

GHCAA TRACK & FIELD RULES 2011

General Rules

- 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, 2010 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 1st, 2011.
- 4. GRADE LEVELS FOR CONTESTANTS.** There are 3 grade levels, 2 genders for competition: Boys and Girls at 6th, 7th, and 8th 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).
- 7. REGISTRATION DEADLINES.** Teams must submit their initial rosters no later than February 18th. In the week prior to any meet, an athlete must be registered no later than Wednesday in order to compete on the upcoming Saturday. Final additions may be made to the **roster no later than March 23rd**.
- 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 submit a list of persons designated as coaches. 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. 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 in the relay.
- 12. SEEDING.** Heats will be seeded based on coaches nominating their 1st, 2nd, and 3rd 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 26th. . The fee for 2011 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 6th 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 rosters 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, 33" Boys 7 and 8 grades) 13m to first hurdle, 8.5m between hurdles
- 3) 4X100 m relay run in lanes
- 4) 800 m run, waterfall start
- 5) 100 m dash, run in lanes
- 6) 400 m dash, run in lanes
- 7) 200 m dash, run in lane
- 8) 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, NO PRACTICE (RUBBER) DISCS in competition!

long jump

GHCAA League Championship Qualifying/Heat Seeding

- 1. FORMAT.** The League Championship shall be conducted using a qualifying performance system.
- 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 Championship 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:
 - Any individual with a performance that ranks among the top 16 performances in that event
 - Each school may enter one relay team
- 5. ENTRIES TO THE CHAMPIONSHIP MEET.** **All coaches must submit their entries to the Championship Meet no later than Tuesday April 12th.**
- 6. 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 schools with **0 – 39** athletes and one division for schools with **40 or more athletes.**
 - 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.