

# GHCAA TRACK & FIELD RULES 2016

## General Rules

**THESE RULES MAY CHANGE.** For up-to-date information, visit the GHCAA track website at: [www.ghcaa-track.org](http://www.ghcaa-track.org)

- 1. COMPETITION RULES.** Unless stated otherwise in the following rules, all competition shall be conducted in accordance with the National Federation of State High School Associations Rules Book for Track and Field, 2016 edition.
- 2. ACCESS TO TRACK.** The only persons allowed on the track or on the infield during competition are the following: (1) meet officials, (2) up to 2 coaches from each team, and (3) athletes that are preparing to compete in the event currently contested. Failure to follow this rule may result in disqualification from the ongoing event.
- 3. SEASON START.** Formal track practice can begin no earlier than **February 1, 2016**.
- 4. GRADE LEVELS FOR CONTESTANTS.** There are 3 grade levels, 2 genders for competition: Boys and Girls at 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> Grade Levels.
- 5. GRADE LEVELS.** No athlete can compete at a grade level below his/her current grade, as established by GHCAA Bylaws. Competition at a higher level, however, is allowed. If an athlete competes at a higher level, he/she must compete at that level for that entire track meet. For qualification in the Championships, times or distances will be registered only at the grade level at which the performance was achieved. All participants must be fulltime students at the school they are competing for.
- 6. INDIVIDUAL PARTICIPATION.** Any individual participating in the GHCAA Track & Field meets must be part of a team that has met the requirements of team participation (see Rule #7 below, i.e. must attend mandatory meetings). As per GHCAA league rules all athletes must attend the school they are competing for.
- 7. REGISTRATION DEADLINES.** Teams must submit their initial rosters no later than February 28th. In the week prior to any meet, an athlete must be registered no later than midnight Sunday in order to compete on the upcoming Saturday. **No athletes may be added after April 10th, 2016.**
- 8. MANDATORY MEETINGS.** In order to compete in GHCAA Track & Field, all schools must have a representative at the Track Coaches meeting in order to be eligible for the season or pay a \$25 fine.
- 9. DECLARATION OF COACHES.** Prior to the season, all teams must register coaches with the league. This list will be limited to four (4) persons per school, one of which shall be designated as the Head Coach. Only the HEAD Coach can submit a protest. Only the 4 designated coaches shall be allowed on the field of competition.
- 10. MAXIMUM NUMBER IN EACH EVENT.** Each school shall be allowed a maximum of three contestants in each individual event per Division. This rule applies for all meets **including** the Championship Meet.
- 11. EVENT LIMITATIONS.** Athletes may compete in no more than four (4) events. No more than three (3) of these can be running events. Relays count as one of the three events if the athlete runs on the relay.
- 12. SEEDING.** Heats will be seeded based on coaches nominating their 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> seed on the entry form. Seeds will be random among a ranking, i.e. all #1 seeds are random but ahead of all #2 seeds, etc. \*A weaker athlete may be entered as a #2 or #3 seed even if there is nobody from the school entered above them.
- 13. POINTS.** Individual events score 10-8-6-4-2-1, relay events score 20-16-12-8-4-2.
- 14. FEES.** Fees must be paid in full by February 28th. The fee for 2016 is \$25.00 per athlete entered, for the entire season. If an athlete joins the team at any point in the season, the fee remains at \$25.00. Fees are not transferable between athletes. All fees for late-additions to the roster **MUST BE PAID by April 13<sup>th</sup>** or the added athlete will be ineligible for the Championships.

**15. ROLLING SCHEDULE.** All meets follow a rolling schedule. This means that as one event concludes, the next one on the schedule begins. All schedules posted prior to the meet are to be taken as approximate start times.

**16. NUMBER OF RELAY TEAMS.** Except for the Championships, schools may enter up to 3 relay teams per division. Each team is eligible to win an award; however, only one team may score points in that grade/gender.

**17. RELAY DECLARATIONS.** For entry purposes, relay teams are allowed to enter up to two alternates, for a maximum of 6 runners on a relay team.

## Meet Entries

**1. DEADLINES FOR ENTRIES.** 7:00 PM on the Wednesday prior to the meet

**2. SCRATCHES OR ADDS.** Revised meet entries may be submitted up until noon on the Friday prior to the meet. No further adds will be allowed after that.

## Events

### RUNNING EVENTS:

ORDER: G6 - B6 - G7 - B7 - G8 - B8 (except hurdles)

- 1) 1600m run (Grades may be combined if there are minimal runners in a grade)
- 2) 100 m hurdles (30" Girls & 6th grade Boys, 33-inch/110 m Boys 7 and 8 grades)
- 3) 4X100 m relay run in lanes
- 4) 800 m run, waterfall start
- 5) 100 m dash, run in lanes
- 6) 4x200 m relay run in lanes
- 7) 400 m dash, run in lanes
- 8) 200 m dash, run in lane
- 9) 1600 relay, start in lanes, break to inside lane after 1 lap

FIELD EVENTS: rotation system

shot put – boys 8-pound and girls 6-pound

discus – 1 kg boys and girls

long jump

## GHCAA League Championship Qualifying/Heat Seeding

**1. FORMAT.** The League Championship shall be conducted using a qualifying performance system, with a qualifying meet a week or two prior to the Finals Meet.

**2. TEAM PARTICIPATION RULE.** In order to be eligible for the league finals, **each school must participate in at least two meets** prior to the GHCAA Final Meet.

**3. NO RINGER RULE.** To be eligible for the Preliminary Meet, each athlete entered must have participated in at least one other GHCAA track meet, this includes relay participants.

**4. QUALIFICATION FOR CHAMPIONSHIP MEET.** Qualification for the GHCAA Championship will be made according to the following criteria, per division:

- Top 8 finisher in the Preliminary Meet

**5. CHAMPIONSHIP MEET AWARDS.** The Championship Meet will be scored in two divisions, although competition will be held without regard to division. The awards at the Championship Meet will be as follows:

- Two divisions – one division for Small Schools and one division for Large Schools, based on Junior High enrollment.
- Each division will have six teams: 6th grade girls, 6th grade boys, 7th grade girls, 7th grade boys, 8th grade girls and 8th grade boys.
- Each division will have an overall team winner. Team Trophies will be presented to the Top 3 teams in each division – Boys/Girls and Large/Small schools.