Commission on Athletics

Track & Field Guide

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Track & Field

Coaches Association President

Pam Kelley
Bakersfield College
1801 Panorama Drive
Bakersfield CA 93305
Phone: (661) 395-4259
Fax: 661.395.4379
Email: pkelley@bakersfieldcollege.edu

COA Sport Representative

TBA

Commission on Athletics

2017 "O" Street
Sacramento CA 95814-5285

Phone: (916) 444-1600
Fax: 916.444.2616
Sports Information Fax: 916.492.0877

URL: www.coasports.org

COA Staff:

Carlyle Carter
Executive Director
Commission on Athletics
email: ccarter@coasports.org

Debra Wheeler
Director of Championships
email: dwheeler@coasports.org

David Eadie
Director of Marketing/Communication
email: deadie@coasports.org

Judith Centlivre
Executive Assistant/Office Manager
email: jcentlivre@coasports.org

Rima Trotter
Staff Assistant
email: rtrotter@coasports.org

POSTCONFERENCE COMPETITION

All rules and regulations set forth in this guide are subject to review and modification by the Commission on Athletics (COA).

1. MEN'S & WOMEN'S TRACK & FIELD

1.1. REGIONAL MEET

A. DATES—Following conference competition, there shall be two (2) regional meets (one [1] north and one [1] south) with the finals contested during the second week of May.

B. SITES—Insofar as the availability of facilities permit, the sites for the Northern and Southern California regional meets may be rotated among conferences located in each region. The establishment of regional meet sites is the responsibility of each Regional Track and Field Rules Committee.

C. COMBINED EVENTS—The regional heptathlon/decathlon competitions shall be held on a date separate from the regional championships. The Regional Rules Committee shall determine the meet site and date two (2) years in advance of the meet.

D. Qualifying marks to the Southern California Track & Field Trials will be set by averaging the 27th qualifier from the past two (2) Southern California Trials. If there are not 27 in an event, the last qualifying marks in those events from the past two (2) years will be averaged.

E. Qualifying to the Northern California Regionals

Qualifying marks to the Northern California Track & Field Trials are set annually at the December meeting by the Northern California Representatives. These qualifying marks are stated on the Northern California Community College Track & Field Qualifying Standards which are posted on the Northern California Community College Cross Country and Track & Field website. 4/5/07

1.2. STATE CHAMPIONSHIP MEET

A. DATE—(See COA Bylaw 3.11.)

B. SITE—(See COA Bylaws 6.8.6 and 6.14.3.) The state championship site shall alternate between north and south colleges unless otherwise determined by the California Community College Cross Country and Track & Field Coaches Association (CCCCCTCA) with approval of the Commission on Athletics (COA) Track Representative.

Two (2) years in advance, the host Regional Rules Committee shall recommend the site of the next state championship to be held within its region. The meet site shall be voted on by the general voting body of the CCCCCTCA as a postconference competition issues. The Board of Directors shall recommend the meet site for final approval from the Commission on Athletics (COA). 4/5/07

1.2.1. QUALIFIERS TO THE STATE MEET

A. LANE EVENTS—The first four (4) place winners from the respective Northern and Southern California regional meets shall qualify for the state meet in the following events:

Men's: 100 meter, 200 meter, 110 meter high hurdles, 400 meter intermediate hurdles, 400 meter, 800 meter, 400 meter relay, and 1600 meter relay

Women's: 100 meter, 200 meter, 400 meter, 100 meter hurdles, 400 meter hurdles, 800 meter, 400 meter relay, and 1600 meter relay

When the state meet site facility has more than eight (8) lanes, the additional empty lane(s) shall be filled by the fastest available place regional finisher(s). 4/5/07

In cases of ties for the fourth qualifying position to the state meet, both contestants shall qualify unless a tie also exists in that same event from the other regional meet. In that event, the Executive Board of the CCCCCTCA shall determine the method of resolving a tie.

