

## **SPRING TRACK AND FIELD BY-LAWS (UPDATE April 9, 2025)**

### **I SPORT: SPRING TRACK AND FIELD**

### **II PREFACE**

- A. The by-laws are written in accordance with the CVAC procedures. It is important that all school be aware of and follow them. This will ensure efficiency in meet management and provide our student athletes with a positive experience.

### **III RULE BOOK**

- A. The NATIONAL FEDERATION OF STATE HIGH SCHOOL ATHLETIC ASSOCIATION (NFHS) shall be the operative rule book unless conference, section or state rules apply.

### **IV TIME OF CONTEST**

- A. Weekday contests are to begin at 4:30 pm unless a change is mutually agreed upon.

### **V OFFICIAL EQUIPMENT**

- A. All equipment shall comply with the NFHS Rule Book.

### **VI UNIFORMS**

- A. All uniforms must be school-issued or school approved and worn as the manufacturer intended. Uniform rules should be compliant with the NFHS rulebook and the NYSPHSAA Handbook.

### **VII ELIGIBILITY AND PARTICIPATION LIMITATIONS**

- A. Athletes may participate in 4 events per the NYSPHSAA Handbook
- B. Each team will declare 3 participants as scorers: only these athletes will be able to score/place for their respective teams. Each team may also declare an alternate who will substitute for a scorer. This substitution must be made before the start of the race/event. All other athletes are eligible to compete in the race/event as non-scorers. In races with heats, a heat will be formed with scoring athletes from each school, all other athletes will compete in non-scoring heats. In relays, 8 participants may be entered but only 4 may actually compete. The relay team (4 athletes) must be declared at the start line before the start of the race. It is the home team's responsibility to declare their relay team first to the finish line official.

## VIII HOME (HOST) TEAM RESPONSIBILITIES

- A. The home team (host) is responsible for properly setting up the meet site to comply with the NFHS rule specifications and safety. This includes (the minimum of) a 6 lane track, long jump, triple jump, high jump, shot put, and discus areas.
- B. The home team (host) is responsible for security and adequate help to safely and efficiently run the meet. This includes timers, people to run the field events, and scorekeepers.
- C. The host team will cover the cost of the officials and will provide them with a separate set of heat sheets for all events that start and finish in different locations (100m, 110H, 100H, 1500m, 200m, 3000m).
- D. Given the complexity of hosting a home meet, the visiting coaches will make themselves available to assist in the running of the meet.
- E. If the host school's facilities are not safe/adequate, all points from that event(s) will be forfeited.
- F. For Dual Meets, the events will be divided into two groups to determine lane assignments (pole), and order of participation for field events. The home team will have the choice of groups. This choice is made prior to the visiting team posting their entries.
  - 1. GROUP 1- 100, 200, 400 HURDLES, 800, 1600/1500, 4X800 RELAY, SHOT PUT, LONG JUMP
  - 2. GROUP 2- 110/100 HURDLES, 400, 4X100 RELAY, 4X400 RELAY, 3200/3000, DISCUS, TRIPLE JUMP, HIGH JUMP
    - a. The home team has the choice of groups; this choice is made prior to the visiting team's posting of their entries.
    - b. Lane assignments will be 1, 3, 5 or 2, 4, 6.
    - c. If the home team chooses group 1 they will have the lane choice in the events within that group. Therefore the visiting team would have the lane choice in the events within group 2, and vice versa.
- G. For double dual meets (three teams scored as three dual meets) the group Assignment will be as follows:
  - 1. GROUP 1- 110/100H, 800, 4X400 RELAY, 400H, DISCUS, LONG JUMP
  - 2. GROUP 2- 100, 200, 1600/1500, 4X800 RELAY, TRIPLE JUMP
  - 3. GROUP 3- 400, 4X100 RELAY, 3200/3000, SHOT PUT, AND HIGH JUMP

## Field Events:

Boys High Jump will begin at 5' and the bar will go up 2" until 5'10". After that the bar will go up 1" at a time.

Girls High Jump will begin at 4' and will go up 2" until 4'10". After that the bar will go up 1" at a time.

In all other Field events the athletes will be allowed 4 jumps or throws, with no finals.

The 100, 200, 400, 400H, and 4x100 Relay must be run in lanes.

The 800, 1600/1500, 3200/3000, and 4x800 Relay should be started on a curve line

The 4x400 Relay should be started on a stagger.

- H. The home team (host) coach will be responsible for reporting the results (final score and winners of the events) to the media.
- I. The home team is to fill out their entries on heat sheets first- then the visiting team will enter their athletes. After this all entries are final. This includes field events.

## IX POSTPONEMENTS AND CANCELLATIONS

- A. Postponements and/or cancellations will be decided by and rescheduled by the Athletic Directors. On site decisions regarding the postponement or cancellations of a meet in progress will be made by the officials assigned to the contest, and/or the Athletic Director.
- B. Meets, which are forced to discontinue, shall recommence at the point of the last completed event. No substitutions shall be allowed at the rescheduled meet unless an entered participant has withdrawn from school, is ill, or is injured. All substitutions must have been previously listed as alternates for that contest. However, upon the agreement of the coaches, the meet can be declared over if the majority of the events have been completed.

## X. OFFICIALS

- A. Officials shall be assigned by the officials' organization(s) and shall be certified. All other meet personnel shall be supplied by the home (host) school and shall be directly supervised by the certified officials. Officials shall be paid according to the contract with the Section and League.

