

## **MEN'S AND WOMEN'S TRACK AND FIELD**

### **13.00 GOVERNING RULES**

The National Federation rules shall govern all play except whereas modified by C.I.F. or Sac-Joaquin Section.

### **13.01 CONTACTS**

A maximum of 2 meets per week, including invitationals, with an exception for rainouts. A maximum of two (2) scrimmages (time trials) will be allowed.

### **13.02 START DATE**

Starting/Ending date will be designated by the CIF/Sac-Joaquin Section.

### **13.03 START TIME**

Starting time for frosh/soph and varsity dual or tri-meets will be 3:30 p.m.

### **13.04 PLAYER CLASSIFICATION**

Prior to league play an athlete may move up or down in classification. During league competition an athlete may also move up or down in classification for the league center meets and the league championship meet.

### **13.05 RULES OF THE SPORT**

- A. The host team is responsible for reporting the final results to the Sacramento Bee.
- B. The order of events in league dual/tri meets will follow the old section order of events (sprint hurdles first) with the exception of all classifications of 3200 meters, which are to be run before the 4 x 400 relays. (see appendix for order)
- C. There will be no limitation to the number of entrants per event in the league championship meet.
- D. The league championship will be determined by the school that accumulates the most points using the following formula.
  1. One point for each dual meet won
  2. Tri-meet: one point for each team defeated. (scoring per C.I.F. rules)
  3. One point awarded for each school defeated at league finals.

### **13.06 ALL-LEAGUE AWARDS AND SELECTION PROCESS**

All-League individual selections will be determined by the first place finishers in each individual event at the championship meet. First place relay teams will also be considered all-league. Individuals are limited to one all-league patch regardless of the number of first place finishes he/she may earn. The coach of the year will be selected by the coaches. One individual per school shall be selected for the Sportsmanship Award (not a member of the all league).

### **13.07 POST-SEASON QUALIFICATION PROCEDURE**

Post-season qualification is determined by the Sac-Joaquin Section.