

DIABLO FOOTHILL ATHLETIC LEAGUE

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DIABLO FOOTHILL ATHLETIC LEAGUE TRACK/FIELD GUIDELINES

1.0 SEASON

- 1.1 Practice may begin the second Monday in February.
- 1.2 Maximum number of contests: 14 plus 2 scrimmages.

2.0 CONTEST INFORMATION

- 2.1 TIME OF COMPETITION: 3:30 p.m. (Host may delay start of dual meet if visiting team is late. Host team may reschedule meet with visiting team)
- 2.2 DAYS OF COMPETITION: Wednesdays
 - 2.2.1 Days of competition may be changed by mutual agreement of the coaches, and Athletic Directors.
- 2.3 TEAM REFERENCE: Frosh/Soph Girls (FSG) Frosh/Soph Boys (FSB) Varsity Girls (VG) and Varsity Boys (VB).
- 2.4 DUAL MEET ORDER OF EVENTS

1.	400m Relay	FSG; VG; FSB; VB
2.	1600m Run	FSG; VG; FSB; VB
3.	100m High Hurdles	FSG; VG
4.	110m High Hurdles	FSB; VB
5.	400m Dash	FSG; VG; FSB; VB
6.	100m Dash	FSG; VG; FSB; VB
7.	800m Run	FSG; VG; FSB; VB
8.	300m Low Hurdles	FSG; VG
9.	300m Intermediate Hurdles	FSB; VB
10.	200m Dash	FSG; VG; FSB; VB
11.	3200m Run	FSG; VG; FSB; VB
12.	1600m (Mile) Relay	FSG; VG; FSB; VB

NOTE: There will be one heat for each classification. If more than one heat is to be contested, it will be by mutual consent of the coaches. (See rule 3.8)

Field Events

- | | | |
|----|-------------|--|
| 1. | Long Jump | Open Pit - From start of meet to end of 100m |
| 2. | Triple Jump | Open Pit - From start of 800m to end of 1600 Relay |
| 3. | High Jump | F/S Girls & V/Girls first, then F/S Boys & V/Boys |
| 4. | Pole Vault | V/Girls & V/boys first, then F/S Girls & F/S Boys |
| 5. | Shot Put | F/S Girls & V/Girls first, then F/S Boys & V/Boys |
| 6. | Discus | F/S Boys & V/Boys first, then F/S Girls & V/Girls |

3.0 RULES

- 3.1 National Federation of State High School Athletic Association Rules will be in effect.
- 3.2 Meets will be run with equipment meeting Federation standards and under safe conditions (not in darkness).
- 3.3 The use of film or video tape from outside sources (those not previously designated for official use) will not be allowed for officiating.
- 3.4 Participation of players:
 - 3.4.1 A competitor may be moved up or down between Frosh/Soph and Varsity and then return to the previous level from meet to meet.
 - 3.4.2 A competitor may not compete in more than one classification in any one meet.
- 3.5 All dual meets must be contested at metric distances with the exception of the mile relay.
- 3.6 For uniformity in determining the drawing of lanes in dual meets, visiting coaches have choice.
- 3.7 Where heats are run in dual meets, the first heat will be the scoring heat.
 - 3.7.2 Where the first heat does not accommodate 3 athletes from each competing school, a second scoring heat will be contested. Overall placing will be determined using marks from both heats.
 - 3.7.3 Each school's fastest competitors should be entered in the first heat.
- 3.8 Schools entering more than one relay team must designate the scoring team prior to competition.
- 3.9 POLE VAULT:
 - 3.9.1 When only one pole vault pit is in operation, the varsity girls will vault first, followed by the varsity boys, and the Frosh/soph girls and boys will vault together.
 - 3.9.2 Qualifying scoring heights (height that must be achieved to score) will be as follows:

Varsity girls, 7' 0";	varsity boys, 9' 0"; F/S girls, 6' 0"; F/S boys 7' 0"
3.9.2.1	The bar will rise in 6" increments.
3.9.2.2	The F/S boys cannot enter competition until their opening height is reached.

