BAY AREA CORPORATE ATHLETIC ASSOCIATION *A Non-profit Organization*

1987 Rules & Regulations

A Regional Affiliate of the United States Corporate Athletics Association

Post Office Box 898 Menlo Park, CA 94025

B A C A A

R U L E S & R E G U L A T I O N S

I) ELIGIBILITY

A) MEMBERSHIP:

1) Any team that is a BACAA member may compete in any BACAA event.

2) Membership is renewed annually.

3) Every member is allowed one vote at all BACAA meetings.

B) AGE GROUPS:

Open - Under forty (40) years of age.

Masters - Forty (40) years or older.

Seniors - Fifty (50) years or older.

Age will be determined as follows:

REGIONALS - Calendar year
NATIONALS - Calendar year
MARATHON CHAMPIONSHIP - Actual birth date

GRAND PRIX - Actual birth date

C) EMPLOYMENT:

1) Each athlete must have been employed with the company full time (not less than 30 hours per week) for a Grand Prix event and for a continuous period of time beginning at least three (3) months prior to the USCAA Nationals to be eligible for the BACAA Regionals.

2) Employees must be at their current level of management for a continuous period of time beginning at least three (3) months prior to the USCAA Nationals to be eligible for the BACAA Regionals as either an EXECUTIVE or PRESIDENT.

NATIONALS doesn't address the above rule

3) Pension eligible people whose age plus service equals to seventy (70) years or more and who are not in the full time employment of another corporation that is a BACAA member, shall be eligible for participation in the BACAA Regionals. These retired people shall be eligible for age group competition only.

(They are NOT eligible for the Grand Prix road race series.)

NATIONALS is age and service equals 65.

4) Employees under contract are considered eligible if their major job responsibility is working for the corporation in question and not for a company that provides a service for the corporation. (Ie. A security company that supplies a corporation with security guards, etc. These personnel are NOT considered employees for the corporation that they are performing the service for. They are employees of the security company.)

D) DIVISIONS:

1) Division I is 5000 or more employees and Division II is less than 5000 employees. Division II teams may compete as Division I teams if so desired.

2) Companies of fewer than 1000 employees can joint venture with one (1) other such company to enter events as a single team for BACAA events so long as the new teams total does not exceed more than 1000 employees, and they must stay merged for the calendar year.

NATIONALS only lets teams of 100 employees or less merge

3) Grand Prix road race divisions are the same as for the BACAA Regionals. Division II teams may compete as Division I teams if so desired for the Grand Prix series.

II) EVENT DESCRIPTION

A) ROAD RACE(S) - Categories consists Male and Female. Age categories are broken up into 5 year groupings starting with 24 and under, 25-29, ... 50-54, 55 and over. Scoring is based on your best five (5) men finishers for the mens race(s) and your best four (4) women finishers for the womens race(s). You determine your score by how you place in your particular 5 year age category. *A perfect score for the mens race would be five (5) points, a first place finish in five (5) of the possible eight (8) age categories.* Division II teams require only three (3) finishers for the men's race(s) and two (2) for the women's race(s).

The road race shall be opened to wheelchair participants on a separate, special scoring basis starting in 1987. There shall be one (1) men's division and a separate women's division (for both Division I and Division II). Trophies shall be given for first place finishers for both sexes in both Divisions.

B) DISTANCE RELAY - Five (5) runners, any combination of male and/or female, running the following legs: 1-mile, 880, 1-mile, 2-mile, 3-mile, in that order. ***

C) MEN'S MILE TEAM RACE - Two (2) male runners, each running a mile, with their times totaled for scoring, lowest total time winning.

D) PRESIDENT'S RELAY - Three (3) runners, any combination of male or female, running the following legs: 880, 440, 1-mile, in that order. A President must be at least forty (40) years of age for Division I, thirty-five (35) for Division II, and be an officer or anyone within two (2) levels of a President. (Note: Another way of stating the second part is that a President, his/her direct reports or their direct reports are classified as President's.)

E) PYRAMID RELAY - Five (5) runners (with a minimum of two [2] female runners), running the following legs: 440, 880, 1320, 880, 440, in that order.

F) MASTERS RELAY - Five (5) runners, any combination of male and/or female, 40 years of age or older, one (1) must be female and one (1) must be over 50 (in addition to the female), running the following legs: 880, 440, 880, 220, 220, in that order.