B. NON-LANE EVENTS—The first six (6) finishers from each regional shall qualify to the state meet in the following events:

Men's: 1500 meter, 3000 meter steeplechase, 5000 meter, and 10,000 meter 4/5/07

Women's 1500 meter, 3000 meter steeplechase, 5000 meter, and 10,000 meter

C. FIELD EVENTS—The first six (6) finishers from each regional shall qualify to the state meet in the following events:

Men's: pole vault, high jump, triple jump, long jump, shot put, discus, javelin, hammer throw, and decathlon

Women's: pole vault, high jump, triple jump, long jump, shot put, discus, javelin, hammer throw, and heptathlon 4/5/07

In cases of ties for the sixth and final qualifying position, the NCAA tie-breaking procedures shall be used. In the high jump and pole vault, the sixth-place tie shall be viewed as a first-place tie in using the NCAA tie-breaking procedures so that only six (6) athletes in each event from each regional meet qualify. In the case of a tie for the final qualifying position, qualifying athletes for the tie-breaker must report to the competition site and participate in the tie-breaker. Failure to do so will disqualify the athlete from the tie-breaker. 4/5/07

D. DECLARING ATHLETES—All athletes whose place finish in the regional qualifies them for the state championships are automatically declared unless scratched by 10:00AM on the Tuesday preceding the State Championship to the regional chairs and to the meet manager. 4/5/07

E. DECLARING ALTERNATES—The deadline for declaring alternates to the state meet from each regional meet shall be to the meet manager of the state meet no later than 12:00 p.m. of the Tuesday preceding the state meet. 10/21/05

F. An insert should be included in the state championship program to reflect the entry changes to include the alternates.

1.2.2. SEEDING

The meet manager and meet committee shall determine the lane assignments using the formulas below:

A. Lane Events 4/5/07

Lane assignments for the following races will follow one of three (3) formulas:

1. 8 Lanes (fastest to slowest participants): #4, #5, #3, #6, #2, #7, #1, #8
2. 9 Lanes (fastest to slowest participants): #5, #6, #4, #7, #3, #8, #2, #9, #1
3. 10 Lanes (fastest to slowest participants): #5, #6, #4, #7, #3, #8, #2, #9, #1, #10

These formulas apply to the: 100 meters, 200 meters, 800 meters, 100-meter hurdles, 110-meter high hurdles, 400-meter hurdles, 400-meter intermediate hurdles, 400-meter relays, 1600-meter relays.

This information will be posted on regional track and field websites.

B. Non-Lane Events 4/4/07

Men's: 1500-meter, 3000-meter steeplechase, 5000-meter, 10,000-meter,

Women's: 1500-meter, 3000-meter steeplechase, 5000-meter, 10,000-meter

Random seeding (as determined by meet manager software) will be used for all running events from the 1500-meter and up.

C. ALL FIELD EVENTS—The meet manager and meet committee shall determine the order of competition by the following formula:

1. Order of Competition:

   Competition order shall be arranged from worst to best in preliminary rounds regardless of region.

2. Horizontal Jumps and Throwing Events:

   a. Trials—All competitors are placed into one (1) flights of twelve (12) during the trials. They shall receive three (3) attempts each in the trials section of the competition.

   b. Finals—Following the trials, nine (9) athletes shall qualify to the final round and be awarded three (3) additional opportunities. Their order of competition shall be determined by their marks in the preliminary rounds with the last qualifier competing first and the first qualifier competing last. All athletes compete in one (1) flight during the finals. 4/5/07

1.2.3. CONDUCT OF REGIONAL AND STATE MEETS

A. RULES OF THE MEETS—The meets shall be governed by the NCAA rules for both the men's and women's events except where provided by the CCCCCTCA with approval of the COA. Uniform tops shall have one of the following forms of identification placed on the front of the school-issued uniform: college initials, college name, college mascot name, college logo or symbol.

B. The meet managers shall be designated by the COA track & field representative with input from the CCCCCTCA president and the athletic director of the host college.

C. Meet managers shall distribute meet information to colleges four (4) weeks in advance of the meet. This information shall include the approved time schedule, all technical information needed by the coaches for all events, (including runway length and type, spike length and type, weigh-in times and dates, facility availability for practice, protest procedures, make-up of the games committee and make-up of the onsite protest committee) and all other information relative to the conduct, scoring, awards, dressing facilities, and entry fees. 10/21/05 4/5/07

D. Meet managers shall appoint or employ all officials needed for the appropriate management and administration of a championship meet. The following items shall be included: 4/5/07:

