

TRACK
SEASON OF SPORT
2010-2012

| | |
|---|--|
| FIRST CONTEST: | February 21, 2011 February 20, 2012 February 18, 2013 |
| LAST CONTEST: | May 12, 2011 May 10, 2012 May 09, 2013 |
| DIVISIONAL CHAMPIONSHIPS: | May 20, 2011 May 18, 2012 May 17, 2013 |
| NSCIF CHAMPIONSHIP: (West Valley High School) | May 27, 2011 May 25, 2012 May 24, 2013 |
| STATE CHAMPIONSHIPS: | June 3-4, 2011 (Clovis) June 1,2, 2012 (Clovis) May 31-June 1, 2013 (To Be Announced) |
| MAXIMUM NUMBER OF CONTESTS: | 15 |
| MAXIMUM NUMBER OF SCRIMMAGES: (See General Information # 10) | 3 |

Each meet represents one (1) contest whether it is a dual meet or an invitational meet. Schools are allowed a maximum of three pre-season scrimmages. Championship meets (League and Divisional meets) are not included in the 15 contests.

Note: All dates and sites are subject to change.

NSCIF TRACK PLAYOFF QUALIFYING GUIDELINES

I. DIVISIONS

- A. The NSCIF Sub-Section Track Meets shall be conducted in four divisions for both boys and girls (Division I, II, III, and IV). The four-division format shall be based upon a school's League placement **NOT** school enrollment figures. The following classifications are as follows:
 - 1. Division I-*Eastern Athletic North and Eastern Athletic South Leagues.*
 - 2. Division II-*Northern Athletic and Butte View Leagues.*
 - 3. Division III-*Sacramento Valley and Mid Valley Leagues.*
 - 4. Division IV-*Shasta Cascade, Evergreen, and Tri Cities Leagues.*
- B. Schools do not have the option to move to a higher Division for the Sub-Section Divisional Championships.
- C. The NSCIF Championship Track Meet will combine all Divisions to qualify for the State Track Meet.

II. ADVISORY COMMITTEE

The Track and Cross Country Advisory Committee consists of one track and one cross-country representative from each of the leagues in the National and American Conferences. Due to low or no schools participating in track in the California Conference, the Conference shall determine leagues for representation.

III. SEEDING COMMITTEE

Not Applicable. Seeding is done on the computer based on times and distances of previous meets.

IV. MEET SITES AND TIMES

- A. League Championship Meets-The responsibility for hosting a League Championship meet is determined by each individual League. Each League also determines the site and times of those meets.
- B. Divisional Championships (Sub-Section meets)
 - 1. The responsibility for hosting the four Divisional Championship Track Meets (Divisions I-IV) is generally assigned to a League. A Meet Director is either chosen or volunteers to host the meet.
 - 2. The hosting League's Principals and Athletic Directors make decisions regarding the meet site and host. An all-weather track should be selected for any NSCIF championship meet. If possible, a facility with two long jump pits and a separate pole vault pit should be used to expedite the jumping events.
- C. NSCIF Finals

Field events begin at 4:00 and Running events begin at 6:00. The NSCIF Track Meet is the culmination of our track season. In addition to providing top-flight competition, it determines the NSCIF representative to the California State Track Meet. Athletes that qualify from the entire section in the Divisional Championships compete in this meet.

V. QUALIFICATION AND SEEDING CRITERIA

A. Divisional Championships (Qualifying from League Championship Meets-See Note)

1. Division I
 - a. *Eastern Athletic North League* 3
 - b. *Eastern Athletic South League* 2
 - c. *At-Large* 3 (Next three best marks)*
2. Division II
 - a. *Northern Athletic League* 4
 - b. *Butte View League* 3
 - c. *At-Large* 1 (Next best mark)*
3. Division III
 - a. *Sacramento Valley League* 2
 - b. *Mid Valley League* 2
 - d. *At-Large* 4 (Next four best marks)*
4. Division IV
 - a. *Shasta Cascade League* 2
 - b. *Evergreen League* 2
 - c. *Tri Cities League* 2
 - c. *At-Large* 2 (Next two best marks)*

* The next best marks may come from the same league. Each league is then allowed one alternate if their league qualifier drops out. If two athletes drop out from the same league, there will be only seven (7) competitors.

NOTE: League Meet Directors must provide the proper results immediately following the conclusion of the League meet by *Hytek results*, fax or hand deliver to the Divisional Meet Director. The Divisional Meet Director must provide the proper results immediately following the conclusion of the Divisional Meet by *Hytek results*, fax or hand deliver to the Section Meet Director. The numbers of qualifiers to the Championship meets are a maximum number. If, at the League Meets, arrangements are made to allow a scoring non-qualifier to become an alternate, that information must be passed on to the Championship Meet Director so they can list that individual as the alternate. All qualifying spots must be filled by competition. Beginning with the league Meet or first qualifying meet, an athlete must have qualified by competing and placing to advance to the next round of competition. Any disputes, protests, or hardship cases affecting qualifiers from league meets, must be handled by the leagues involved. (See Appendix B-Competitor's List). Disqualified competitors may not gain qualifying positions. (See Other Rules Governing Sport, VII.B)

B. NSCIF Finals

1. Qualifiers to the NSCIF Finals (Qualifying from Divisional Championships)
 - a. Division I (*EALN and EALS*) 2
 - b. Division II (*NAL and BVL*) 2
 - c. Division III (*SVL and MVL*) 1
 - d. Division IV (*SCL, EL, TCL*) 1
 - e. At large (Next best qualifiers-See 2 below) 2
2. At-Large Qualification

