LH	47.30	TJ	34'11.25	Discus	103'04

- 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. Top (3) finishers in each heat, plus

the next three (3) fastest, qualify for the Finals.

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.
5. **4x800m: Two (2) equal heats with competitors starting in lanes. Top (3) finishers in each heat, plus the next Six (6) fastest, qualify for the Finals.** (pending approval of the CCS Board of Managers at their January 29, 2025 meeting.

#### B. FIELD EVENTS

1. **Long Jump, Triple Jump, Shot Put, and Discus:** Four [4] attempts. The top twelve (12) qualify for the Finals. In the event of a tie for the final qualifier, all competitors involved in the tie will advance in that event. 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 nine (9) 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. In the event of a perfect tie between two competitors as the final qualifier, both athletes will advance to the CCS finals. If three or more competitors have a perfect tie 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. **EXCEPTION: CCS qualifies two (2) entries in the 4x800 relay.**
- 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](http://www.cifstate.org)). **EXCEPTION: 4x800 relay.**

### Section 6. SEEDING PROCEDURES

#### A. RUNNING EVENTS REQUIRING TRIAL

1. Equal heats will be formed. (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 100m, 100/110m High Hurdles, 1600m and 3200. Lane assignments for all races will be determined by the CCS Meet Games Committee in accordance with NFHS rules.
5. **Alley-Start:** In the Section Meet, the alley-start will be used for the 1600m and 3200m. Seeding for these races will be determined by the CCS Meet Games Committee in accordance with NFHS rules.

#### 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 tie for the final qualifier, all competitors involved in the tie 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. 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.
- d. The time limit rule will be in effect in the high jump and pole vault in accordance with the NFHS rules.
- e. 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 event 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, for races restricted by lanes, will be held two [2] days before the next scheduled meet. 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**

- 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:	PCAL - Girls & Boys
HIGH JUMP:	SCVAL - Girls & Boys
DISCUS:	BVAL – Girls & Boys
POLE VAULT:	WCAL - Girls / PCAL – Boys
SHOT PUT:	SCCAL - Girls & Boys
TRIPLE JUMP:	PSAL - Girls / PAL – Boys
Turn Judges/Inspectors:	BVAL(2); WCAL(1); PAL(2); SCVAL(2); WBAL(1); PSAL(1); PCAL (1)
Hurdles:	WCAL
Implement Certification:	PAL

*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 toward the team score: 10,8,6,5,4,3,2,1. The Wheelchair, Ambulatory and Unified events are non-scoring events.  
 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                    | • artificial noise-makers   |
| • complaining about officials' calls (verbally or in gestures) | • obscene cheers / gestures |
| • berating opposing players                                    | • 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.

**APPENDIX A****Wheelchair and Ambulatory Track and Field Division Guidelines****GENERAL GUIDELINES:**

A Wheelchair and Ambulatory Division is conducted at the CCS Track and Field Meet. Both Divisions will include participants from any CCS full- member school.

- The wheelchair/ambulatory racing and seated shot put events will be incorporated into the meet by CCS meet staff.
- Each athlete will have the opportunity to compete in the 100, 200, 400 and shotput. All necessary equipment is the responsibility of the athlete.
- The athletes in the Wheelchair and Ambulatory Divisions will compete in separate races and field events from the traditional athletes. The top eight performances that meet the CCS designated qualifying standards during the season will qualify for the CCS Track & Field Championships.
- Meet management reserves the right to combine genders into one race if the number of entries is not adequate to fill the heat and/or the number of lanes on the track.

**ELIGIBILITY FOR PARTICIPATION IN THE WHEELCHAIR AND AMBULATORY DIVISIONS:**

Only high school students eligible under the CIF Constitution and Bylaws are eligible to compete.

- All applicable CIF rules and regulations will apply.
- Any high school student may be eligible to participate in the Wheelchair and Ambulatory Divisions with a documented permanent physical disability. Each athlete's physical disability must be verified by a licensed physician and maintained on permanent file at the school.
- Schools and athletes are responsible for all aspects of participation in the events. (See CIF Bylaw 503)

**ENTRY REQUIREMENTS:**

Participants must submit a qualifying mark or performance standard to be considered for participation.

Performances will be accepted through the CCS, at the Track & Field webpage of the CCS website:

[www.cifccs.org](http://www.cifccs.org) , no later than midnight on Sunday, May 8, 2022.

