

CCA RULES & REGULATIONS - 1984

Each athlete may compete in no more than three (3) trials and three (3) finals during the course of a meet, including the Road Races.

Each athlete must have been employed with the company full time (average 32 hours per week) for a continuous period beginning at least three (3) months prior to the National Championships in order to compete in any of the CCA Regional or National meets.

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

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.

An executive must be thirty (30) years or older and be a Manager of Manager(s) and/or Supervisor(s) who have people reporting to them.

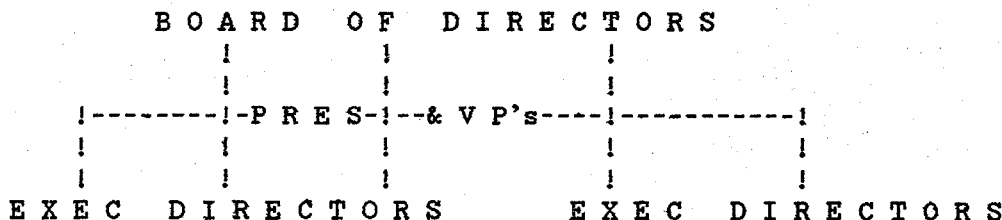
Masters are employees who are forty (40) years or older.

Seniors are employees who are fifty (50) years or older.

** Age requirements must be met at anytime during the calendar year in which the track meet takes place. Assume that you were born on January 1 of your year of birth and calculate your age from that date to determine if you qualify as an Executive, Master or Senior. **

The "Sprint Relay" team consists of six (6) runners. At least two (2) must be female, one (1) must be a master, and no more than three (3) may be men under forty.

A President is someone who reports to the Board of Directors or to Presidents / Vice Presidents. A president is a top-line officer of the corporation, personally entrusted with the direction and administration of all corporation decisions and policy making and reporting to the Board of Directors or to Presidents/VP's. A president must have a heirarchy of first-line executives reporting to him/her and be at least thirty (30) years old. The President's line of reporting may not be more than two (2) levels below the Board of Directors. For example:



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 is permissible. This applies to both team and individual events.

Companies may enter more than one team for the Regionals but must enter only as one team for the Nationals, except that a parent company and its division or subsidiary may enter as separate teams as long as they keep the team members separate. For example:

TRW is the parent company of ESL division. If ESL competes solely with people from the ESL division at the Regionals, they may enter an ESL team at the Nationals using the same core of runners that they used at the Regionals. TRW would also be allowed to enter a separate team at the Nationals. However, no exchanging of athletes between the two, now distinct, companies is allowed. Both companies must pay the membership fee to the CCA and the appropriate team entry fees.

Multiple teams in the road race must have team members defined BEFORE the race begins. You may NOT take your first two finishers and say that they are your "A" team runners.

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

The team must finish an event in order to receive the participation point.

In finals, where multiple heats will be run, all races will be merged and results will be based on overall finish times.

Heats will be assigned according to time. The slowest eight (8) times will be in HEAT 1 of the finals (slow heat) and the fastest eight (8) times will be in HEAT 2 of the finals (fast heat).

Teams are given one (1) point for participation after the completion of the trials and are given additional points if they place in top ten (10) of the finals. The total points possible for first place in an event is fifteen (15) points. Points in each event will be awarded to each team competing as follows; 1st, 15; 2nd, 12; 3rd, 10; 4th, 8; 5th, 7; 6th, 6; 7th, 5; 8th, 4; 9th, 3; 10th, 2; 11th and all other finishing teams, 1.

A runner may compete only in the region where (s)he works, except that an employee may run in another region if no regionals are held in his/her region. A runner may not compete in more than one (1) region.

Runner's must wear the correct race number for that event. All numbers must be visible from the front.

You must wear a jersey/singlet and shorts (all members of team matching) with your company name prominently displayed on the front of the shirt. Use your company name and not your track club name.

Teams need not enter all events to qualify for Team Championship.

Tie-Breaking Rule: All ties in the team competition will be broken by a two-part procedure. The team that has scored at least two (2) points (10th place or better) in the most events will be awarded the higher ranking. If a tie still remains, then the team with the highest male finisher in the 10-K road race will determine the final standings.

If there is a question concerning a ruling, only the designated team captain is allowed to talk with the rules committee.

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.

If an injury occurs during a trials or finals, and a team is unable to continue, advancement to another heat is not allowed.

Any team that competes in any Regional may compete in the Nationals.

Runners that did not compete in the Regionals may compete in the Nationals if their company was in the Regionals.

Alcohol is NOT permitted on any public school campus. (eg. community college, state college, etc.)

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

Medals will be awarded to each person on the top three (3) teams per event. A trophy will be awarded to each of the top three (3) teams overall per division.

Flats are recommended, but if spikes are preferred, only very short, 1/4" pinpoint spikes are allowable. Any spikes longer than that will damage the track.

It is mandatory that all teams check in at least fifteen (15) minutes before the start of any assigned race. Failure to report on time will result in your team being scratched from the event.

DEFINITIONS

False Start - A "False Start" occurs 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 before the runners have run more than 100 yards a second shot may be fired signifying a "False Start".

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. (This is known as "Breaking for the Pole".)

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" is located if it is not clearly marked.

EVENT DESCRIPTION

WOMEN'S 5K ROAD RACE - Teams consist of two (2) runners, maximum of five (5), all female, with the score coming from the total time of the top two (2) finishers per team, low total time winning. Open category and Masters (40+) category, each requiring a completely separate team of runners.

MEN'S 10K ROAD RACE - Teams consist of two (2) runners, maximum of five (5), all male, with the score coming from the total time of the top two (2) finishers per team, low total time winning. Open, Masters (40+) and Seniors (50+) categories, each requiring completely separate teams of runners.

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

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

PRESIDENT'S RELAY - Three (3) runners, any combination of male and/or female, at the corporate level of vice-president or above, running the following legs: 1 mile, 1/2-mile, 1/4-mile, in that order.

PYRAMID RELAY - Five (5) runners (with a minimum of two (2) female runners), running the following legs: 1/4-mile, 1/2-mile, 3/4-mile, 1/2-mile, 1/4-mile, in that order.

MASTERS RELAY - Three (3) runners, any combination of male and/or female, 40 years of age or older, running the following legs: 1/2-mile, 1/4-mile, 1/2-mile, in that order.

WOMEN'S RELAY - Three (3) female runners, running the following legs: 1/4-mile, 1/2-mile, 1/4-mile, in that order.

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

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

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

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

Following are individual scoring events, only one company entry per event is allowed.

MEN'S 800-M - Only one (1) individual representing each corporation is eligible, points are awarded in the same order as for team and relay races. Entry in this event counts towards the maximum entries per individual (three (3) trials and three (3) finals).

WOMEN'S 1500-M - Only one (1) individual representing each corporation is eligible, points are awarded in the same order as for team and relay races. Entry in this event counts towards the maximum entries per individual (three (3) trials and three (3) finals).

MEN'S MASTERS 1500-M - Only one (1) individual representing each corporation is eligible, points are awarded in the same order as for team and relay races. Entry in this event counts towards the maximum entries per individual (three (3) trials and three (3) finals).

Class "A" teams will compete in the following events:

- Men's 10-K Road Race (OPEN category only)
- Women's 5-K Road Race (OPEN category only)
- Men's Mile Team Race
- Women's Relay
- Masters Relay
- Pyramid Relay
- Sprint Relay
- Three-Lap Sprint
- President's Relay