- a. At-Large qualifiers to the NSCIF Finals will be selected in the following manner: The Section Meet Director will compare the alternate marks from each Division, and the best 2 marks from the 4 Divisions, will be designated as the At-Large Qualifiers. *After the At-Large competitors are selected, the next best athlete in each Division, plus the next two best marks, will become the alternates.*
 - b. Each Division alternate will be listed in the Section program and determined after the at-large berth is filled.
 - c. ~~The Section Meet Director will notify each championship Meet Director of the At-Large competitors from each Division. The Divisional Championship Meet Director will notify the League Meet Director, who will notify coaches of the athletes who have qualified for the at-large and alternate berths.~~ *coaches of the athletes who have qualified for the at-large and alternate berths by email. Qualifiers will also be posted on the NSCIF web site and on the section director's web site. All times at the Championship Meets will be listed in tenths by the recorder of the meet. hundredths unless there is a malfunction by the electronic timing system. In this case, backup hand times will be noted and rounded up to the greater tenth of a second.*
 - d. All field events at the Divisional Championship Meets will be listed to the lesser ¼" except the discus, which will be to the lesser inch. Each height will be properly measured before jumping begins.
 - e. In the case of a tie for an at-large berth, all field events athletes will advance to the Section Meet. In the case of a tie for the 800, 1600, or 3200, all athletes who have tied will compete at the NSCIF Finals.
 - f. Whenever more than 8 athletes are entered in a race with a one turn stagger (800) 2 lane, 3 competitor alleys will be used for the one turn stagger, instead of lane assignments.
 - g. In the case of a tie for an at-large berth in the 100, 200, 400, 110/100 hurdles, 300 hurdles, 400 relay, or 1600 relay, a run off will be held at 5:00 p.m. on the day of the NSCIF Finals.
 - h. Each Divisional Championship Meet will be a separate meet (Division I, II, III, and IV).
3. Alternate Participation
 - a. In the NSCIF Finals a qualifier may decide not to compete. In this case, the athlete with the next best mark from those athletes Divisions may enter the race as an alternate. Alternates from qualifying meets should be listed in the programs.
 - b. It is the responsibility of the coach of an athlete who will not compete in the next meet to notify the coach of the athlete with the next best mark with the information that the alternate will be allowed to compete. If the alternate does not compete, the alternate with the next best qualifying mark from any Division will be allowed to compete as an alternate. A coin flip will decide ties.
 - c. Only listed alternates will be allowed to compete at the NSCIF Finals. If, at the Championship Meets, arrangements are made to allow a scoring non-

qualifier to become an alternate, that information must be passed on to the NSCIF Meet Director so he can list that individual as the alternate.

- d. Coaches having athletes who decide not to compete while at the NSCIF Finals should contact the Clerk of the Course upon the arrival at the stadium. All alternates should report to the Clerk, and listen for an announcement prior to their event.
4. NSCIF Finals (Additional Awards)
 - a. Bob Russell Outstanding Athlete (1 male and 1 female).
 - 1) Quality of Performance
 - a) 15 points NSCIF All-time best performance.
 - b) 10 points NSCIF Section Meet Record
 - c) 6 points Top 5 performance of NSCIF top 20 list.
 - d) 3 points Top 10 performance of NSCIF top 20 list.

NOTE: divide points by 3 for relays and athlete receives the highest points achieved, not an accumulation.
 - 2) Event Performance
 - a) 10 points 1st Place
 - b) 5 points 2nd Place
 - c) 2 points 3rd Place
 - d) 3-2-1 points for Relays
 - 3) Combine Quality of Performance and Event Performance for total. One boy and one girl will receive award.
 - b. Norm MacKenzie Sportsmanship Award (1 male and 1 female)
 - 1) Coaches must send nominations to NSCIF Meet Director prior to the NSCIF Finals.
 - 2) Must be a Senior who will compete in the NSCIF Finals.
 - 3) NSCIF winners will be selected by the Track Commissioner and ~~the Meet Directors of the four Divisional Championship Meets~~ *an appointed three person selection committee.*

VI. NORCAL QUALIFICATION

There are no Regional qualifying meets for Track.

VII. STATE QUALIFICATION

A. Qualification

To advance to the State CIF Track Championship, an athlete must win his/her particular event in the NSCIF Championship Meet. Should a tie occur in a running event, a run-off will take place as follows:

1. The participants must have had 30 minutes rest from their last race, or
2. The race is held 30 minutes after the 4 x 400 relay.

NOTE: An athlete may compete as a relay member in the State Track Finals without participating in the NSCIF Championship Meet, provided their name is listed on the official meet entry list.

B. At-Large

An athlete shall earn an at-large entry into the state meet by achieving at the NSCIF Finals competition, the three-year, average mark, of the 9th place qualifier into the state meet finals.

VIII. OTHER RULES GOVERNING THE SPORT

A. Official Rules

The current National Federation Track and Field Rulebook (Track Section) will be utilized at all Championship meets.

B. Results of Meets

1. Results of all League, Divisional, and NSCIF Championships shall be ~~mailed~~ *emailed* to the NSCIF Track and Field commissioner as soon after the meet as possible.
2. Results of the NSCIF Finals shall be ~~mailed~~ *emailed* to the Section Office.
3. Clear, accurate results must be kept, and forwarded to the Section Meet Director immediately after the Championship Meets. The results must contain the following:
 - a. First and last name and school of all six (6) placers.
 - b. ~~Times rounded to the nearest tenth of a second~~ *Electronic times to the hundredth of a second of all 6 placers. If there is a malfunction of the timing system, backup hand times will be rounded to the greater tenth of a second. (Example: 10.63 = 10.7)*
 - c. Exact distances or heights in the field events, to the nearest lesser inch in the discus, and to the nearest lesser ¼” in the Long Jump, Triple Jump, Shot Put, High Jump, and Pole Vault.
 - d. Indicate any ties.
 - e. ~~Accutrack times from will be converted to hand times and rounded up~~ *Converting hand times to automatic times. Round up to tenth, then:*
 - 1) *Races under 400 meters--add .24 from hand time.*
 - 2) *Races 400 meters or over--add .14 from hand time.*

C. Event Limitation

A competitor may compete in any four (4) events in which they have qualified. A relay member becomes a “competitor” when they check in at the clerk of the course.

D. Aiding a Competitor

Coaches, athletes, and non-competitors must stay in the stands and may not approach competing athletes at any field event or on the track.

E. False Starts

An athlete will be disqualified on the first false start.

F. Staying in Lanes

Athletes must stay in lanes at all times for races 400 meters and shorter. After a runner finishes a race, the runner should stay in his lane and return to the finish line in his lane.

G. All-Weather Surfaces

- Competitors must wear ¼” spikes or shorter whenever competing on an all-weather track. The host school will include any variance to this rule in the meet information.
- H. Wind Gauge
An anemometer is required for races up to and including the 200-meter dash, the long jump and triple jump, if a record is to be recognized.
- I. Weighing Implements
A Trackmaster shall also be used to weigh and measure throwing implements prior to competition.
- J. Meet Referee
The NSCIF Track and Field Commissioner shall be the meet referee for the NSCIF Finals.
- K. Advancement in Qualifying Meets
Beginning with the League Meet or first qualifying meet, an athlete must have qualified by competing and placing to advance to the next round of competition. Disqualified competitors may not gain qualifying positions. The number of qualifiers is a maximum. It is not intended that this number of competitors always be reached. The Meet Directors of the League Championship Meet will bring the individual school’s entry list for that meet to the Divisional Championship Meet and the NSCIF Finals. In the event of a protest regarding a student’s eligibility to compete, the Jury of Appeals and Meet Referee can then make a fair and just decision.
- L. Finish Line
The Meet Director should make every effort to secure a video tape camera for the finish line during all Championship Meets and the NSCIF Finals. An electronic timing system is recommended for the NSCIF Finals *and Championship Meets*.
- M. Jury of Appeals
The NSCIF Track and Field Commissioner shall select a jury of appeals to serve at the NSCIF Finals. This group shall be selected prior to the meet. Every Championship Meet shall have a Jury of Appeals and a Meet Referee present. The Meet Director of each meet will see that these assignments are made.
- N. Preliminary Information
It is the responsibility of the Meet Director of the Championship Meets to notify the League meet Directors of pertinent preliminary information concerning their meet prior to the League finals so the League Meet Directors may inform the coaches of their league schools. The NSCIF Finals Meet Director will notify the Meet Directors of the Championship Meets so that they may give any pertinent information at their meets. The NSCIF Commissioner will provide the NSCIF Meet Director with appropriate information/changes or rules at the State Meet level. Information should be mailed *or emailed* to track coaches of all competing schools.
- O. Responsibility of Coaches
All track and field coaches are expected to read and adhere to the rules and recommendations of the current National Federation Handbook, NSCIF Track and Field Handbook and any rules and regulations recommended by the Track and Field Committee or the NSCIF Board of Managers. Coaches are also expected to maintain proper decorum and etiquette at all times during competition.
- P. Warm-Ups