- If more than eight participants submit eligible entries in any event, the top eight performances submitted for the CCS meet will advance.
- A qualifying performance may be obtained from any local competition during the regular season, sub-section or section qualifying meet or Paralympic events from the current season of sport. Race entries must be FAT recorded. Shot put entries must be able to be verified by an official meet host.

**WHEELCHAIR AND AMBULATORY DIVISION QUALIFICATION STANDARDS:**

Participants must meet the following standard for each event in order to submit an entry to the state meet. School personnel will be required to submit an official meet results document to verify the performance.

**T&F Wheelchair Division Qualification Standards:**

<b>Event</b>	<b>Boys</b>	<b>Girls</b>
100	:40	:45
200	1:20	1:30
400	2:00	2:30
Shot	2.8 M - 4K	2.2 M - 6lbs

**T&F Para-Ambulatory Division Qualification Standards:**

<b>Event</b>	<b>Boys</b>	<b>Girls</b>
100	:25	:30
200	:50	:55
400	1:50	1:55
Shot	4 M – 4K	4.4 M – 6lbs

**ENTRY PROCEDURES:**

School personnel will be required to submit verified qualifying performances

- A designated entry process will be provided on the Track & Field webpage of the CCS website [www.cifccs.org](http://www.cifccs.org) and due as listed on the CCS Track & Field webpage.
- All qualifiers will be posted on the CCS website at the time they become available.

**100m, 200m, 400m WHEELCHAIR EQUIPMENT AND RACING STANDARDS:**

Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link:

[www.challengedathletes.org](http://www.challengedathletes.org)

- Manual wheelchairs only for track events, which may be specialized racing chair or an all sport chair.
- The racing chair may have two large wheels (not to exceed 70cm in diameter) and one small wheel (not to exceed 50cm in diameter).
- The racing chair must be manually propelled by pushing on the wheels or the hand rims. The chair shall not be equipped with gears, levers or electronic steering.
- All participants must wear a racing helmet that is a hard protective shell and should meet the safety standards of the American National Safety Institute (ANSI).
- Shoes are not required, however protective socks are recommended.
- All participants must start each race event using racing gloves.
- Athlete's lower limbs(s) must be secured to the track chair. Any touch of the ground by a lower limb results in disqualification from the event.
- Competitors are responsible for the proper functioning of the competition chair and equipment. Athletes that experience an equipment failure may finish the event, however no event will be delayed or rescheduled if such an incident occurs.

**SHOT PUT EQUIPMENT AND SEATED THROWING STANDARDS FOR WHEELCHAIR DIVISION:**

Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link:

[www. http://www.teamusa.org/US-Paralympics/Community/Paralympic-Sport-Clubs/Current-Clubs](http://www.teamusa.org/US-Paralympics/Community/Paralympic-Sport-Clubs/Current-Clubs)

- Implements must be allowed by NFHS regulations. The 4K shot put will be used for boys and 6lbs. Shot put for girls.
- All participants must put the shot from a "chair" (manual wheelchair, throwing chair, power wheelchair). Scooters and "standing chairs" will not be allowed. Chairs may be designed based on the needs of the athlete.
- The upper most part of the cushion/seat on any chair may not exceed 75cm measured from the ground. The seat of the chair has to be square or rectangular and flat or sloped backwards.
- The chair may not have any moving parts.
- No part of the throwing frame or wheelchair may be outside of the circumference of the circle.
- The chair may be considered an extension of the athlete's body. For example: Any part of the chair touching the top of the stop board is a foul.
- The athlete's body must remain in contact with the seat during the throw.

Tournament staff will be available to assist the athlete getting to the competition area as well as assisting the athlete in and out of the circle. The CCS, in cooperation with the US Paralympic Organization, will provide a throwing chair at the meet.

**FREQUENTLY ASKED QUESTIONS:*****Who is eligible in the Wheelchair Division?***

All athletes with a permanent physical disability on file with the school and in grades 9-12 must meet the eligibility standards in the State CIF Constitution and Bylaws.

***Who is eligible in the Ambulatory Division?***

All athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually impaired, Cerebral Palsy, Dwarf and Amputees. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school. All athletes in grades 9-12 must meet the eligibility standards in the State CIF Constitution and Bylaws.