1. Double automatic timing with battery back-up shall be used at the finish line of all regional and state competition. 4/5/07
2. A video system shall be used to record events and assist the meet committee; any video tape or photo can be used when it aids in rendering decisions concerning protests.
3. A starter and recall starter.
4. An experienced announcer.
5. Two (2) clerks of the course.
6. A meet referee who will enforce and interpret NCAA and CCCCCTCA rules independent of any protest committee.
7. A head field judge shall check all field results before they are submitted for tabulation.
8. A qualified official with authorized official weighing and measuring equipment to verify the weight and size of all field event implements.
9. At least two (2) finish judges.
10. Marshals and security officers to keep the field clear of non-competing persons and to ensure stadium safety.
11. One (1) head field official and at least one (1) assistant official for each field event who are qualified to administer the event.

12. Staff to develop the meet results for distribution immediately following the meet. In addition to their distribution after the competition, results are to be placed onto the Internet.
13. Additional assistants required to ensure the championship caliber and quality of the meet under NCAA and COA Constitution and Bylaws rules.
14. The games committee will determine the starting height for pole vault, but will use 1" and 7" heights for opening heights (example: 14'1" must be the opening height, not 14'0" or 14'2" if the games committee were to decide to start at the 14'0" height). 4/5/07
15. The games Committee will determine the starting height for high jump, but will use odd inch heights for opening heights (example: 5'1" must be the opening height, not 5'0" or 5'2" if the games committee were to decide to start at the 5'0" height).

E. GAMES COMMITTEE—At the state championship, there shall be a games committee consisting of the regional chairs and the meet manager. In addition to its other duties, the games committee shall select the outstanding male and female athletes of the meet. 4/5/07

1. At the regional championships, there shall be a games committee consisting of the regional chair and one representative from each conference. 4/5/07

F. Safety—All efforts should be made to provide a competitive meet environment with the utmost regard for the safety of the athletes, officials, and spectators.

G. Event Administration

1. RUNNING EVENTS—
   a. The 1600-meter relay shall be run in lanes around the first three (3) turns.
   b. The 800-meter run shall be run in lanes around the first turn only.
2. FIELD EVENTS—
   a. In the pole vault and high jump, a final decision regarding the starting heights and runway direction shall be determined by the games committee, with the assistance of the meet manager, a minimum of 60 minutes prior to competition. 4/5/07
   b. It is recommended that all field events be recorded metrically. Record-setting performances must also be measured metrically. Results must be posted in English measurements. 4/5/07
3. COMBINED EVENTS— 10/21/05
   a. It is recommended that two (2) equivalent facilities be available for the pole vault competition during both regional and state decathlon meets.
   b. During the state meet combined events competition, the men's 1500 and the women's 800 shall be run in one (1) section each.
   c. Provisions should be made to provide competing athletes with adequate shade.
   d. The combined events shall be measured metrically.
   e. For the women's heptathlon 800, a waterfall start shall be used in cases when a single lane is not available for each competitor.

H. Scoring—All events shall be scored for eight (8) places using the 10-8-6-5-4-3-2-1 system.

I. The 5CTCA shall record and post all results on regional websites following the meet. Official results shall be made available to the COA sports information director in the COA office immediately following the meet. The COA will post results or a link to results on the COA website. 4/5/07

1.2.4. FINANCES OF THE STATE MEET (SEE COA BYLAWS 6.8, 6.14, 6.15, AND 8.1.)

A. Meet management is responsible for following the guidelines and procedures for postconference competition as outlined in the COA Constitution and Bylaws, COA Postconference Competition Event Manager's Manual, and this guide. This material addresses specifics of finances, entry fees, concessions, etc.

B. TICKET INFORMATION—Host colleges are expected to do all within their power to derive income during postconference competition. Host colleges may use this income to defray costs of meet administration. The following ticket information shall be used:

The price of admission in all rounds shall be a minimum of: 4/5/06

1. $8.00 - All seats except,
2. $5.00 - All identified students, faculty, staff, senior citizens, and children under 12 years of age.
3. Current CCCCCTCA Membership Cards and COA Lifetime Passes shall be honored for entry. There shall be no other passes honored. No student, parent, conference, or any other passes shall be accepted for this meet. It is important that this notice be publicized prior to the meet. Meet expenses must be defrayed.