NATIONALS is only requiring Division I teams to implement this rule. Division II teams will not run the additional 220 legs and will not require a woman 40 or over and a 50 year or over runner.

G) WOMEN'S RELAY - Three (3) female runners, running the following legs: 440, 880, 440, in that order.

H) THREE-LAP SPRINT - Four (4) runners (minimum of one [1] woman) running the following legs: 220, 220, 440, 440, in that order.

I) WOMEN'S 800-METER TEAM RACE - Two (2) female runners, each running 800 meters, with their times totaled for scoring, lowest total time winning. ***

J) SPRINT RELAY - Six (6) runners, with a minimum of two (2) female runners AND one (1) master runner (in addition to the females), running the following legs: 220, 220, 440, 440, 220, 220, in that order.

K) EXECUTIVE RELAY - Four (4) executives, at a level of manager of manager(s), and/or supervisor(s), or above, thirty (30) years of age or older, male or female, running the following legs: 880, 440, 1-mile, 2-mile, in that order. ***

L) SUB-MASTER'S SPRINT MEDLEY - Four (4) runners. All must be thirty (30) years of age or older - one (1) must be female, two (2) must be thirty-five (35) or older in addition to the one (1) female, running in order 220, 220, 440, 880. ***

M) SUB-MASTER'S DISTANCE MEDLEY - Four (4) runners. All must be thirty (30) years of age or older - one (1) must be female - two (2) must be thirty-five (35) or older in addition to the one (1) female, running in order 880, 440, 1320, 1-mile. ***

N) TEAM JUMP EVENT - Three (3) athletes. Each will high jump and long jump. Decathlon - type scoring will be used such that equality is assured regardless of age or sex. The top scores, for the best two (2) competitors in each jump will be added to determine placing. ***

O) TEAM SHOT PUT - Two (2) athletes. Each will throw the standard weight shot. Decathlon - type scoring will be used such that equality is assured regardless of age or sex. The top scores will be added to determine placing. ***

- Women 8 lb. 13 oz. (4 kilo)
- Men
  - 18-49 16 lb.
  - 50-59 12 lb.
  - 60+ 8 lb.

1) To score the field events you take the distance or height and convert to inches (# ft. * 12 + inches = # inches). The formula used to obtain the number of points awarded for a specific distance or height is (# inches / Amer Age group record * 1000 points = # of points). The American Age group records are as follows:

	Open	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
SHOT PUT									
Mens:	72'3"	66'6.5"	60'8"	54'11"	49'3.5"	54'6"	51'8"	55'4"	48'4"
Womens:	62'8"	59'3"	55'10"	52'5"	49'0"	45'7"	45'2"	38'9"	35'4"
HIGH JUMP									
Mens:	7'8"	7'4"	6'11"	6'6"	6'2"	5'9"	5'5"	5'0"	4'8"
Womens:	6'7"	6'3"	5'10"	5'6"	5'2"	4'9"	4'5"	4'0"	3'8"
LONG JUMP									
Mens:	29'2"	27'6"	25'11"	24'3"	22'8"	21'0"	19'5"	17'9"	16'2"
Womens:	23'0"	21'5"	19'10"	18'3"	16'9"	15'2"	13'7"	12'0"	10'5"

Although some of these American records may be outdated, these are the official BACAA 1,000 point equivalents.

NATIONALS may update the records prior to the meet

P) SENIOR COED RELAY - Three (3) runners all fifty (50) or older, with at least one (1) female, running the following legs: 440, 220, 660, in that order. (Note : Race will be run together, Division I & II, but will be scored separately.)

This is a BACAA event only, USCAA does not recognize this event.

*** - These events are NOT participated in by Division II teams.

III) EVENT REQUIREMENTS

A) EQUIPMENT:

1) Each team must provide their own baton.

2) A team must have a baton at all times during relay races or will be disqualified. No portion of the race may be run without the baton.

3) Baton exchanges must be made in the specified "Exchange Zone" Violations will result in disqualification.

4) Batons are not needed for the road race(s).

5) If spikes are used, 1/4" pinpoint spikes are allowed. Any spikes longer than 1/4" are cause for disqualification unless track allows them (ie. dirt tracks).

6) You must wear a jersey/singlet and shorts (all jerseys for a team matching) with your company name prominently displayed on the front of the shirt for BACAA Regionals.

7) Runners must wear the correct race number for that event, if required. All numbers must be visible from the front.

