

Article XI – Track & Field

1. PRACTICE
 - A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
 - B. Practice shall not be held on Sundays or Christmas.
2. STARTING DATES – No organized practice for all levels may begin prior to a date established by the CCS — See page 11.
3. COACHING STAFF LIMIT – The maximum number of coaches, paid or volunteer, for track and field is 8 for single-gender schools and 12 for coed schools.
4. GAMES AND GAME LIMITS
 - A. It is considered to be a “game” whenever two schools meet in any competition in any CIF approved sport. The game limit for track and field is 15 meets and/or invitationals for all teams.
 - B. A tournament counts as the minimum number of contests guaranteed.
 - C. An alumni contest shall not be included in the game limit of any sport.
 - D. Games shall not be played on Sundays and Christmas.
 - E. All games shall be played according to the National Federation Rules, except for special changes mandated by the CCS track and field by-laws.
5. STARTING TIMES
Meets are to begin at 3:00 during DST and 2:30 during standard time. Starting times for all meets shall be designated on all schedules and must be observed under the penalty of forfeiture.
6. SCRIMMAGES
 - A. A scrimmage is defined as a practice or athletic exhibition wherein teams from different schools participate and compete, without the benefit of paid officials, timers, or scorers, and no admission is charged.
 - B. A scrimmage shall not involve any costs whatsoever.
 - C. All scrimmages must be listed on a school’s official sports schedule if they are scheduled before the season begins. If a scrimmage is scheduled after the official schedule is printed and distributed, all member schools and the League Office shall be notified within 24 hours.
 - D. All scrimmages shall be included in the official game limit set for each team in each sport.
 - E. Scrimmages may be scouted.
7. SCHEDULE
There shall be a single round of dual League meets each year.
8. ELIGIBILITY
 - A. Moving Up OK, But No Downward Movement After League Begins: No player of a team whose name appears on an eligibility list may be moved to a team of a lower classification once the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other schools.
 - B. Temporary Moves to the Varsity: Once the league begins, players may be moved up to the Varsity for non-league contests. However, the maximum number of contests for that player in a season may not be exceeded.
 - C. Seniors: Senior athletes are not eligible for junior varsity competition.

- D. League Championship Meet
 - 1. Freshmen and sophomores who competed on the varsity level during the dual meet season may be entered in the frosh/soph boys division for the League championship meet. Freshmen, sophomore, and junior girls who competed on the varsity level during the dual meet season may be entered in the junior varsity girls division for the League championship meet.
 - 2. Athletes may not change classification (varsity, JV, frosh-soph) after being seeded in an event in the League championship meet. No re-seeding shall be done.
- E. Season Long Play— 50% Rule
Athletes must participate in at least ½ of all league matches to qualify for CCS playoffs.
This is the CCS 50% rule and specific language can be found on page 21 of the handbook.

9. SPORT-SPECIFIC RULES

- A. Levels of Competition
 - Boys – There shall be varsity and frosh-soph competition.
 - Girls – There shall be varsity and junior varsity competition.
- B. Reporting Dual Meet Results
The host school shall be responsible for compiling the meet results and reporting them to the League Statistician.
- C. School Home Facilities
Schools shall exchange basic ground rules concerning peculiar aspects of their track and field facilities and equipment.

10. POSTPONEMENTS

- A. Postponements of League Dual Meets – These meets shall be rescheduled by the host school, after notifying the Commissioner, at the earliest possible date.
- B. League Championship Meet – This meet shall be rescheduled for the earliest possible date by the track and field Chairman under the direction of the Commissioner.

11. LEAGUE CHAMPIONSHIP

- A. A League championship meet shall be held at least one week prior to the CCS trials.
- B. The League champion(s) shall be decided as follows:
 - 1. The winner of the dual meet competition (i.e., the round robin) shall be declared a champion of the League. If the winner of the dual meet competition does not win the League championship meet, the team that wins the League championship meet shall also be declared a League champion.
 - 2. If two teams tie for first place in the round robin, the team that defeated the other team shall be declared the round robin League champion. If those two teams have tied their round robin meet, they both shall be declared champions.
 - 3. If more than two teams tie for first place in the round robin, then the team that wins the League championship meet shall be the sole League champion.
 - 4. If two teams tie for first place in combined total points in the League championship meet, co-champions shall be declared and equal awards shall be given to the two teams, as well as the team that won the round robin.
 - 5. If more than two teams tie for first place in combined total points in the League championship meet, then the team that won the round robin is the sole League champion.

12. LEAGUE CHAMPIONSHIP MEET

- A. The League championship meet shall be organized and managed by the Athletic Director of the host school, assisted by the Track Chairman, and under the supervision of the Commissioner.
- B. The League championship meet shall be hosted by St. Francis for 2016, 2017 and 2018.
- C. Entries to the League championship meet shall be sent in by the Wednesday, one week prior to the trials.

- D. Games Committee – A Games Committee shall be established by the Commissioner and shall consist of two Athletic Directors, two track and field coaches, and the Commissioner. This committee shall serve as the jury of appeals.
- E. Track trials shall be played on the Saturday prior to the League Finals.
- F. Schools shall be limited to five entries per event and one relay team per relay event.
- G. Team scoring shall be on a 10-8-6-4-2-1 basis.
- H. All members of the same team must wear the same type and color uniform during the League championship meet, in accordance with the National Federation Rules.
- I. The League championship meet shall also determine the qualifiers to the CCS trials.
- J. The number of qualifiers in each event for the CCS trials is determined by the CCS track and field by-laws. The lowest-place qualifier in each event is subject to challenge by an athlete who qualifies under the Hardship Rule.
- K. Hardship Rule
 - 1. A generally accepted outstanding athlete who misses the League championship meet through circumstances beyond his/her control shall be considered for qualification to the CCS trials under the Hardship Rule.
 - 2. Application for consideration shall be presented to the meet director in writing by the coach of the involved athlete before the meet, giving name, event, and circumstance.
 - 3. The Games Committee shall act upon the application immediately following the meet and a decision shall be rendered by a majority vote. This decision shall be final.
 - 4. When a favorable consideration has been granted, the athlete shall compete against the lowest-place qualifier of the meet on a neutral track or field. This competition shall be held on a day and at a time set by the Games Committee in cooperation with the two coaches concerned.
 - 5. Applications based upon illness or injury shall be accompanied by a written statement from a physician.
- L. An outside agency may be used to run some aspects of the trials and finals of the League Championship Meet.

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