- 3.9.2.3: With mutual agreement, higher opening heights may be used.
- 3.9.3. If a vaulter breaks a pole, he/she will be given a minimum of two run-throughs before re-entering competition.
- 3.10. **SHOT PUT/DISCUS:** Each competitor will have three attempts only.
- 3.11. **LONG JUMP/TRIPLE JUMP:**
- 3.11.1 The long jump will be run off before the triple jump (**See rule 2.4**).
- 3.11.2 Each jumper will be given three attempts only-
- 3.11.3 Long jump will be conducted from the start of the first running event until the conclusion of the 100m. Triple jump will be conducted from the start of the 800m to the conclusion of the 1600 Relay.
- 3.12. **HIGH JUMP:**
- 3.12.1 Order of divisions: F/S Girls & V/Girls first, then F/S Boys & V/Boys
- 3.12.2 Qualifying scoring heights (height that must be achieved to score) will be as follows:
Varsity boys, 5' 0"; Varsity girls, 4' 0"; F/S girls, 3' 6"; F/S boys, 4' 6".
- 3.12.2.1 The bar will be raised in 2" increments.
- 3.12.2.2 The V/Girls and V/Boys can not enter competition until their opening height is reached.
- 3.12.2.3 With mutual agreement, higher opening heights may be used.
- 3.13. **RESULTS:** It is the responsibility of the host school to prepscores@cctimes.com, Contra Costa Times. Phone # is 925-943-8247.
- 3.14. The coach of the host school will contact the visiting coach at least 48 hours before the scheduled contest to go over meet mechanics.

4.0 EQUIPMENT AND UNIFORMS

- 4.1. **EQUIPMENT:**
- 4.1.1 1/4" spikes only will be allowed on all weather tracks
- 4.2. **GENERAL UNIFORM RULE:**
- 4.2.1 The complete track and field uniform consists of shoes, school-issued shorts and full-length jersey.
- 4.2.2 Any visible apparel worn under the jersey and shorts must be of a single solid color.
- 4.2.3 Undergarments visible under the jersey need not be the same color as undergarments visible under the shorts.
- 4.2.4 The jersey and shorts may have school identification, or a single manufacturer's logo or trademark, per each item of uniform apparel, not to exceed 2 1/4" x 2 1/4" square (NFHS Rule 4.3.4).
- 4.2.5 The school uniform should show evidence of conforming to the color and design of other uniforms worn by teammates.
- 4.2.5.1 For large athletes, such as Shot putters & Discus throwers, the school can provide a jersey and shorts which are close to the same color as the other teammates.
- 4.2.6 No hats, headbands, bandannas, or sunglasses are to be worn during competition, unless they are prescription items.
- 4.3. **JERSEYS:**
- 4.3.1 Jerseys must be school issued and full-length with no bare midriff and not tied or knotted.
- 4.4. **SHORTS:**
- 4.4.1 Approved shorts for both boys and girls:
- 4.4.1.1 Looser fitting boxer-type shorts, or compression style bottoms
- 4.4.1.2 closed-leg briefs (Girls only)
- 4.4.2 Shorts may vary in length and style, but must be of the same color for all team members.
- 4.4.3 leotards, abbreviated briefs (French or high cut) and similar apparel may be worn under the track shorts, but not in lieu of them.
- 4.4.4 Waistband of shorts shall be worn above the hips.
- 4.5. **RELAY TEAM UNIFORMS:**
- 4.5.1 Each team member must wear the same color and design of uniform.
- 4.5.2 Apparel may be worn under the uniform, but must be the same single solid color for all teammates choosing to wear them. It need not be of the same length for all teammates.
- 4.6. **PENALTY FOR AN ILLEGAL UNIFORM:**
An athlete who competes with an illegal uniform shall be disqualified from that event.

5.0 OFFICIALS

- 5.1 At all track meets, there must be at least one adult at the finish line, preferably in the capacity of the Head Finish Judge.

