

**ARTICLE 290
TRACK AND FIELD**

2900. EXHIBITION EVENTS

Exhibition events may be staged by the host CIF Section, if approved by the Federated Council, using athletes from that Section only. The javelin, hammer throw and steeplechase events are not to be conducted in CIF track and field competition.

2901. LANDING SECTOR FOR DISCUS AND SHOT PUT

For safety reasons, the landing sector for both the discus and shot put will be changed to 34.92 degrees, and furthermore, a clearly marked safety area be maintained at 60 degrees in order to increase safety for participants, officials and spectators. The present width of area for restraining spectators and other athletes, not throwing the shot or discus, will remain the same as per National Federation rules. (Revised 2007 NFHS)

2902. AT-LARGE ENTRIES

An athlete shall earn an at-large entry into the State Championship if his/her mark at the final section competition (which qualifies entrants to the State Championship) is equal to or better than the average of the ninth place qualifying marks to the State Championship finals from the three (3) most recent years. (Approved May 2000 Federated Council)

2903. RULES

All outdoor track and field competition in the CIF Southern Section will be conducted under National Federation rules unless otherwise provided herein.

<>2904. STARTING DATES FOR INTERSCHOLASTIC CONTESTS

No interscholastic meets (non-league, invitational, or league) may be scheduled prior to February 24.

<>2905. SCRIMMAGES – Reference State CIF Bylaw 1206.B and 1206.C (Page 132)

2905.1 SCRIMMAGES: In the CIF-SS an interscholastic scrimmage in track and field is a training session between a minimum of two schools where no score is kept, free substitution, spectators are not urged to attend, and officials are not paid. (See Q & A following Bylaw 220.8 for definition.)

2905.2 Schools are permitted two interscholastic scrimmages which may not be held prior to February 16 and must be held prior to the team's first interscholastic contest (non-league, league or tournament).

#2906. MAXIMUM CONTESTS

An individual of a track and field team will be permitted to enter and participate in no more than a total of 13 dual, triangular or invitational (sanctioned) meets during the season, not including all league or CIF Southern Section championships.

#2907. MAXIMUM NUMBER OF MEETS/DAY

No student will be permitted to enter two different meets on the same day. A student may compete in different classifications during a calendar week but not in the same meet. League prelims and finals are considered to be one meet, as are the CIF Southern Section prelims and finals.

#2908. MAXIMUM NUMBER OF EVENTS

A student may enter a total of not more than four events in any one meet. These events may be four track events or four field events of any combination of track and field events totaling not more than four.

<>2909. END OF COMPETITION

All league competition for entries for both boys' and girls' teams must end on or before April 26. Schools may compete until April 27 for non-league contests.

QUESTION: Will contest(s) played after the completion of league play and/or submission of league entries impact our seeding or rankings?

ANSWER: No, once the league entries have been submitted a school will be seeded and ranked based on a team's results as of April 26.

#2910. SUMMERTIME RULES/SUMMER DEAD PERIOD/SPORTS CAMPS

#2910.1 With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students registered and/or attending their respective high school or entering them in summer competition, provided approval is received from the school principal.

QUESTION: Who may participate in high school summer athletic programs approved by the principal?

ANSWER: Only students registered for the upcoming school year in grades 9 through 12. Additionally, it would be a violation to allow elementary students (8th grade and below) to participate with the high school team. For students enrolled in more than one school, all summer practice and competition must be confined to one school.

#2910.2 High schools may sponsor sport camps and/or allow non-school sponsored sport camps to use their facilities.

- * High school students and individuals from the general community can attend.
- * The high school name, nickname and identifying marks can be used in the title and/or promotion of the camp.
- * The principal of the high school must give permission for the camp to take place; non-school sponsored camps must secure a facility permit for use of any facilities and equipment.
- * The camp must comply with all CIF rules, including those pertaining to undue influence and dead period.
- * Non-school sponsored camps should provide required liability insurance for the use of any school facilities.