1.2.5 AWARDS (SEE COA BYLAW 7.2)

A. Any additional awards shall not be paid for from entry fees and/or gate receipts. Outside sponsorship money may be used for additional awards beyond 4th place. Historically, outside funding has been obtained to cover the cost of additional awards for the state meet champion of each event. Medal awards for 5th through 8th places will be ordered and ***purchased by the CCCCCTCA membership***.

B. Awards shall be given to the outstanding male and female athletes of the meet: one (1) each for track athlete and field athlete. These four (4) awards shall be paid for by the CCCCCTCA.

1.1.2.6 RECORDS AND RESULTS

Records and results of all events in the regional and state meets shall be maintained and kept up to date by each meet manager. They shall be forwarded with any additional information relative to the meet operation to the next meet manager.

1.1.2.7 EVENTS

A. The following are the events which may be run and scored in the state meet:

MEN'S FIELD EVENTS

Javelin
Pole Vault
Long Jump
Triple Jump
High Jump
Shot Put
Discus
Hammer Throw
Decathlon

WOMEN'S FIELD EVENTS

Javelin
Pole Vault
Long Jump
Triple Jump
High Jump
Shot Put

Discus
Hammer Throw
Heptathlon

MEN'S TRACK EVENTS

10,000 Meter
3000 Meter Steeplechase
400 Meter Relay
1500 Meter
110 Meter High Hurdles
400 Meter
100 Meter
800 Meter
400 Meter Intermediate Hurdles
200 Meter
5000 Meter
1600 Meter Relay

WOMEN'S TRACK EVENTS 4/5/07

10,000 Meter
3000 Meter Steeplechase
400 Meter Relay
1500 Meter
100 Meter High Hurdles
400 Meter
100 Meter
800 Meter
400 Meter Low Hurdles
200 Meter
5000 Meter
1600 Meter Relay

B. Order of events

1. Track events—for each regional, final, and state competition; all of the running events will be contested as finals on the same day with the one exception of the men's and women's 10,000 meter finals. Except for the 10k, the order of events shall be the same as recommended in the NCAA Rule Guide for "outdoor meets without preliminary heats," unless altered by the games committee by February 1 of that season, based on facility requirement, weather, safety, etc. 5/4/07

2. Field events—the order and time schedule will be presented to the appropriate regional committee for approval, based on facility requirements, weather, safety, etc.

C. All coaches, spectators, and non-competing athletes shall remain off the infield and track during the regional and state meets.

2. GENERAL GUIDELINES FOR POSTCONFERENCE COMPETITION (PC)

2.1. ON-SITE HOST ADMINISTRATORS FOR PC EVENTS (SEE COA BYLAW 6.12)

2.2. ON-SITE PROTEST COMMITTEES FOR PC EVENTS (SEE COA BYLAW 6.13)

2.3. FINANCIAL CONSIDERATIONS (SEE COA BYLAWS 6.8, 6.14, 6.15, AND 8.1.)

Excerpted from the COA Constitution and Bylaws, Bylaw 4:

4.3 Decorum

4.3.1 Decorum at California community college events is the responsibility of all participants. For the purpose of this policy, the following definitions apply:

A PARTICIPANT — is a player, coach, team member, team attendant, official, or college staff member.

B. DISQUALIFICATION — is removal from an event for an accumulation of personal or technical fouls, yellow cards, etc. and is not under the jurisdiction of this policy, but are covered by the rules of the sport.

C. EJECTION — is defined as the immediate removal from further participation in an event as a result of abusive, verbal or physical behavior.

1. First Offense: In addition to immediate ejection from the contest, the individual shall be suspended from the following contest. Each ejection shall be reviewed by the conference commissioner to determine if the ejection is a "strike" and covered by this policy.
2. All ejections shall be treated as first offenses unless a previous "strike" has been declared by the conference commissioner.
3. Second "strike" (same Individual): In addition to immediate ejection from the contest, the individual shall be suspended from all remaining contests including PC.
4. Determination of whether or not an ejection is a "strike" may only be appealed to the conference appeals board. A decision by the conference appeals board is final.

D. VERBAL OR ABUSIVE BEHAVIOR — is defined as, but not limited to: unsportsmanlike tactics, such as using profanity or vulgarity, taunting, spitting on an opponent, ridiculing, pointing a finger, making obscene gestures, throwing gang signs, baiting of opponents, or inciting undesirable crowd reactions which results in ejection.