## XI. TIE BREAKERS

- A. In the event of a tied meet the winner shall be determined by:

1. Most number of 1st places, if still tied
  2. Most number of 2nd places (excluding relays), if still tied.
  3. Most number of 3rd places.
- B. The winner shall be declared the winner by one point.

## XII. CVAC DIVISIONS (REGULAR SEASON- LEAGUE MEETS)

- A. CVAC (league) is divided into Division I and Division II.
1. Division I schools are: Beekmantown, Northeastern, Peru, Plattsburgh, Saranac, and Saranac Lake
  2. Division II schools are: Ausable Valley, Lake Placid, Moriah/Boquet Valley, Seton and Ticonderoga.

## XII. PLAYOFFS (not applicable)

## XIV. LEAGUE CHAMPIONSHIPS

- A. League champions will be determined by the best league win/loss record during the regular season. Separate league champions will be named for Division 1 and Division II for Boys and Girls (see XII above).

## XV. AWARDS- Distribution

- A. Ribbons for the top 6 places will be awarded at the Sectional Championship and the top 3 places for the State Qualifier Meet.

## XVI. ADDITIONAL (amended in 2009)

- A. "Section VII records can be set at the sectional meet, the state qualifier meet, the NYSPHSAA State Championship, sanctioned post-season all-star meet, or any meet with five or more schools."
- B. " For individual events, the winner of the state qualifier meet and a 2nd place competitor who has met the state qualifying standard at the sectional meet, state qualifier, or any meet with five or more teams during the season will be eligible to represent Section VII at the NYSPHSAA Championship. A third qualifier may also advance to the state meet if they have met the super qualifying standard under the same conditions. This also includes relays.
- C. Where one team meets another team more than once during the season, the first meeting is the official meet (scored) unless another agreement is reached between the schools involved.

- D. Winners of events from Class B and Class C at the State Qualifying Meet will represent the section at the State Meet. A second athlete or relay team may also advance to the state meet if they hit the standard for a 2nd qualifier at a meet with five or more schools, Sectionals or State Qualifiers. A 3rd qualifier may also advance to the state meet if they hit the super standard under the same conditions.

#### XVII. MEETING OF THE COACHES

- A. A preseason meeting shall be called to prepare for the upcoming season, to review the By-Laws, and to review changes at the state level.
- B. A majority vote of those present will be necessary in making decisions.

#### XVIII. METHOD OF SELECTING ALL-STAR TEAMS

- A. Those athletes who place 1st in their division at State Qualifiers will compose the All-Star Team. Should an athlete or relay achieve the standard for the 2nd place qualifier or the super standard - they shall also be recognized as an all star.

#### XIX. METHOD OF REVISING BY-LAWS

- A. See General By-Laws.

Sectional Meet and State Qualifiers Meet entry procedures:

All times and distances must be obtained during the season and be verifiable.

Entry procedures:

1. For the Sectional Meet each team is allowed 3 entries per individual events and one relay team.
2. For the State Qualifier Meet- The top 6 entries in events run in lanes will be accepted. The top 7 entries (one more than the number of lanes on the track) for Field Events and Distance events (800m and above) will be accepted. If the State Qualifier Meet is held on an 8 lane track then the top 8 entries in events run in lanes will be accepted. For Field Events and Distance events (800m and above) the entrants shall number one more than the number of lanes on the track of the host school.
  - a. An athlete that enters the state qualifier meet must enter with the intent that they will compete at the state meet if they qualify (barring injury, illness or family emergency).

### 3. Championship Meet Management

- a. Coaches may list up to eight athletes for the relays. Athletes may not enter more than four events including relays.
- b. If an athlete is scratched from one event at the scratch meeting (to be held prior to the start of the meet), they are scratched from the entire meet. This does not apply to relay members after checking in with the clerk.
- c. The games committee will consist of the boys' coordinator, the girls' coordinator (or their designee), and three members selected by the host school. The games committee will make all decisions regarding meet management.
- d. The Jury of appeals will consist of the boys' coordinator, the girls' coordinator (or their designee), and three members selected by the host school. Appeals to the jury must be made in writing within 30 minutes after the completion of the event for which the appeal concerns.

State Meet entry procedures:

Must follow NYSPHSAA entry procedures.

All times must be FAT

Sites for Sectionals and the State Qualifying Meet.

1. Sites for Sectionals must have an eight lane track and appropriate facilities.
2. Sites for State Qualifiers- must have appropriate facilities.

NOTES:

1. Six (6) practices are required prior to the first meet (this also applies to modified).
2. Six (6) meets are required for entry into the Sectional Championship as well as the State Qualifier Meet. Any athlete with less than six meets must have a medical waiver approved by the Section VII Executive Director in order to participate in these meets.
3. Modified athletes that have gone through the advanced placement process must be moved up **before the mid-point of their modified season**.
4. All home schools are responsible for preparing the entry sheets. Coaches should understand and use the groupings for lane assignments for dual and double dual meets.
5. Take time to read and understand the by-laws.
6. Coaches should make any schedule changes through their athletic director. The home athletic director is responsible for notifying the scheduler of officials of the change as soon as possible.

7. When proposing any changes to the schedule or rules of the section, please make sure it is for the good of all schools and athletes.