***Where can athletes compete?***

Wheelchair and Ambulatory athletes can compete at any CIF sanctioned meet. Meet directors are encouraged to add these events. Coaches should always call ahead of time to confirm the events are being offered. Athletes may also compete at Paralympic events and those marks will be accepted for the CCS meet provided the races are FAT and the shot put performance can be officially documented.

***How does an athlete participate for their high school track and field team?***

The athlete must follow the same procedures at their school established for traditional athletes competing in track and field.

***Can athletes in wheelchairs compete against traditional athletes in the same race?***

Yes. In school sanctioned track meets wheelchair athletes can compete with one another. For the 100m, 200m and 400m it is recommended that if this occurs the wheelchair athlete is designated to compete in an outside lane. Wheelchair athletes in the 100m, 200m and 400m in the CCS Championships will not compete with traditional athletes. Boys and Girls heats may be combined for competition and separated at the conclusion to determine places for each gender and/or division.

***Is this true for Shot put also?***

Yes, the athletes may be flighted with the traditional athletes. The athlete's choice of type of "throwing chair" may determine if this is possible or if the athlete needs to be flighted before or after the traditional athletes.

***How does a coach enter an athlete in the CCS meet?***

The athlete must be entered into the CCS meet via the entry form available on the Track & Field webpage of the CCS website ([www.cifccs.org](http://www.cifccs.org)).

***Can athletes racing on the track receive assistance from coaches or other personnel?***

No, athletes may not receive assistance during the competition.

***Can athletes throwing the shot put receive assistance from the coaches or other personnel?***

A coach (only) may assist the athlete in getting to the competitive area and may also assist the athlete entering and leaving the circle. In the event that the wheelchair athlete does not have tie-down straps, a coach may hold the chair during the throwing attempt to prevent excessive movement.

***Are the NFHS uniform rules in place for a Wheelchair or Ambulatory athlete?***

Yes, all uniform rules and regulations are in effect just as with traditional athletes. Any exceptions/modifications may need to be considered and presented to meet officials for clarification.

**RESOURCES:**

UNITED STATES PARALYMPICS  
[info@usoc.org](mailto:info@usoc.org)

Loaner Equipment  
[www.findaclub.usparalympics.org](http://www.findaclub.usparalympics.org)

Coach Education  
[www.2.teamusa.org/US-Paralympics/Sports/Track-and-Field/Coaches-Education](http://www.2.teamusa.org/US-Paralympics/Sports/Track-and-Field/Coaches-Education)

**APPENDIX B****CCS UNIFIED TRACK & FIELD****Unified Track & Field Program**

Units of two competitors team up to form a Unified Track & Field pair. The unit consists of:

- One Unified Sports Athlete (Student receiving Special Education services) and one Unified Sports Partner (Student in General Education).
- Both students are from the same school.
- The Unified Sports Partner must be eligible for competition per all CIF eligibility rules.
- The Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services who are verified by the site administrator are eligible to participate as Unified Sports Athletes.
- Each student within the pair competes in the assigned event establishing a time or distance. Events for CCS State Track & Field Championships are the shot put, 100-meter dash and the 4 x 100-meter relay.
- For the shot put, traditional shot put implements will be used for all athletes. 5.443kg (12lb) weight for boys and 4kg (8.818lbs) for girls competition.
- For the 100m, athletes will be running next to their partner (example: lane 1 Unified Athlete school A, lane 2 Unified Partner school A, lane 3 Unified Athlete school B, lane 4 Unified Partner school B...).
- Each established time or distance is combined for each Unified Pair. Relay events are based on overall time/finish.
- Each Unified Pair would qualify per the same procedures used for CIF and Section track & field competition based on their total combined distance or time.
- Points will not be awarded toward the team score from Unified events.
- All NFHS Track & Field rules must be followed.