No warm-ups shall be allowed on the track surface once the field events have begun at the NSCIF Finals.

Q. Starting Commands

Starters must use voice commands, as opposed to whistle commands, at the NSCIF Finals and Championship Meets.

R. Girls Pole Vault

The girl's pole vault is a scored event at the varsity and junior varsity level. All rules governing the boys' pole vault shall apply.

S. 300 Intermediate Hurdles

Times submitted from qualifying meets where low hurdles were run instead of intermediates shall be seeded lowest.

T. Time Conversions

The following conversions should be used when converting yard times to metric times:

1. 100 yds. to 100m and 120 HH to 110 HH-add .9 seconds.
2. 220 yds. to 200m and 110 yds. LH to 100m LH-subtract .1 seconds.
3. 440 yds. to 400 m-subtract .3 seconds.
4. 880 yds. to 800 m-subtract .7 seconds.
5. Mile to 1600m-subtract 1.6 seconds.
6. 2 Mile to 3200m-subtract 3.4 seconds.
7. 330 yd. Hurdles to 300m Hurdles and 440 Relay to 400 Relay-subtract .2 sec.
8. Mile Relay to 1600 Relay-subtract 1.1 seconds.

U. Lane Assignments

1. 100M, 110M HH, 70M HH, and 100 M HH
Lane priority is 4-5-3-6-2-7-1-8. All qualifiers are seeded on the basis of qualifying times.
2. 200M, 400M, 800M, 300M LH, 400M Relay, and 1600M Relay
Lane priority is 4-5-3-6-2-7-1-8. All qualifiers are seeded on the basis of qualifying times. ~~The remaining qualifiers will be placed on the basis of time. The first lap of the 1600M Relay will be run in lanes. A three-turn stagger will be used in the 1600M Relay.~~ The 800M will use a one-turn stagger.
3. 1600M and 3200M
Lane priority is 1-2-3-4-5-6-7-8. These races are to be run in one heat as a final. ~~The qualifying meet winners are seeded in lanes 1-2-3, etc., based on time. Remaining lanes are filled in order of qualifying times.~~ All qualifiers are seeded on the basis of qualifying times.
4. 400M Relay
A 20 meter exchange zone and a 10-meter acceleration zone shall be marked. Runners receiving the baton must line up inside the acceleration zone and the baton must be exchanged within the exchange zone.
5. 1600M Relay
The first lap of the 1600M Relay must be run in lanes. The second runner may break for the pole after the first exchange, provided the runner does not interfere with another runner. In the NSCIF Finals, a 3-turn stagger shall be used.

V. Seeding for Heats

At the League Meet, heats may be necessary if there are more than 8 entrants in an event. Trials should be run in the 100, 200 and high hurdle races. Heats should be evenly distributed by qualifying times. Heats run in the 400 and 300 hurdles should be a timed final with the top eight entrants running in Heat 2 and the remaining entrants in Heat 1.

W. NSCIF Finals Seeding

All qualifiers are seeded on the basis of qualifying times.

X. Marking the Track

Runners may mark the track in their own lane for the purpose of exchange marks with a material approved by the Games Committee.

Y. Turn Judges

Two exchange judges will be stationed at each exchange zone. The judges have flags to indicate readiness and foul or fair exchanges.

Z. Team Composition, Relays

Relay participation is aligned with the National Federation Rulebook stating that an athlete is not a participant until reporting to the Clerk of the Course. The Relay team may be selected from any eligible team member on the team roster. Each member must have been on the roster and must have had entry fees paid at the first qualifying (League) meet. A team member may change classification (JV/Varsity) up until the League Meet. The classification at the League Meet determines the athlete's status for all future meets during the track season. In relay events, no more than six (6) individuals may be listed on the relay card. If a name is listed on the entry card, it does count as an event. Any substitutions for the race must come from those names on the relay card. The names on the relay entry card may be changed, added to or reduced up until the official close of entries on the day of the meet, as long as each competitor was on the League Meet roster. Even if less than six (6) names appear on the relay list, no additions or substitutions may be made after the official close of entries. Entries will close at the scheduled time of the start of running events. Each qualifying meet is considered to be a separate meet.

AA. Order of Events

1. Division Championship Meets

The following order of events should be used for the Division Championship Meets as well as in dual competition meets.

VG=Varsity Girls, JVG=J.V. Girls, VB=Varsity Boys, JVB=J.V. Boys

Running Events

| | |
|------------|--------------------|
| 1600M | (JVG) |
| 1600M | (JVB) |
| 400M Relay | (JVG, JVB, VG, VB) |
| 1600M | (VG, VB) |
| 100M LH | (JVG) |
| 100M HH | (VG) |
| 100M IH | (JVB) |

Field Events

4 Division, 1 Pit

| | |
|--------------|--------------------|
| Long Jump | (VB, VG, JVB, JVG) |
| Shot Put | (VB, VG, JVB, JVG) |
| Discus | (JVB, JVG, VB, VG) |
| Pole Vault | (JVG, VG, JVB, VB) |
| High Jump | (VG, VB, JVG, JVB) |
| Triple Jump* | (VB, VG, JVB, JVG) |

| | | |
|-------------|--------------------|-------------------------------------|
| 100M HH | (VB) | *(Following Long Jump) |
| 400M | (JVG, JVB, VG, VB) | |
| 3200M | (JVG, JVB) | <u>4 Division, 2 pits</u> |
| 100M | (JVG, JVB, VG, VB) | Long Jump(#1)(VB, VG, JVB, JVG) |
| 800M | (JVG, JVB, VG, VB) | TripleJump(#2)(JVB, JVG, VB, VG) |
| 300M IH | (JVG, VG, JVB, VB) | Shot Put (VB, VG, JVB, JVG) |
| 200M | (JVG, JVB, VG, VB) | Discus (JVB, JVG, VB, VG) |
| 3200M | (VG, VB) | Pole Vault (JVG, VG, JVB, VB) |
| 1600M Relay | (JVG, JVB, VG, VB) | High Jump (VG, VB, JVG, JVB) |
| | | Alternative: Boys on Pit #1 (V, JV) |
| | | Girls on Pit #2 (V, JV) |