6.0 DETERMINATION OF LEAGUE CHAMPIONS

- 6.1 The league champion will be determined based on points awarded for final regular season standings AND finish place at the league championship meet. Teams will earn the same number of points as their finish place in both the regular season standing and the league championship meet. Teams with a tie for regular season records will combine the points and divide them equally. The team with the lowest total when adding the two will be the league champion. The team with the second lowest total will be second, the next lowest third, and so on. In the case of a tie for the lowest points, the tied teams will be co-champions.

7.0 LEAGUE CHAMPIONSHIP MEET

- 7.1 HOST: The league track meet will be hosted by a committee comprised of personnel from each member school of the league.
- 7.2 SITE: The site of the league meet will be determined by the coaches at the post-season meeting each year. The 2012 meet will be at Campolindo High School.
- 7.2.1 The league coaches will elect a meet director. The coach of the league meet site school (site director), if not elected meet director, has the option to be co-meet director.
- 7.3 ENTRY SEEDING:
- 7.3.1 Entries for the League Meet will be submitted on-line through the episports.com web site. The deadline for on-line entries will be the Sunday preceding the last regular season meet.
- 7.3.2 Seeding for the League Meet will take place at 4:30pm on the Thursday following the last regular season meet.
- 7.3.3 After entries for the League Meet have been finalized at the seeding meeting, there will be no upgrading of times or marks.
- 7.4 ENTRIES:
- 7.4.1 The number of athletes in all running events will be determined by the number of lanes available for three heats, regardless of affiliation.
- 7.4.2 The top 24 athletes in all field events, regardless of affiliation.
- 7.4.3 In order to not exceed the maximum number of athletes in each event, ties for the final entry will be broken by the following criteria:
Grade preference: 12th graders prevail over 11th graders, 11th over 10, etc.
If a tie still exists, a coin flip will determine the final entry.
- 7.4.4 If any school fails to attend the league meet seeding meeting or fails to get their league meet entries to the games committee by the conclusion of this meeting, that school will receive only one entry in each event at each level and will be seeded last, provided that entry meets minimum qualifying standards.
- 7.4.5 Only FAT and converted hand times (add .24) will be accepted. The Games Committee has the right to question and require verification of a particular mark, and may rule to adjust or reject the mark in question.
- 7.4.6 Schools may only enter one relay team in each relay event.
- 7.5 SCHOOL RESPONSIBILITIES: SEE APPENDIX A. Officials should be at the meet site by 2:30.
- 7.6 REFEREE: If possible the league meet referee should not be affiliated with any of the League schools. The meet referee will oversee all appointed umpires and field judges, and make the final decision regarding all disqualifications and protests.
- 7.6.1 There is NO jury of appeals.
- 7.7 CONFLICT IN EVENTS:
- 7.7.1 Competitors who are entered in field events being held simultaneously must report to each event's official by the published event start time, otherwise the athlete will be scratched.
- 7.7.2 If the field event is in conflict with a running event, the athlete must secure a release from the field event official and report to the Clerk-of-the-Course.
- 7.7.2.1 Athletes are not to report directly to the starting line without checking in first with the Clerk-of-the Course.
- 7.7.2.2 REMINDER: The time excused rule is 30 minutes. Official must write down the time that the athlete is initially excused in order to enforce this rule. This is the total time an athlete may be excused from a field event before or between attempts. Failure to return to the event and execute an attempt within 30 minutes will result in the athlete being scratched from further competition in the event.
- 7.8 LEAGUE MEET TRIALS
- 7.8.1 Starting Time: Field Events: 4:30PM; Running Events: 5:00PM.
- 7.8.2 Order of Events: Order of running events will follow the standard CIF state meet order. The 400 Relay, 1600 Relay and 3200m will not be contested on the trials date. These events will be run as finals only.
- 7.8.3 Running Event Mechanics
- 7.8.3.1 Three heats in all races except the 800m (two heats), 1600m (two heats) and the 3200m (one heat).

7.8.3.2 The top 7, 8, or 9 (depending on available lanes) will qualify for the finals.

7.8.3.2.1 All races except the 800m & 1600m run: First place from each heat and the remaining finalists to be determined by time.

7.8.3.2.2 800m run: Top 2 finishers from each heat and the remaining finalists determined by time. 1600m run: Top 3 finishers from each heat and the remaining finalists determined by time.