**Participation and Qualification**

- Each Section member school would decide if they wish to offer a Unified Track & Field opportunity at their school.
- One or more competition units would be established and the school would decide which competitions and events units would participate.
- It is recommended that practice start approximately three to four weeks prior to competition, possibly two days a week for around 45 minutes, to prepare for Unified events at league dual meets and the league championship competition.
- A minimum of six practices are recommended for participation in the league championship.
- If a Unified Sport Partner participates on a Unified team, they may not compete in the same event in league or Section Championship competition with General Education students. For example, a General Education student who participates in league competition in the 100-meter dash may not compete in the Unified 100-meter dash. The General Education competitor would be eligible for the Unified shot put, if they are not an entry in the league shot put competition.
- A Unified Athlete is allowed to have a different Unified Partner for the shot put and the 100 so long as the unit remains intact throughout the regular and post season.
- A Unified Partner dropping out of Unified competition during the post season or to focus on another individual event after the unit has been established is not allowed.
- During running competition, Unified Pairs would compete in the same race with lane assignments determined by meet management.
- Unified Pairs would be entered by a school in their league's championship meet.
- One Section Champion Unified Pair would qualify to the State Track & Field Championship in each of the following events: 100 meter, 4 x 100 meter, and shot put.
- Unified events would be forwarded from the Section Championship via Hy-Tek. Event numbers are as follows:
  - Event 37 – Girls Shot Put Unified – Finals
  - Event 38 – Boys Shot Put Unified – Finals
  - Event 39 – Girls 100-meter Unified – Finals
  - Event 40 – Boys 100-meter Unified – Finals
  - Event 41 – Girls 4 x 100-meter relay – Finals
  - Event 42 – Boys 4 x 100-meter relay – Finals

- Unified events are separated by gender. If, in any Unified competition, the Unified team is a mixture of genders, the competing team participates in the boys' event, per CIF Bylaw 300.B – Student Team.
- For Unified competition, some accommodations may be implemented to assist with the conduct of competition. Examples are: person standing behind a competitor assisting them in the start of a race, and other accommodations as they may arise.

## EVENTS

### **100 Meter Dash**

1. Two teammates will combine their times for a total time.
  - a. Unified teams will be placed next to each other in lanes. (i.e. Team A runs Lane 1 and Lane 2, Team B runs Lane 3 and 4, etc.)
  - b. Heating will be determined by the Unified teams combined total time.
  - c. Starting blocks and running spikes are optional.

### **Shot Put**

1. Two teammates will combine their throws for final score.
  - a. Unified teams complete three throws. Any order of competition is determined by meet management.

### **4 X 100 Meter Relay**

1. Two pairs would combine to form a Unified 4 X 100 meter relay team.
  - a. The relay team would consist of two Unified Athletes and two Unified Partners.

### Entry requirements for the CCS Championships:

Participants must submit a qualifying mark or performance standard to be considered for participation. Performances will be accepted through the CCS, at the Track & Field webpage of the CCS website: [www.cifccs.org](http://www.cifccs.org), no later than midnight on Sunday, May 8, 2022.

2. If more than eight Unified teams submit eligible entries in any event, the top eight performances submitted for the CCS meet will advance.
3. A qualifying performance may be obtained from any local competition during the regular season, sub-section or section qualifying meet or Paralympic events from the current season of sport. Race entries must be FAT recorded. Shot put entries must be able to be verified by an official meet host.
  - a. Any student may run in any position.

### Scoring/Awards

Times/Distances will be combined for a total unit time/ distance to establish placing. Unified teams will receive individual awards.

**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](#)**

**CENTRAL COAST SECTION  
2025  
Track Field At-large Standards**

<b><u>Boys</u></b>	<b><u>2022</u></b>	<b><u>2023</u></b>	<b><u>2024</u></b>	<b><u>Avg.</u></b>	<b><u>2024</u></b>					
100	10.97	10.86	11.15	10.99	<b>10.99</b>					
200	22.09	22.04	22.29	22.14	<b>22.14</b>					
400	50.33	49.67	50.23	50.08	<b>50.08</b>					
800	01:57.09	01:57.18	01:59.37	1:57.88	<b>1:57.88</b>					
1600	04:22.65	04:21.71	04:21.42	4:21.93	<b>4:21.93</b>					
3200	09:36.92	09:33.24	09:33.51	9:35.08	<b>9:35.08</b>					
110HH	15.4	15.39	15.29	15.36	<b>15.36</b>					
300IH	41.47	40.83	40.79	41.03	<b>41.03</b>					
400R	43.18	42.86	42.87	42.97	<b>42.97</b>					
1600R	3:30.32	3:29.38	3:25.78	3:28.49	<b>3:28.49</b>					
						<u>2022 in inches</u>	<u>2023 in inches</u>	<u>2024 in inches</u>	<u>avg in inches</u>	<u>avg in feet</u>
LJ	20'10.00	21'06.00	21'05.75	<i>see right</i>	<b>21'3.25</b>	250	258	257.75	255.250	21.27083
TJ	41'09.00	42'10	42'11	<i>see right</i>	<b>42'6</b>	501	514	515	510.000	42.5
HJ	6'2	6'0	6'0	<i>see right</i>	<b>6'0</b>	74	72	72	72.667	6.055556
PV	12'6	13'0	13'6	<i>see right</i>	<b>13'0</b>	150	156	162	156.000	13
Shot	44'08.00	46'10	50'2	<i>see right</i>	<b>47'2.5</b>	536	562	602	566.667	47.22222
Disc	134'04	139'3	143'1	<i>see right</i>	<b>138'10</b>	1612	1671	1717	1666.667	138.8889