2. NSCIF Finals and Suggested Time Schedule

Adjustments of the field event order of events at the NSCIF Finals to allow the boys' discus to be completed prior to the beginning of running events. The second rotation will begin immediately following the first event in an attempt to have most of the field events completed prior to the beginning of the running events

Field Events:

| | One Pit | Two Pits |
|------|-------------------|----------------------------------|
| 4:00 | Boys Pole Vault | 4:00 Boys Pole Vault |
| 4:00 | Girls High Jump | 4:00 Girls High Jump |
| 4:00 | Girls Shot Put | 4:00 Girls Shot Put |
| 4:00 | Boys Discus | 4:00 Boys Discus |
| 4:00 | Boys Long Jump | 4:00 Boys Long Jump (Pit # 1) |
| 5:15 | Girls Long Jump | 4:00 Girls Triple Jump (Pit # 2) |
| 5:30 | Girls Pole Vault | 5:30 Girls Pole Vault |
| 5:30 | Boys High Jump | 5:30 Boys High Jump |
| 5:30 | Boys Shot Put | 5:30 Boys Shot Put |
| 5:30 | Girls Discus | 5:30 Girls Discus |
| 6:30 | Boys Triple Jump | 5:30 Boys Triple Jump (Pit # 1) |
| 7:45 | Girls Triple Jump | 5:30 Girls Long Jump (Pit # 2) |

| <u>Running Events</u> | <u>Time</u> | <u>Event</u> |
|-----------------------|-------------|------------------------------|
| Event # 1 | 6:00 | Girls 4 x 100 Relay |
| Event # 2 | 6:05 | Boys 4 x 100 Relay |
| Event # 3 | 6:10 | Girls 1600 Meters |
| Event # 4 | 6:20 | Boys 1600 Meters |
| Event # 5 | 6:35 | Girls 100 Meter High Hurdles |
| Event # 6 | 6:45 | Boys 110 Meter High Hurdles |
| Event # 7 | 6:55 | Girls 400 Meters |
| Event # 8 | 7:00 | Boys 400 Meters |
| Event # 9 | 7:05 | Girls 100 Meters |
| Event # 10 | 7:10 | Boys 100 Meters |
| Event # 11 | 7:15 | Girls 800 Meters |
| Event # 12 | 7:20 | Boys 800 Meters |
| Event # 13 | 7:30 | Girls 300 Meter Low Hurdles |

| | | |
|------------|------|-------------------------------------|
| Event # 14 | 7:40 | Boys 300 Meter Intermediate Hurdles |
| Event # 15 | 7:50 | Girls 200 Meters |
| Event # 16 | 7:55 | Boys 200 Meters |
| Event # 17 | 8:00 | Girls 3200 Meters |
| Event # 18 | 8:15 | Boys 3200 Meters |
| Event # 19 | 8:30 | Girls 4 x 400 Meter Relay |
| Event # 20 | 8:40 | Boys 4 x 400 Meter Relay |

CC: Hurdle Chart

| Race (Meters) | Hurdles | Start to 1 st Hurdle | Between Hurdles | Last Hurdle to Finish |
|--|---------|---------------------------------|---------------------|------------------------|
| 100M HH 33" (VG) 30" (JVG) | 10 | 13M 42' 8" | 8.5M 27' 10 3/4" | 10.5M 34' 5 1/2" |
| 110M HH 39" (VB) 36" (JVB) | 10 | 13.716M 45' | 9.144M 30' | 13.988M 45' 10 5/8" |
| 300M IH 36" (VB, VG) 33" (JVB) 30" (VG, JVG) | 8 | 45M 147' 7 1/2" | 35M 114' 10" | 10M 32' 9 1/2" |
| Race (Yards) | | | | |
| 110 Yd. HH 33" (VG) 30" (JVG) | 10 | 42' 8" | 27' 10 1/2" | 36' 5 1/2" |
| 120 Yd. HH 39" (VB) 36" (JVB) | 10 | 45' | 30' | 45' |
| 330 Yd IH 36" IH (VB, VG) 33" LH (JVB) 30" LH (VG, JVG) | 8 | 147' 7 21/32" | 114' 9 25/32" | 38' 7 25/32" |

DD. Field Events

1. Meet Directors should schedule the field events to begin a minimum of one hour before the start of running events. The Meet Director should indicate starting heights in the high jump and pole vault in the pre-meet information. The starting heights for the high jump and pole vault at the NSCIF Finals will be the highest height of the lowest qualifier. The high jump bar will be raised 2" until there are 3 competitors left, at which time the bar will be raised 1". The pole vault bar will be raised 6" until there are three competitors left, at which time the bar will be raised 3". The Meet Director may adjust the

starting heights in the high jump and pole vault ~~in case of inclement weather for safety or competitive reasons~~ at the Divisional Meet and the NSCIF Finals.

2. Competitors will be seeded based on their qualifying marks, with the best qualifier competing last. The order will be re-seeded after the first 3 attempts.
3. Since the Divisional and the Section Meets are finals, all competitors will receive 6 attempts in the long and triple jumps, shot put, and discus. High jump and pole vault competitors will receive 3 attempts at each height.
4. In meets where there are more than 9 competitors entered, such as the League Meet, athletes should be grouped into two equal flights for preliminary competition. Flights are to be based on qualifying marks. The first flight will contain the athletes with the lowest mark competing first. The second flight will contain the athletes with the best marks, the athlete with the best mark competing last.

EE. Ties

Refer to the National Federation Rulebook, which should be on hand at every field event site for Championship Meets.

FF. Time Rules

A competitor shall complete his trial within *1 minute after being called for a trial (1-1/2 minutes* in the pole vault). He/she must declare a pass prior to the start of the clock. Competitors may be excused by the event judge to compete in another event. The Games Committee shall set the time limit when competitors will be excused to compete in another event.

GG. Individual Event Rules

Judges for all field events should have readily available the rules for their event. They should explain the rules to the competitors before they start the competition.