8) If a company is entering more than one team in an event, each member must wear a letter on their back designating what team they are competing on, if the team number is not different. ie. A, B, C, ...

B) TEAMS/PARTICIPANTS:

1) It is mandatory that all teams check in at least fifteen (15) minutes before the start of any assigned race, except for the road race. Failure to report on time will result in your team being scratched from the event. The entire team members may check in or the designated team captain may check in all team members.

2) Each athlete may compete in no more than four (4) trials and four (4) finals, with a maximum of three (3) running events, during the course of the competition, which includes the Road Race, track and field events.

3) An individual may not run more than one leg in an event.

4) A company qualifies for an event as a company, not as a specific group of runners. Therefore, inter-changing of athletes within the company for an event, from the trials to the finals, is permissible.

5) Companies may enter more than one team for any BACAA event.

6) Heats will be assigned according to time. The slowest times will be in HEAT 1 of the finals (slow heat) and the fastest times will be in HEAT 2 of the finals (fast heat). It is up to the discretion of the Meet Director to determine which events will require multiple heats for the finals if space limitations require it.

7) If a team qualifies for the finals, but then is forced to scratch from that events finals, they will be automatically awarded last place points for that event (as if they had finished the finals). If more than two teams scratch from the finals, then their position is determined based on their time from the trials (but they can do no better than one place after the slowest team that finishes in the finals). No additional teams will be added to the finals if one or more team scratches.

8) If a team is asked to clear the track or infield more than twice, by the CLERK OF THE TRACK, that team will be docked five (5) points from its overall team score.

9) Teams need not enter all events to qualify for Team Championship, but must pay the entire team entry fee if they do want to be eligible for the Team Championship.

10) Teams qualifying into the finals are:

4 or more heats - top finish in each heat and next eight (8)
3 heats - top two (2) in each heat and next six (6) fastest
2 heats - top two (2) in each heat & next eight (8) fastest

IV) SCORING

A) POINTS:

1) Teams are given one (1) point for participation after the completion of the trials, if any, and are given additional points if they place in the top thirty (30) of the finals. The maximum points possible for first place in an event is fifty (49+1) points. Points in each event will be awarded to each team completing as follows; 1st, 50; 2nd, 45; 3rd, 41; 4th, 38; 5th, 36; 6th, 35; 7th, 34; 8th, 33; 9th, 32; 10th, 31; 11th, 30; 12th, 29; 20th, 21; 14th, 20; 15th, 19; 16th, 18; 17th, 17; 18th, 16; 19th, 15; 20th, 14; 21st, 13; 22nd, 12; 23rd, 11; 24th, 10; 25th, 9; 26th, 8; 27th, 7; 28th, 6; 29th, 5; 30th, 4 and all other finishing teams, 1.

Nationals gives 31st, 3; 32nd, 2 points.

2) Teams must finish an event in order to receive the participation point.

3) If a team finishes an event but gets DQ'd, they still will receive the one (1) point for participation but they MUST finish the event. They must also have a legitimate team competing in that event in the first place.

B) TIE SCORES:

1) In the case of a tie within a TRACK event, both teams will be given the same point total and the following teams will receive points on their respective finish place.

2) In case of a tie within a FIELD event, the highest single point total will determine place.

3) In case of a tie within a ROAD RACE event, the next scorer for the tied teams will be used to determine placing. This will continue until the tie is broken. If a tie still exists, than the fastest individual finisher will determine the winning team.

4) Tie-Breaking Rule: All ties in the team competition will be broken by a three-part procedure. The team that has scored tenth (10th) place or better in the most events will be awarded the higher ranking. If a tie still remains, then go to ninth (9th) place or better, ... until the tie is broken. If it is still a tie, then the team with the fastest individual finisher in the Road Race will determine the final standings. If there were no finishers in the Road Race, from either team, then the following tie breaker rule is used.

If still a tie, then a second running of the Sprint Relay between the companies still tied shall take place (with no teams being able to use members of the teams original relay team, respectively). If a team is unable to field a completely new second team, following the requirements of the Sprint Relay guidelines, then they will be disqualified, thus eliminating them from potentially winning the tie breaker. If none of the teams tied are able to field a second Sprint Relay team, then the meet will be left as a tie.

NATIONALS use 12th place or better, and then leaves it a tie.

C) FINAL RESULTS:

1) In the finals, where multiple heats will be run, all race times will be merged and the final results will be based on overall finish times.