**CENTRAL COAST SECTION  
2025  
Track Field At-large Standards**

<b><u>Girls</u></b>	<b><u>2022</u></b>	<b><u>2023</u></b>	<b><u>2024</u></b>	<b><u>Avg.</u></b>	<b><u>2024</u></b>					
100	12.55	12.63	12.8	12.66	<b>12.66</b>					
200	25.92	25.71	25.86	25.83	<b>25.83</b>					
400	59.45	59	58.4	58.95	<b>58.95</b>					
800	02:18.71	02:17.96	02:16.83	2:17.83	<b>02:17.83</b>					
1600	05:07.07	05:07.64	05:04.94	5:06.55	<b>05:06.55</b>					
3200	11:27.54	11:38.74	11:28.84	11:31.71	<b>11:31.71</b>					
100HH	15.72	15.91	15.66	15.76	<b>15.76</b>					
300LH	47.5	46.67	45.88	46.68	<b>46.68</b>					
400R	50.31	50.27	49.76	50.11	<b>50.11</b>					
1600R	04:14.44	04:08.00	04:02.15	4:08.20	<b>04:08.20</b>					
						<u>2022 in inches</u>	<u>2023 in inches</u>	<u>2024 in inches</u>	<u>avg in inches</u>	<u>avg in feet</u>
LJ	16'10.00	16'9	17'1	<i>see right</i>	<b>16'10.5</b>	202	201	205	202.667	16.88889
TJ	34'08.00	35'7	35'4	<i>see right</i>	<b>35'2.25</b>	416	427	424	422.333	35.19444
HJ	5'0	5'2	5'0	<i>see right</i>	<b>5'0</b>	60	62	60	60.667	5.055556
PV	9'0	10'0	10'0	<i>see right</i>	<b>9'8</b>	108	120	120	116.000	9.666667
Shot	33'07.50	33'10	34'8.50	<i>see right</i>	<b>34'0.5</b>	403.5	406	416.5	408.667	34.05556
Disc	102'06	107'9	109'5	<i>see right</i>	<b>106'6</b>	1230	1293	1313	1278.667	106.5556

**CENTRAL COAST SECTION  
2025  
Track Field At-large Standards**

<i>avg in ft/in</i>
21'3.25
42'6
6'0
13'0
47'2.5
138'10

**CENTRAL COAST SECTION  
2025  
Track Field At-large Standards**

<i>avg in ft/in</i>
16'10.5
35'2.25
5'0
9'08
34'0.5
106'6

# Track & Field Points of Emphasis - 2025

By NFHS on September 06, 2024

*track & field/cross country*

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## MANAGING VERTICAL JUMP LANDING SYSTEMS: A GUIDE FOR TRACK AND FIELD OFFICIALS

The high jump and pole vault events demand attention to their landing systems to promote athlete safety and event integrity. Officials overseeing these events must be knowledgeable about the setup, maintenance and management of landing areas.

Landing systems are composed of landing pit with multiple layers of foam cushions, while the pole vault's landing system also includes a plant box at the take-off point surrounded by a box collar pad, front bumpers which cover the surface outside of the plant box, base pads for standards and a cover for the entire system. Occasionally, there will be additional padding to cover surfaces outside of the landing systems in both the high jump and pole vault.