E. PHYSICAL ABUSE — is defined as any physical act that results in ejection.

F. EVENT — is defined as the time a visiting team or participant arrives at the site until the time the visiting team or participant leaves the site.

G. FOR WATER POLO: Game disqualification — The official may issue a participant a disqualification which results in disqualification from that contest for overaggressive play or actions that are unacceptable within the spirit of the rules and are likely to bring the game into disrepute. All applications of the rule per the NCAA Rule Book.

(Adopted: April 6, 2007; Effective: July 1, 2007)

4.3.2 Where official playing rules and COA decorum rules differ, the most stringent rules shall be enforced.

4.4 Punishment for Physically Assaulting Officials

Physically assaulting or attempting to physically assault an official shall result in immediate ejection and the individual shall be disqualified from participation in California community college athletic activities for a period of sixty (60) months.

4.5 Punishment for Leaving Bench Area

Coaches or participants entering the field of play from the bench area in reaction to a confrontation shall be ejected and punished as outlined in Bylaw 4.3. If, in the opinion of the officials, a coach going onto the field of play was helpful to the officials in the effort to control players, the penalty against the coach may be waived.

4.6 Punishment for Violation of the Tobacco and Substance Abuse Policy

4.6.1 The use or possession of any form of tobacco, alcohol, or other controlled substances by any participant during California community college-sponsored athletic activity shall be punished by ejection.

4.6.2 Ejection for violation of Bylaw 4.6 shall be the same as those outlined in Bylaw 4.5.

4.7 Reporting of Ejections

4.7.1 Within 24 hours after a contest where there has been an ejection of a player or a participant, the coach of the team shall report the names and circumstances to the athletic director who, in turn, shall immediately inform the conference commissioner. Failure by a coach to report shall be penalized the same as in Bylaw 4.3 and 4.4. Failure of an athletic director to report may be referred to the conference commissioner for disciplinary action. Conference commissioners shall cause the report of ejections to be sent to the next team on the college's schedule.

4.7.2 Coaches or team attendants penalized by any of the above rules are prohibited from participation during a game only, not from carrying out assigned non game responsibilities.

4.7.3 Each person participating in a California community college athletic event shall receive a copy of this decorum policy and provide a written acknowledgment of understanding.

Sports Information:

If your college does not have a sports information professional to assist you, the California Community College Sports Information Association (CCCSIA) has compiled the following to help you better serve your student athletes.

Prior to the start of each season, each coach should provide a *complete* roster (in column order: Number, Name, [first, then last], Position, Height, Weight, Year of Eligibility, Hometown, High School) to his/her college's sports information office or whoever handles sports information functions (public information, athletic secretary, athletic director, etc.), his/her sport's state statistician and the COA office. Updates should be sent as necessary.

The coach and his or her staff should also know who the local media are and have a directory (phone and fax numbers) of those media outlets. Results of each contest should be reported to the local media regardless of the outcome (win, lose, tie, rainout postponement). The coach is responsible for making sure adequate statistics are being kept on each contest and that a copy of those statistics can be provided to members of the media following each contest. Members of the California Community College Sports Information Association (CCCSIA) have adopted the NCAA standards for statistical reporting.

Coaches should also be willing to serve as ambassadors for their colleges and for the good of the entire community college athletic scene, working closely with their own sports information director, the opponent's sports information director, and the media covering the contest.

The CCCSIA was created in part to help provide direction in the practice of sports information. For other information on sports information responsibilities, questions on various functions of the sports information professionals, or training and instructions for individuals who will be handling sports information responsibilities, please contact a member of the CCCSIA Executive Board.

CCCSIA Executive Board:

President	Pete Schuler pschuler@cuesta.edu	Cuesta College	Phone: 805.546.3211
President Elect	Jerry Hannula jhannula@saddleback.edu	Saddleback College	Phone: 949.582.4490
Past President	Fred Baer Frdbaer@aol.com	JC Athletic Bureau	Phone: 650.345.4114
Secretary/Treasurer	Robert Lewis rmlewis@pasadena.edu	Pasadena City College	Phone: 626.585.7018
Special Representative	Pat Kelly Kelly.p@mccd.edu	Merced College	Phone: 209.384.6116