1. Pole Vault

a. Standards

- 1) At least 12 feet apart (anchored to prevent tipping).
- 2) 3 inches by ½” round pins (no notches)
- 3) Standards may be moved before vaulting provided competitor does not unnecessarily delay the event by useless shifting of the standards. Standards may be moved to position the crossbar from a point 12” beyond the plane of the top of the stopboard, up to a maximum distance of 30” in the direction of the pit.

b. Starting Height

- 1) The starting height for the pole vault will be the highest height of the lowest qualifier.
- 2) The bar will be raised at 6” intervals. The bar will be raised at 3” intervals when 3 competitors are left.

c. Miss

- 1) When the crossbar is displaced from the pins on which it originally rested, by the body of the pole.
- 2) When a vaulter leaves the ground and fails to clear the crossbar.

- 3) When any part of the vaulter's body, or his pole touches the ground or the landing pit beyond the vertical plane of the upper part of the stopboard, without clearing the bar.
 - 4) When the vaulter fails to initiate an attempt that is carried to completion within 1-1/2 minutes after being called and after the crossbar and standards have been set.
- d. Pole Selection
- 1) The vaulter's weight shall be at or below the manufacturer's pole rating.
 - 2) **Coaches must verify a vaulter's current weight and complete the CIF Pole Vault Sign-In/Verification form to compete. (See Appendix E, Page 27)**
 - 3) The manufacturer's pole rating shall be visible in a one inch contrasting color.
 - 4) A one-inch circular band shall indicate the maximum handhold position.
 - 5) Variable weight poles (training poles) shall not be used in competition.
- e. Illegal Vault
- During a vault, the uppermost hand shall not be raised to a higher point on the pole, nor shall the lower hand be raised to any point on the pole above the upper hand.
- f. Trials
- 1) 3 trials at any one height
 - 2) May accept all trials, or
 - 3) May pass one of them.
 - 4) Unless unsuccessful in 3 trials at a given height he/she may try at a subsequent height.
 - 5) When bar is cleared legally, previous failures are disregarded.
 - 6) If height is omitted and fails at the next height, he/she shall not be allowed to go back and try the height omitted.
 - 7) After competition has started the bar shall not be lowered.
 - 8) Each competitor shall make one attempt in the order in which name is drawn.
- g. Measurement
- 1) Measurement made on the perpendicular from the ground to the upper side of the bar at its lowest point.
 - 2) Any displaced crossbar should be set on the standards in exactly the same position as before.
 - 3) All measurements are to the nearest lesser 1/4".
- h. Ties
- 1) The tied place shall be awarded to the contestant with the fewest misses at the tied height.
 - 2) If tie is still not broken, the fewest total misses in the entire competition is the determining factor.
 - 3) If still tied (first place). See Rulebook for jumpoff procedure, Rule 7, Section 4.

- i. Notes
 - 1) Judge should stand on either side of runway, diagonally and in front of, but close to standard (usually on right side when facing pit).
 - 2) Wind: If it is clear that a force entirely disassociated with the competition displaces the crossbar, and if it is after he is clearly over, the jump or vault is successful. If it is displaced before he is over, he should have a substitute trial. A designated official should attempt to catch the pole if there is a tailwind, after it has been properly released.
 - 3) A non-metal, circular crossbar shall be used.
 - 4) Hard or unyielding surfaces around the landing area shall be covered with a minimum of 2" dense foam material.
- j. Defective Equipment
 - 1) If a jumper strikes the bar from the top and as a result of a defective support it slips down but the bar is not displaced, the judge may allow a substitute trial.
 - 2) If the bar is displaced, no substitute trial shall be allowed.
- k. Time

A competitor shall be allowed 1-1/2 minutes to begin his vault from the time the judge calls his name.

HH. Shot Put

- 1. The Ball
 - a. Boys: 12 lbs.
 - b. Girls: 4.0 kg (8 lbs. 13 oz.)
- 2. The Circle
 - a. 7 feet in diameter
 - b. 4 feet toeboard, 4 1/2" wide by 4" high.
 - c. Circle marked by metal, wooden, or plastic band, indentation, or 2" painted line.
- 3. Illegal
 - a. No harness or mechanical device attached to hand or arms.
 - b. No taping of any part of the hands or fingers unless open wound. Taping wrist is permissible.
 - c. Shall be put with one hand from the shoulder so that during the attempt the shot does not drop behind or below the shoulder.
- 4. Fouls
 - a. It is a foul if the competitor, after stepping into the circle, fails to pause before starting the put, or touches the circle (not including the inner face of the stopboard or the ban, if one is used) or the ground outside the circle, or the top of the stopboard before the put is marked.
 - b. It is also a foul if the shot does not fall within the sector lines or if the competitor, after having completed the put, does not leave through the back half of the circle.
 - c. A foul put is not measured but is counted as a trial.
- 5. Competition
 - a. 3 throws per competitor in trial rounds.

- b. 3 more throws per competitor after field is re-seeded in reverse order of best performance in trial rounds.
 - 6. Measurement
 - a. Is from the nearest edge of the first mark by the shot to the point through the center of the circle, measured at the inside edge of the toeboard.
 - b. All measurements are recorded to the nearest lesser $\frac{1}{4}$ ".
 - c. Shot must land within the sector line; touching the line is a foul put.
- II. Discus
 - 1. Weight
 - a. Boys: 1.6 kg (3 lbs. 8.438 oz.)
 - b. Girls: 1 kg (2 lbs. 3.274 oz.)
 - 2. The Circle
 - a. 8' 2 $\frac{1}{2}$ " in diameter.
 - b. Circle marked by metal, wood, or plastic band not more than $\frac{3}{4}$ " high, or 2" painted line.
- JJ. High Jump
 - 1. Landing pad is 16' x 8' minimum, at least 18" thick.
 - 2. Standards and Bar
 - a. At least 12' apart, not more than 14' 10".
 - b. The top of standards that support crossbar shall be a rectangular plane 1 $\frac{2}{3}$ " by 2 $\frac{3}{8}$ ".
 - c. The long dimension shall point toward the opposite upright so that it will be parallel to the crossbar.
 - 3. Starting Height
 - a. The starting height for the high jump will be the highest height of the lowest qualifier.
 - b. The bar will be raised at 2" intervals until there are three (3) competitors remaining, at which time the bar will be raised at 1" intervals.
 - 4. Unsuccessful Trial
 - a. When the crossbar is displaced in an attempt to clear it.
 - b. When a jumper touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar.
 - c. When, after clearing the bar, a competitor stumbles against the upright and displaces the crossbar or steadies the bar.
 - d. When failing to initiate a trial (attempt) that is carried to completion within 1 $\frac{1}{2}$ minutes.
 - 5. Trials
 - a. 3 trials at any one height.
 - b. May accept all 3 trials, or
 - c. May pass any one of them.
 - d. Unless unsuccessful in 3 trials at a given height, he may try at a subsequent height.
 - e. When bar is cleared legally, previous failures are disregarded.