Prior to any meet, officials should check the landing mats for wear and tear, ensuring the mats are in good condition, free of rips, and have adequate cushioning. Officials also need to verify that the landing system is on a level surface and all padding around the uprights and other hard surfaces is securely attached and sufficient to prevent injuries. The mats need to be secured and properly aligned to cover the designated landing area. The surrounding area within the event needs to be clear of obstacles and other hazards.

During the event, monitoring the landing system is critical. Regularly checking the landing mats between attempts for any displacement or damage and making immediate adjustments if the mats do shift or if any padding becomes dislodged provides a safe environment for all competitors.

By following best practices, officials can ensure that the vertical jump landing systems are managed effectively, while promoting safety and fairness in track and field competitions.

## EXCUSED ATHLETES

Current NFHS rules allow an athlete to be excused to compete in another event. Time limits for competitors excused to compete in another event shall be determined by the games committee for each meet. Due to the various locations of field event venues across the country, those time limits will vary from site to site. While excused to compete in another event, a competitor will not be called for a trial during that time, and in the vertical jumps, the games committee needs to decide whether or not they will raise the crossbar to a succeeding height until the time limit expires. The games committee also needs to determine the protocol to use if an athlete does not report back to the event prior to the expiration of the excused time limit.

The head event judge may change the order of competition in the preliminary or final rounds to accommodate an athlete competing in another event. Successive trials are also an option to consider for those athletes. If a competitor must be excused during the final round of competition, the competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition and may choose to wait until after any excused competitors have taken all their trials.

Ultimately, coaches need to know the event schedule and what possible conflicts could arise within the meet prior to submitting meet entries. The athlete is responsible for going to the head event judge to inform the official of the event conflict and to receive permission to be excused from the event. If the athlete fails to notify the head event judge, the athlete is not afforded the same excused protocol and is subject to being called up to compete in the event and being timed out of one or multiple trials. See the NFHS Case Book for NFHS Guidelines for Competitors Being Excused to Compete in Another Event. [6.2.3 SITUATION D]

## **TIME LIMITS IN VERTICAL JUMPS**

In field events, all competitors must initiate their attempts within a standard time limit. The event time timetable within the rules book has been updated to help officials navigate these different times.

In the vertical jumps, specific variations can occur. For example, competitors may choose to wait until the bar is set at a higher height before entering the competition. Regardless of when a competitor enters the competition or the number of competitors left in the competition, those entering for their first time have one minute to begin their attempt. If the competitor misses on the first attempt and will take consecutive attempts, the competitor is granted two minutes in high jump and three minutes in pole vault for the subsequent attempt. If the athlete becomes the final competitor after clearing the bar, that individual has won the competition. If the competitor wishes to continue jumping for a record or personal best, the competitor is granted five minutes for attempts at subsequent heights.

## **FALSE STARTS**

Fair starts are crucial to the success of any track event. It is the ultimate responsibility of the starter to provide fair starts and enforce the rules governing the start. Inevitably false starts will happen, and the penalty for false starts is immediate disqualification. Because of this severe penalty, in 2024 the NFHS revised the definition of a false start to eliminate many false start disqualifications that were made because of incidental/extraneous motions that did not result in anyone leaving their marks.

Nothing else changed with this revision of the rule. Any forward motion noted before the start signal that is not attempted to be halted that inevitably results in the competitor leaving their mark as the signal

happens (frequently referred to as a “rolling start”) has always been a false start and is still a false start.

Ensuring fair starts involves an active and positive approach to the task accompanied by an attitude of preventive officiating. Starters and assistant starters should never be reluctant to utilize the command of “Stand up” to halt the starting process to ensure fair starts. They should also not be reluctant to warn those competitors responsible for delays in the start process.

# Track & Field Comments on the Rules - 2025

By NFHS on September 06, 2024

[track & field/cross country](#)

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**3-6-3, 5-7-6** — The current 100-meter recall distance in track events poses several potential issues. Athletes often reach racing speed well before the 100-meter mark, and the number of starters and other officials at a regular-season meet can make it challenging for starters to ensure a fair start and recall races accurately. Typically, by 100-meters the race has been turned over to the umpires on the curve. Finally, the presence of field events in the D-zone can obstruct the 100-meter stretch around the entire curve. Reducing the recall distance to 50 meters would address these problems, providing starters with a more manageable range to oversee and ensuring a fairer start for all athletes.