<>2910.3 A summer dead period must be declared by the school principal for all sports. The dates of the dead period must be forwarded to the Southern Section Commissioner. The dead period must be the same for all levels and must be three (3) consecutive weeks between the end of school or the last Friday in May, whichever is first, and the last Monday in August. No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.

During the dead period, weight lifting ONLY would be permitted. No running or other type of conditioning would be allowed.

Special nationally recognized programs in various sports that require a national or regional championship format, such as Bobby Sox Softball, American Legion or Mickey Mantle Baseball, etc., would be allowed to continue, until completion, during the dead period.

#2911. OUTSIDE COMPETITION BY AN INDIVIDUAL

Refer to Article 60 for specific guidelines.

#2912. LEVEL OF COMPETITION

No student shall participate in more than one level of competition in the same sport in the same day.

#2913. SCHOOL ATTENDANCE

Standards for school attendance are determined by local school governing boards.

#2914. MEET POSTPONED

If it begins to rain after the start of a dual track meet, the starter shall make the final determination as to whether or not the meet should continue or be postponed. If the meet is postponed, it should not be rescheduled if the score at the time of postponement indicates a winner. If the meet is rescheduled, it is to continue from the terminated event.

#2915. HIGH JUMP OR POLE VAULT POSTPONED

If either the high jump or pole vault is postponed, only those athletes remaining in competition shall resume participation when the meet is rescheduled. After a reasonable warm-up, jumping will continue at the height at which it was when the meet was postponed.

#2916. LONG JUMP, TRIPLE JUMP, SHOT PUT POSTPONED

If the long jump, triple jump, discus, and/or shot put are postponed, they shall continue as though there had not been a halt in the event.

#2917. CIF-SS DIVISIONAL AND STATE QUALIFYING COMPETITION

The CIF Southern Section Division 1, 2, 3, 4 Track and Field Prelims and Finals and State Qualifying Meet shall be conducted on the dates established by the CIF Southern Section Council and at times and sites designated by the Commissioner.

#2917.1 Refer to Article 32 (Playoffs) for details regarding playoff information (Specific information will be contained in playoff information bulletins.)

#2917.2 The Commissioner's Office shall provide track and field information to representatives of every recognized track and field league. The completed information for the Divisional Prelims is to be delivered to the CIF Southern Section Office no later than the Saturday morning prior to the Divisional Prelims.

#2917.3 The number of entries guaranteed each league (regardless of performance) will be determined annually by the Commissioner's Office.

#2917.4 Divisional Finals shall be scored through eight places and scored 10-8-6-5-4-3-2-1.

#2917.5 There will be no scoring beyond the Divisional Finals.

#2917.6 Each league will be required to furnish a fee (determined by the Commissioner's Office) to help defray the cost of officials for the CIF Southern Section Divisional Prelims and Divisional Finals to which each league is assigned and to the State Qualifying Masters Meet.

#2917.7 At the CIF-SS Divisional Prelims, Divisional Finals and State Qualifying Masters Meet present college or high school track coaches are not permitted on the field. *If a track coach appears on the field, his or her team may be disqualified from that meet and subsequent competition.*

#2917.8 Athletes will be qualified beyond the Divisional Finals according to a plan developed by the Commissioner's Office.

#2917.9 Seeding - Because all league entries are guaranteed, the final league or qualifying meet marks submitted on the track and field entry sheets are used only to spread the talent among the heats.

#2917.10 *Lane Assignment Method:*

League Finals to Divisional Prelims - seeded within each heat after talent has been spread among the heats.

Divisional Prelims to Divisional Finals - seeded by performance in Divisional Prelims.

Divisional Finals to State Qualifying Masters Meet - seeded by performance in Divisional Finals.

#2917.11 *All Running Events - Lanes 5, 6, 4, 7, 3, 8, 2, 9, 1.*

#2917.12 The 400m will be run in lanes for the entire race. The 800m will be run with a one-turn stagger. The 1600m and 3200m will be run from a scratch start. The 1600m Relay will utilize the three turn stagger with the second runner breaking at the 800m break.