- f. If a height is omitted, and fails at next height-shall not be allowed to go back and try height omitted.
 - g. After competition has started, the bar shall not be lowered.
 - h. Each competitor shall make one attempt in the order in which name is drawn.
 - i. Competitor must declare a pass prior to start of time clock.
6. Measurement
- a. Measurement made of the perpendicular from the ground to the upper side of the bar at its lowest point on top edge of bar.
 - b. Any displaced crossbar should be set on the standards in exactly the same position as before.
 - c. All measurements are to be to the nearest lesser 1/4".
7. Ties
- a. The tied place shall be awarded to the contestant with the fewest misses at the tied height.
 - b. If tie is still not broken, the fewest total misses in the entire competition is the determining factor.
 - c. If still tied (first place), see Rulebook (Rule 7, Section 3, Article 17) for jumpoff procedure. Other than first place, competitors awarded tie and split the points awarded.
8. Note
- a. Standards shall not be moved during high jump competition unless judges consider take-off has become unsuitable.
 - b. Such change shall be made only after a round has been completed.
 - c. Judge should stand next to standard on opposite side of competitor's approach.
9. Wind
- a. If it is clear that a force entirely disassociated with the competitor displaces the crossbar, and it is after he is clearly over, the jump is successful.
 - b. If it is displaced before he is over, he should have a substitute trial.
10. Defective Equipment
- a. If jumper strikes bar from top and as a result of a defective support it slips down but the bar is not displaced, the judge may allow a substitute trial.
 - b. If bar is displaced, no substitute trial shall be allowed.

KK. Long/Triple Jump

1. The Board

- a. Width, minimum 8", maximum 24".
- b. Length, minimum 4 feet.
- c. Scratch line shall be located by measuring from the nearer edge of the landing pit at a distance of approximately:

| | <u>Boys</u> | <u>Girls</u> |
|-------------|-------------|--------------|
| Long Jump | 12 feet | 8 feet |
| Triple Jump | 32 feet | 24 feet |

NOTE: Distance from take-off board may be adjusted to accommodate different levels of competition.

2. Fouls
 - a. The jumper shall take off from behind the scratch line or the scratch line extended. It shall count as a trial, but not measured if:
 - 1) The jumper's shoe extends over the scratch line or makes a mark in front of it.
 - 2) A competitor runs across the scratch line or the scratch line extended.
 - 3) Jumpers touch outside the pit behind their mark in the pit.
 - 4) The jumper fails to initiate a trial that is carried to completion within 1-½ minutes after being called.
 - b. In the triple jump, the hop shall be made so that the competitors shall first land upon the same foot with which they have taken off. In the step, they shall land on the other foot from which the jump is subsequently performed. In all other respects, the rules for the long jump shall apply.
3. Measurement
 - a. All legal jumps measure perpendicularly to the scratch line or scratch line extended from landing pit.
 - b. If jumper touches ground outside of pit nearer to the scratch line, it is a fouled jump.
 - c. All measurements are read from the board at the scratch line.
 - d. All measurements are recorded to the nearest lesser ¼ inch.
4. Note
 - a. Any reasonable request for a change in order should be granted.
 - b. Judge may choose to give a competitor preliminary jumps in succession.
 - c. Time limit should be set for all preliminary jumps.
5. Ties
 - a. Higher place awarded to competitor with better second best jump in preliminaries or finals.
6. Competition
 - a. Competitors will have six (6) jumps.
 - b. Each competitor will have three (3) jumps in the preliminary round.
 - c. Three (3) additional jumps per competitor after the field is re-seeded. Competition shall be in reverse order of the best performance in the first round.

NSCIF GAME MANAGEMENT INFORMATION

I. OFFICIALS

A. Meet Scorer

A scorer for the NSCIF Championship Meet shall be chosen by the Track and Cross Country Advisory Committee. This person shall be responsible for the complete team scoring in all divisions and any awards data.

B. Meet Director

The Meet Director shall be the Chairman of the Track and Cross Country Advisory Committee or his/her designee.

II. OFFICIAL BALL

Not Applicable.

III. PLAYER ELIGIBILITY

Any player whose name appears on the official Varsity, Junior Varsity, or Freshman roster for the last league game and who is currently eligible under CIF guidelines is eligible to participate. Junior Varsity competition includes freshman and sophomores only. All athletes must meet one of the following 3 criteria to compete at the section meets (Division or Masters)

1. Have competed at a league Championship meet/match.
2. Have an injury waiver clearing them for not competing.
3. Have competed in at least 2 verified meets/matches during the regular season.

IV. UNIFORMS

The National Federation Rulebook shall be followed.

- A. The track and field uniform consists of a school issued jersey, shorts, *or bodysuit* which is not objectionable to the referee, and shoes, which may be supplied by the contestant. Any other visible apparel must be of a single color and worn under the uniform jersey or shorts. Undergarments worn under the jersey or shorts do not have to be the same color. Shorts may vary in length and style, but must be of the same color for all team members. Each Division (i.e., Varsity or JV), both boys and girls, is considered a separate team. Variance in logos and small side-seam stripes do not constitute a change in color.
- B. When traditional uniforms are not available for athletes due to their size, the Meet Director shall be informed prior to competition. Every effort should be made to wear the school's colors and name.
- C. Competitors should be identified with a school uniform in track and field just as they would in any other sport. Playing rules written for high school competition have consistently stipulated the exclusive wearing of school uniforms. School-sponsored activities should not provide for individual costumes that deviate from the color and style of the uniforms worn by all members of the high school team. ~~The influx of "body suits, thigh huggers, and leotards," has created an unusually large number of requests for guidelines regarding their legality as a "track uniform". Body suits, thigh huggers, and leotards do not meet the rule specifications therefore, cannot be~~

- ~~substituted for the traditional jersey and shorts. In an effort to accommodate new uniform material, "body suits" are permissible provided they are school issued.~~
- D. Rule 4-3-1 stipulates that any apparel (excluding warm-up suits under certain conditions) that is worn in excess of the school uniform, must be worn under the school-issued jersey or shorts, and if visible, restricted to a single color and minus any trim of a second color.
- E. Undergarments of one form or another have traditionally been accepted as a supplement to the school uniform, especially in inclement weather. They sometimes cause problems with the identifying members of a relay team. When undergarments are worn under the jersey or shorts by more than one member of a relay team, those garments must be of the same color for those choosing to wear them, but do not have to be the same length. Undergarments worn under both the shorts and jersey at the same time, must be of single color, but not necessarily the same color. Manufacturers' logos are permitted, but are not to exceed four square inches (1 ½" x 1 ½).
- ~~F. It must be acknowledged that some uniforms may be acceptable for girls' competition but would be deemed objectionable when worn by boys and vice versa. For example, closed leg briefs made of lycra or similar material have generally been found to be acceptable wear for girls, the looser fitting boxer type shorts are the approved uniform for boys. Garments that do not meet the definition of a legal uniform include, but are not limited to, bicycle shorts, thigh huggers, abbreviated thigh huggers, leotards, and similar apparel that may be worn under the track shorts, but not in lieu of them.~~
- G. Jewelry-Contestants shall not wear jewelry that is visible.
- H. *An athlete in violation of uniform or jewelry rules, as noted by any officials at the starting line or at a field event, may be advised by the official of the violation and will be given the opportunity to correct the violation before the start of the race or field event competition provided they do not delay the conduct of the meet. Any athlete who is out of compliance while competing in any event or who refuses to rectify the violation, will be disqualified from that event.*

V. MEET SUPERVISION

The host school shall be responsible for security personnel.