**5-10-1, 5-10-11, 5-11** — The reorganization of Sections 10 and 11 regarding relay races and relay infractions clarifies the distinction between the rules for conducting relays and identifying infractions. By moving all relay infractions to Section 11 (Relay Infractions), officials can more easily reference and enforce the rules, improving the overall management of relay events.

**5-13-3** — The rule change clarifies that competitors must not deliberately run on or inside the track curb (or painted line) to gain a meaningful advantage, such as improving their position or shortening the course. This added language aligns with national interpretations and provides clear guidance to meet referees on whether an athlete who leaves the track on a straightaway should be disqualified.

**6-2-2f (NEW)** — This rules change introduces guidelines on notifying athletes when they have 15 seconds remaining in their field event attempts. It aligns officiating practices with other rule codes and provides the games committee and state associations with various options for issuing these warnings, such as using flags, a signal clock, or verbal signals.

**6-2-2 CHART** — New language has been added to the chart under general rules for field events to clarify the time limits for all competitors throughout the competition. Notes indicate when time limits change for all competitors and when a competitor enters the competition for the first time.

**6-3-2 NOTES 1** — This rule change provides clear and concise language in the rule book for officials and event judges regarding the starting height for a jump-off in vertical jumps. When athletes exit the event at different heights due to passes, the jump-off will begin at the next height in the progression after the tying height.

**6-8-2** — This rule change clarifies the definitions of "active flights" (five-alive) and "continuing flights" (straight through) for vertical jump competitions. When the number of entries is necessary, the games

committee or state association may assign competitors to active flights of no less than five athletes or conduct the event in continuing flights.

**6-9-22** — Setting a standard distance for the placement of the high jump crossbar and standards is crucial for maintaining fairness, safety, and consistency in the sport. This standardization ensures that all athletes compete under the same conditions, providing a level and safe playing field across different competitions and venues.



# Track and Field Rules Changes - 2025

By NFHS on November 07, 2024

## Track & Field/Cross Country

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**5-7-6:** Adjusts the recall distance to within the first 50 meters.

**Rationale:** Starters oversee recalling races in track and field events. 50 meters is sufficient in calling a fair start. Athletes are accelerating and are up to racing speed well before the 100-meter mark. In addition, the current recall distance is problematic depending on the number of officials on the track and location of field events that may obstruct the view of the 100-meter distance around the entire curve.

**5-10 and 11:** Reorganizes Sections 10 and 11 for ease of use.

**Rationale:** Reorganization of Sections 10 and 11 concerning relay races and infractions. The change moves all infractions into Section 11 (Relay Infractions) for ease of use by officials.

**5-13-3:** Clarifies how to determine if an infraction occurred when an athlete leaves the track on a straightaway.

**Rationale:** Provides guidance to the meet referee as to when an athlete leaves the track on a straightaway and whether or not a competitor should be disqualified.

**6-2-2f (NEW):** Offers officials guidance when warning competitors their time limit is about to expire.

**Rationale:** This change gives athletes notification that their time limit is about to expire. Additionally, the change brings officiating practices in line with other rules codes while still giving the games committee options for using flags, signal clock or verbal signals.

**6-2-2 CHART:** Defines field event time limits for all competitors.

**Rationale:** The change to the table and additions of the notes helps clarify the time limits of all competitors throughout the entire competition in field events.

**6-3-2 NOTES 1:** Clarifies the starting height in a jump-off with athletes at varying heights.

**Rationale:** Aligns language in rules book with current situations and interpretations. Gives directions to officials and event judges for the starting height in a jump-off when athletes exit the event at varying heights due to passes. The jump-off will begin at the next height in the progression after the tying height.

**6-8-2:** Further defines an active flight and continuing flight.

**Rationale:** The change clarifies the definition of an active flight (five-alive) and continuing flight (straight through) for vertical jump competitions.

**6-9-22:** Establishes a standard placement of the high jump crossbar and standards.

**Rationale:** The change creates a standard distance for the placement of the high jump crossbar and standards.

## **2025 Editorial Changes**

3-1-1c, 3-2-7, 3-2-8, 3-4-2, 4-3-1b, 6-10-6

## **2025 Points of Emphasis**

1. Managing Vertical Jump Landing Systems: A Guide for Track and Field Officials
2. Excused Athletes
3. Time Limits in Vertical Jumps
4. False Starts