D) MEDALS

1) Medals will be awarded to each person on the top three (3) teams per event as a general rule of thumb (discretion is left up to the Meet Director).

2) A trophy will be awarded to each of the top five (5) teams overall per division (once again, discretion of the Meet Director).

3) A team entering one to six (1-6) events under the $25 per event entry fee will ONLY be eligible for the medal place awards and NOT the Team Championship.

V) RULES COMMITTEE

A) PROTESTS

If there is a question concerning a ruling, only the designated team captain is allowed to talk with the Rules Committee. For protest purposes this committee will consist of the Rules Committee and the BACAA officers.

*Hank Lawson, Hewlett Packard
*Robin Jones, EPRI

Richard Speidel, Pacific Telesis Group
Kevin Holtzclaw, General Electric
Kaye Donnelly, SRI International
Steve Underwood, Gaylord Container

**The Rules Committee is elected on an annual basis, at the same time as the BACAA board elections, for a duration of one year.*

All rules not specifically defined in the BACAA RULES & REGULATIONS document will adhere to those established and followed by the USCAA at the National Championships or addressed by the Rules Committee on a case by case basis.

VI) DEFINITIONS

A) FALSE START - A "False Start" occur when an individual starts to run before the official starter has fired the gun. The official signals a "False Start" and brings the competitors back by firing a second shot.

If an individual falls down, or drops the baton, before the runners have run more than fifty (50) yards, a second shot may be fired, at the discretion of the starter, signifying a "False Start".

If a "False Start" is committed, teams will be called back and the event will be started over. No team will be disqualified regardless of the number of "False Starts" a team may commit.

B) STAGGERED START - Runners must stay in assigned lanes on the track until reaching a specific point. At that point all runners may move into lane 1 so long as they have a 2 stride length lead over an individual that they want to move in front of. (This is known as "Breaking for the Pole".)

C) EXCHANGE ZONE - A twenty (20) yard area of the track where all baton passes are to take place. Ask the official starter where the beginning and end of the "Exchange Zone" are located if it is not clearly marked.

D) CLERK OF THE TRACK - Is an individual(s) assigned the responsibility of administering authority while on the track. This may include :

- Disqualifications
- Photo Finish decisions
- False Starts
- etc...

May also serve as the official starter and other such related job responsibilities. His decisions may be appealed to the Rules Committee.

1987 Regional Meet Changes / Differences

Same as 1987 Nationals / Different from 1986 Regionals

- Road race scoring will conform to Nationals competition with place within 5 year age division, scored cross country style. Men - 5 score, women 4 - score (Div II: Men - 3 score, women - 2 score).

- There will be a separate award(s) for wheelchair competitors in the road race (but will not be scored) for both sexes in each Division.

- Team Jump event will allow 3 competitors but the best 2 competitors in each of the jumps will be counted for the team scoring.

- If a team qualifies for the finals, but then is forced to scratch from that event, they will be awarded last place points (as if they had finished the finals). If more than 2 teams scratch from the finals, then their position will be determined based on their times from the trials (but can do no better than one place after the slowest team in the finals). No additional teams will be added to the finals if one or more team scratches.

- Each athlete may compete in no more than 4 events, with a maximum of 3 running events.

Different from 1987 Nationals / Different from 1986 Regionals

- Companies of fewer than 100 employees may merge for the Nationals, companies of fewer than 1000 may merge for the Regionals so long as their combined employee base is under 1000 employees.

- Retired employees age formula must add up to 70 for the Regionals but need only be 65 for the Nationals.

- In the Master's Relay, the Nationals requires only Div I to have the 2 additional 220 legs to be run. The Regionals will require **BOTH** Division I and Division II to run the additional legs.

- If a tie in the Road Race exists, the fastest finisher time is used to break the tie for the Nationals. The Regionals will look to the teams next best scorers to break the tie. This will continue until the tie is finally broken. If a tie still remains, than the fastest team finisher will be used to break the tie.

- A team entering under the per event rule may enter up to 6 events but will not be eligible for the team championship for the Regionals. Nationals doesn't address this.

Different from 1987 Nationals / Same as 1986 Regionals

- An employee must be at their current level of management or higher for at least 3 months prior to the Nationals to compete as an Executive or a President for the Regionals. Nationals doesn't have a rule addressing this.

- Nationals gives points for both 31st and 32nd place. Regionals only gives points down to 30th place (excluding the participation point).