VI. ENTRY FEES (All entry fees are subject to change)

A. League Championship Meets

Each individual League shall set their entry fees.

B. Divisional and NSCIF Championship Meets.

An entry fee in the amount of \$ 6.00 per athlete is charged for the Divisional Championship Meets. ***Do NOT bring checks to the meet. The NSCIF Section Office will bill each schools' athletic director.*** An accurate accounting of participating schools, participating athletes, and meet results should also be ~~mailed~~ *emailed* to the NSCIF Commissioner, by the Meet Director, as soon after the meet as possible. Entry fees must be paid for all qualifying athletes, even if they don't compete. Alternates are not required to pay an entry fee. This fee covers both the Divisional and NSCIF Championships. There will be no refunds. All runners must be

entered on the entry list and accompanied by an authorized coach with proper certification at the Section Meet. (See Appendix A-Form 506 Certification of Authorized Personnel Form).

VII. ADMISSION FEES (All admission prices are subject to change)

Divisional Championships and NSCIF Championship Meet.

| | |
|------------------------------|---------------|
| <i>Adults</i> | <i>\$6.00</i> |
| <i>Senior Citizens (60+)</i> | <i>\$5.00</i> |
| <i>Students (w/ASB card)</i> | <i>\$5.00</i> |
| <i>Elementary (K-8)</i> | <i>\$5.00</i> |

The Meet Director will arrange to admit the following: Supervisory personnel, pep bands, cheerleaders, and credentialed media. Gold Lifetime, State CIF Courtesy Cards and Official Administrative School Passes will be honored.

VIII. HALF-TIME ACTIVITIES

Not Applicable

IX. FINANCIAL REPORT

Following the NSCIF Finals, the Meet Director will forward a financial report to the NSCIF Commissioner's office within 30 days. A 10 % penalty will be imposed on the host school for reports not received within 30 days. (See Financial Report form in the General Information Section of these Guidelines). This report shall include:

1. Gross Receipts
2. Itemized list of all permissible expenses.
3. A check for the net amount after all expenses have been paid. Make checks payable to Northern Section CIF.
4. The host school retains program and concession revenues. (Costs for producing programs will not be reimbursed).

X. PERMISSIBLE MEET EXPENSES

A. The Meet Director, while following season customs, is expected to hold expenses to a minimum. The following are reimbursable expenses:

1. Officials Fees (NSCIF Finals Only)
 - a. Meet Director - \$100
 - b. Meet scorer - \$75
 - c. Starter - *\$100 one starter, or \$75 each for two starters*
 - d. Gate Personnel
 - e. Computerized timing operators (if used).
2. Security*
3. Facility Rental *
4. Ambulance or Medical personnel *
5. Custodial (Must have prior approval by Section Commissioner if exceeds \$ 250)

B. **All other meet expenses must be cleared with the Section Commissioner prior to the meet.**

(Note: Cost for producing programs will not be reimbursed).

* Must have approval by Section Commissioner prior to contest.

XI. PUBLICITY/REPORTING RESPONSIBILITIES

- A. The host school should provide local newspapers with advance publicity of the teams involved in the play-offs, including tournament times and locations as well as any admission prices.
- B. The host school should provide the local newspapers with a summary and highlights of the NSCIF Championship Meet.
- C. Meet participants should provide their own local newspaper with summaries, details, and outcome of the meet.
- D. **It is imperative that all schools report their scores to athletic.net so that the information posted on the website is accurate. Schools are responsible for reporting any errors to either athletic.net or to the Section office (528-9300, FAX 528-9333) before the Section seeding meeting.**

XII. RADIO/TV

The Section Commissioner must approve all commercial radio and TV coverage of section play-off contests. The broadcast fee is \$ 100.00 payable to NSCIF prior to the contest.

XIII. VENDORS

A fee of \$100 at 10% will be charged per vendor payable to prior to any Section Playoff contests where vendors will be present. The Fee will include all Divisional and Section Championships. The fee DOES NOT include Regional and State CIF Contests. Any and all display materials are to be provided by the vendor.

XIV. AWARDS (Track and Field)

The following awards have been approved by the Northern Section. Any additional awards must be approved by the Section office. Additional awards may not have any financial impact on member schools.

Individual Awards (No team awards for NSCIF Finals)

2 ½” Gold Medal for Champion w/Olympic Ribbon RWB (22 Boys and 22 Girls-44 total)

2 ½” Silver Medal for 2nd w/Olympic Ribbon RWB (22 Boys and 22 Girls-44 total)

2 ½” Bronze Medal for 3rd w/Olympic Ribbon RWB (22 Boys and 22 Girls-44 total)

1 ¾” Bronze Medal for 4th and 5th place w/Olympic Ribbon RWB(44 Boys-44 Girls-88 total)

The following awards are each awarded to one girl and one boy:

Robert F. Russell Outstanding Track Performance Award (1 Boy and 1 Girl- 2 total)

Norm MacKenzie Sportsmanship Award (1 Boy and 1 Girl-2 total)

DIVISION I, II, III, AND IV CHAMPIONSHIPS

Division I, II, III, & IV Championship Shadow Boxes (Boys and Girls-8 total)

Division I, II, III, & IV JV Championship Shadow Boxes (Boys and Girls-8 total)

(JV Shadow boxes a smaller size than Varsity Shadow Boxes)

15 Individual Championship Patches (Four Divisions, Boys and Girls-120 total, Varsity only)*

15 Individual Championship Pins (Four Divisions, Boys and Girls-120 total, Varsity only)*

Varsity Individual medals (1st-3rd, 264 Boys and 264 Girls (528 total)

1 ¾” Gold Medal w/Olympic Ribbon RWB (22 Boys and 22 Girls-44 total)

(Division I, II, III, and IV-176 total Gold Medals)

1 ¾” Silver Medal w/Olympic Ribbon RWB (22 Boys and 22 Girls-44 total)

(Division I, II, III, and IV-176 total Silver Medals)

1 ¾” Bronze Medal w/Olympic Ribbon RWB (22 Boys and 22 Girls-44 total)

(Division I, II, III, and IV-176 total Bronze Medals)

J.V. Individual medals (1st-3rd, 264 Boys and 264 Girls (528 total)

1 ½” Gold Medal w/Olympic Ribbon RWB (22 Boys and 22 Girls-44 total)

(Division I, II, III, and IV-176 total Gold Medals)

1 ½” Silver Medal w/Olympic Ribbon RWB (22 Boys and 22 Girls-44 total)

(Division I, II, III, and IV-176 total Silver Medals)

1 ½” Bronze Medal w/Olympic Ribbon RWB (22 Boys and 22 Girls-44 total)

(Division I, II, III, and IV-176 total Bronze Medals)

Note: Maximum of 15 team patches and pins per team. Additional patches and pins may be purchased from the Section Office.