#2917.13 All athletes must appear in clean track uniforms at all (including regular season) CIF Southern Section track meets. Uniforms must consist of the proper school track shorts and jerseys. Hats, caps, scarves or other headgear will not be permitted. Head bands to control hair will be acceptable.

#2917.14 All competitors in the field events shall make their trial within 1 minute (1 1/2 minutes in the pole vault) after their names are called by the judge of the event. The judge may excuse competitors for competition in another event, but the contestant is responsible to secure release from the judge.

#2917.15 No school may enter more than one relay team in each relay event in the CIF Southern Section championship track and field meets.

#2917.16 Only the students, or alternates listed on the official entry card, are eligible to compete in the relay preliminaries and/or finals. In relay events, no more than six (6) individuals may be listed. Any substitutions must come from these names.

#2917.17 CIF Southern Section track and field records may be established only at divisional prelims and finals and the State Qualifying Masters Meet.

#2917.18 The CIF Southern Section Divisional Prelims, Divisional Finals, and State Qualifying Masters Meet running events will be conducted in metric distances.

#2918. ORDER OF EVENTS FOR CIF-SS CHAMPIONSHIPS, MASTERS & STATE MEET

Girls	400m Relay	Girls	800m Run	Field Events	
Boys	400m Relay	Boys	800m Run	BOYS & GIRLS	
Girls	1600m Run	Girls	300m LH	Pole Vault	Triple Jump
Boys	1600m Run	Boys	300m IH	High Jump	Shot Put
Girls	100m HH	Girls	200m Dash	Long Jump	Discus
Boys	110m HH	Boys	200m Dash		
Girls	400m Dash	Girls	3200m Run		
Boys	400m Dash	Boys	3200m Run		
Girls	100m Dash	Girls	1600m Relay		
Boys	100m Dash	Boys	1600m Relay		

#2919. SUNDAY RESTRICTION

A school may not participate in a track and field meet nor conduct a track and field practice of any type on Sunday during the season of sport.

QUESTION:	May a team be assembled on a Sunday "skill session" or review a game film?
ANSWER:	Neither of these activities would be permitted.
QUESTION:	Does a meeting on Sunday of a single student with a coach constitute a violation of Bylaw 2919?
ANSWER:	Yes, the intent of Bylaw 2919 is to allow no contact with student athletes on Sundays.
QUESTION:	What constitutes a scrimmage or practice on Sunday?
ANSWER:	Any preparation of an upcoming softball game in which a player or players meet with the coach(s) on a Sunday is prohibited.
QUESTION:	If my club/travel team coach is also my high school coach can we meet on Sundays under the guidelines/parameters of the club/travel program?
ANSWER:	No, the relationship of the club/travel team does not release the student and/or coach from the Sunday Contact Rule during the season of sport.

<>2920. PLAYER CONDUCT

Any player who is ejected for any reason shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest and may not attend. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season. A player who was ejected from the previous contest, who knowingly, or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.

Any player whose conduct merits ejection from a game by an official for fighting or assaultive behavior shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. After the suspension from play, the student may only return after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form (post-ejection return to competition form) indicating the completion of the conference must be uploaded to the CIFSSHome misconduct manager for that specific misconduct. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.

A second ejection from a game or contest for fighting or assaultive behavior will cause suspension for the remainder of the season.

A player who was ejected from the previous contest, who knowingly, or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of every contest until the suspension is completely served.

Any player who leaves the confines of the bench or team area during a fight that has broken out or may break out will be ineligible for the team's next contest. After the suspension from play, the student may return only after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form indicating the completion of the conference must be filed with the Section office prior to rejoining the team. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.

In the case of any suspension from play, the next contest may not be a forfeited, postponed or canceled game.