APPENDIX A

Form 506

CERTIFICATION OF AUTHORIZED PERSONNEL

CIF BYLAW 506-WHO MAY COACH

- A. All public school teams must be coached by a person who meets the requirements of the California Education code and the California Administrative Code Title V.
- B. In the case of a non-public school, a person engaged by that school on a yearly contract basis as a regular member of the school teaching staff and certified by the administrator of that school as competent for the position held.

CIF BYLAW 508-OUT OF STATE COACHING CERTIFICATION

Teams of affiliated California Interscholastic Federation member schools must be coached by staff members certified in their own state (for certain schools outside California).

School: _____

School Team: _____

Coach's Name _____

School Phone: _____

Coach's Address _____

(City) (State) (Zip)

I hereby assert and verify that the person named above is authorized by _____ High School to coach the above team and meets the requirements of the above bylaws as of this date.

(Principal signature)

(Date)

(Print Principal's name)

PLEASE MAKE SEPARATE COPIES FOR EACH CERTIFIED COACH

APPENDIX B

COMPETITOR'S LIST

Please list alphabetically all qualifiers entered in the NSCIF Qualifying meet(s). Write Last names first, then first names. Please type or print legibly.

| | |
|-----------|-----------|
| 1. _____ | 21. _____ |
| 2. _____ | 22. _____ |
| 3. _____ | 23. _____ |
| 4. _____ | 24. _____ |
| 5. _____ | 25. _____ |
| 6. _____ | 26. _____ |
| 7. _____ | 27. _____ |
| 8. _____ | 28. _____ |
| 9. _____ | 29. _____ |
| 10. _____ | 30. _____ |
| 11. _____ | 31. _____ |
| 12. _____ | 32. _____ |
| 13. _____ | 33. _____ |
| 14. _____ | 34. _____ |
| 15. _____ | 35. _____ |
| 16. _____ | 36. _____ |
| 17. _____ | 37. _____ |
| 18. _____ | 38. _____ |
| 19. _____ | 39. _____ |
| 20. _____ | 40. _____ |

Total number of entries _____ @ _____ per entry = _____ total amount enclosed made payable to NSCIF Track and Field. This list and entry fee must arrive no later than _____

Coach _____ School _____

League _____ Home Phone _____

**APPENDIX C
RELAY ENTRY FORM**

SCHOOL _____

VARSITY BOYS 4 X 100 RELAY

1. _____

2. _____

3. _____

4. _____

Alt. 1 _____

Alt. 2 _____

JUNIOR VARSITY BOYS 4 X 100 RELAY

1. _____

2. _____

3. _____

4. _____

Alt. 1 _____

Alt. 2 _____

VARSITY BOYS 4 X 400 RELAY

1. _____

2. _____

3. _____

4. _____

Alt. 1 _____

Alt. 2 _____

JUNIOR VARSITY BOYS 4 X 400 RELAY

1. _____

2. _____

3. _____

4. _____

Alt. 1 _____

Alt. 2 _____

VARSITY GIRLS 4 X 100 RELAY

1. _____

2. _____

3. _____

4. _____

Alt. 1 _____

Alt. 2 _____

JUNIOR VARSITY GIRLS 4 X 100

1. _____

2. _____

3. _____

4. _____

Alt. 1 _____

Alt. 2 _____

VARSITY GIRLS 4 X 400 RELAY

1. _____

2. _____

3. _____

4. _____

Alt. 1 _____

Alt. 2 _____

JUNIOR VARSITY GIRLS 4 X 400

1. _____

2. _____

3. _____

4. _____

Alt. 1 _____

Alt. 2 _____

APPENDIX D
NSCIF TRACK AND FIELD APPEALS PROCESS

1. WHAT IS SUBJECT TO APPEAL?
 - A. Misapplication of the rules.
 - B. Clerical or team scoring errors.
 - C. Results involving ineligible participants.
 - D. Failure to follow procedures of competition (time schedule, number of qualifiers to advance, number of trials, etc.).

2. WHAT IS **NOT** SUBJECT TO APPEAL?
 - A. Any judgement decision pertaining to violations of the rules (lane violations, false starts, fouls, trail leg violations, etc.).
 - B. A decision made by the finish judges or timers that does not involve a misapplication of a rule.

3. APPEAL PROCESS
 - A. The head coach must file an appeal in writing to the meet referee or games committee within 30 minutes of the announcement of results. The appeal should include the competitor's name and school, the specific rule in question, and a brief description of the situation.
 - B. The referee or games committee shall immediately notify all coaches of involved athletes that an appeal has been filed.
 - C. The referee will render a decision after gathering all the facts and consulting a National Federation and NSCIF rulebooks and/or casebooks.
 - D. The decision of the referee may be appealed by either coach and sent to the jury of appeals. This committee's decision is final. The referee shall not be a member of the jury.
 - E. In the event that a race must be rerun, the meet referee shall determine who is eligible to participate, and when it shall take place.

Refer to Appeal Procedures in the National Federation CASEBOOK.

Appendix E

2010 CIF

Pole Vault Sign-In/Verification

NFHS Track and Field Rules

Rule 7 Section 5

Pole Vault

Art 2 The vaulting pole may be of any material and of any length and diameter. It may have a binding of not more than two layers of adhesive tape of uniform thickness. However, the bottom of the pole may be protected by several layers of tape, PVC, metal, sponge rubber or other suitable material to protect it when placed in the planting box.

Art 3 The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer. Prior to competition, the coach must verify that all of the schools' pole vaulters meet these requirements.

Art 4 A competitor shall not use a variable pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition.

Meet: _____ Location: _____ Date: _____

| Position | Athlete's Name | School | Weight of Athlete | Coach's Signature | Poles Inspected by Official |
|----------|----------------|--------|-------------------|-------------------|-----------------------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |
| 9 | | | | | |
| 10 | | | | | |