QUESTION:	What must be submitted to the Section office before a student can be cleared to rejoin his/her team?
ANSWER:	The Section office will provide a form on their website that must be uploaded to CIFSSHome or directly emailed to the CIF Office. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.

QUESTION:	What is meant by attendance at a contest?
ANSWER:	Attendance is defined as being present at the location/site of the contest, which includes at the team bench/area, in the stands/spectator area, any location where the contest can be observed at any time, inside a gymnasium, stadium or playing area. The intent of this rule is that the ejected person is not present at the location/ site of the next contest.
QUESTION:	What happens when a student engages in Fighting/Assaultive Behavior during an athletic contest that is not observed by game officials?
ANSWER:	In cases when a student engages in Fighting/Assaultive Behavior that is not observed by game officials, it is the expectation of the CIF Southern Section Executive Committee that the building principal of the school involved will impose a minimum one-game suspension for students who commit such offenses.
QUESTION:	What happens if a student is ejected from the first contest at a tournament when there are two contests on that day?
ANSWER:	When a game ejection of any kind occurs, the student should not be present at the next contest except in situations where supervision is necessary (i.e.: in a tournament). In tournament situations, it is understandable that the student remain in an area where they can be monitored (i.e.: bleachers, stands, etc.) however, they are still ineligible to compete or participate in any way. It is not the expectation that the student leave the facility unsupervised.
QUESTION:	What happens if a student receives a red card, misconduct of any kind, or an ejection during the last game of the season?
ANSWER:	The game suspension(s) carry over to the first game(s) at the beginning of the subsequent season. For example, a sophomore soccer player receives a red card the last game of the 2017 season. He/she will serve a game suspension the first game of 2018 season. Suspensions carry over and must be served before the athlete becomes eligible to compete in that sport. See next Q&A for answers regarding seniors.
QUESTION:	What if a senior (12 th grader) student receives a red card, misconduct of any kind, or ejection during the last game of the season?
ANSWER:	If a senior (12 th grade) student receives a red card, misconduct or ejection during the last game of the season, he/she must serve the penalty in the NEXT sport in which he/she participates. If the student does not participate in any other sports, the CIF Office WILL need a letter from the principal indicating the corrective action taken with that student. This letter will be uploaded to the ejection report in CIF-SS Home.

#2921. COACH EJECTION

Upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. The next contest may not be a forfeited, postponed or canceled game. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season. A coach who was ejected from the previous contest who, knowingly or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of every contest until the suspension is completely served.

QUESTION:	What is meant by attendance at a contest?
ANSWER:	Attendance is defined as being present at the location/site of the contest, which includes at the team bench/area, in the stands/spectator area, any location where the contest can be observed at any time, inside a gymnasium, stadium or playing area. The intent of this rule is that the ejected person is not present at the location/ site of the next contest.
QUESTION:	How does the Accountability Rule affect a coach who coaches more than one level of a particular sport?
ANSWER:	A coach who has been ejected from a contest may not be in attendance at ANY contest prior to serving his/her mandatory suspension at the level in which the coach was ejected. (i.e.: An ejected JV coach who is also a varsity assistant may NOT be in attendance at any contest until his/her mandatory JV suspension has been completed.)

#2922. NOISEMAKERS PROHIBITED

No noisemakers (horns, bells, victory bells, sirens, chimes, musical instruments other than those in the band, etc.) will be permitted inside the gymnasium, stadium or playing fields at any CIF Southern Section contest (non-league, league, tournament or playoff). Cheering devices such as wooden blocks, or other similar objects, are prohibited. Megaphones shall be used only by uniformed cheerleaders for the purpose of directing and controlling rooting sections. The improper use of any of the above listed devices by supporters of a team would subject that team to possible forfeiture of the contest.

#2923. PLAYOFFS

Refer to Article 330 (Playoffs) for information regarding playoff information. (Specific information will be contained in playoff information bulletins.)

#2923.1 The location of the preliminary and championship meets shall be determined by the Commissioner of Athletics.