7.8.3.2.3 3200m run: Will be run in one heat on final day.

7.8.4 Field Event Mechanics

7.8.4.1 Vertical Jumps

7.8.4.1.1 The High Jump and Pole Vault will be run in rotating flights of "5 alive" .

7.8.4.1.2 Starting Heights

High Jump: 2" below the 15th qualifier but not lower than:

Boys 5'0"

Girls 4'0"

Bar will be raised in 2" increments until 3 contestants remain, then 1" increments.

Pole Vault: 6" below 15th qualifier but not lower than:

Boys 9' 0"

Girls 7'0"

7.8.4.2 Horizontal Jumps/Throws

7.8.4.2.1 The Long Jump and Triple Jump will be run in 3 flights of 8

7.8.4.2.2 Each contestant gets 3 attempts. The top 8 will get 3 additional attempts

7.8.4.2.3 Places will be determined by the best out of all 6 attempts.

7.9 **LEAGUE MEET FINALS**

7.9.1 Starting Time: Field Events: 4:30PM; Running Events: 5:00PM.

7.9.2 Order of Events:

LEAGUE MEET FINALS - (Running Event Starting time 6:00PM)

1	400m Relay	Girls-Boys
2	1600m Run	Girls-Boys
3	100m High Hurdles	Girls
4	110m High Hurdles	Boys
5	400m Dash	Girls-Boys
6	100m Dash	Girls-Boys
7	800m Run	Girls-Boys
8	300m Low Hurdles	Girls
9	300m Intermediate Hurdles	Boys
10	200m Dash	Girls-Boys
11	3200m Run	Girls-Boys
12	1600m (Mile) Relay	Girls-Boys

Field Events - (Field Event Starting time 5:00PM)

1	High Jump	Girls
2.	Long Jump	Boys
3.	Triple Jump	Girls
4.	Pole Vault	Boys
5.	Shot Put	Boys
6.	Discus	Girls

7.10 **SCORING AND AWARDS**

7.10.1 Six (6) places shall be scored in each event (10-8-6-4-2-1)

7.10.2 The league commissioner will provide the following awards (varsity boys and girls only) to the league meet director to be awarded at the completion of the league meet.

Medals for first through third place

Ribbons for fourth and fifth place.

7.11 The field event schedule follows the NCS MOC Trial and Finals schedule: DFAL Wednesday Field Events will be the same as the NCS MOC Friday schedule. DFAL Friday Field Events will be the same as the NC MOC Saturday schedule.

8.0 DETERMINING ALL LEAGUE

- 8.1 All League recognition will be based on the final results of the DFAL Championship Meet, and will be determined as follows:
- 8.1.1 First Team: All event winners
 - 8.1.2 Second Team: All second place winners, excluding any first team designates.
 - 8.1.3 Honorable Mention: All third place winners, excluding any first and second team designates.

9.0 RAINOUTS

- 9.1 Rescheduling rained out track meets will be on the next available date.
- 9.2 Host school is responsible for rescheduling.
- 9.3 Commitment to a Friday invitational Meet takes precedent over rescheduling a rain-out on Friday.
- 9.4 If the meet is moved to an all weather facility, original host school hosts the meet, providing all necessities

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APPENDIX A

SCHOOL RESPONSIBILITIES

DUBLIN	Gate	2
	Facilities	2
	Announcer	
	Blocks	
	Finish line	
	Finish Line Timing	
	Discus Judge (with measuring tape	
ACALANES:	Starter	1
	Recall Starter	1
	Clerk of the course	
ALHAMBRA	Weigh Master	1
	Shot Putt (with measuring tape	2 (with student help)
	Back-up timing (Lynx)	
CAMPOLINDO:	Meet Director	1
	Entries, cards, seeding, heat sheets,	
	Results, programs	7
	Finish Line Recorder	1 with runner
	Finish Line Back-up Timing	
	Head Umpire	
	Head Field Judge	
	Referee	1
Umpires	2	
Hurdle Crew	5	
DVHS:	Triple Jump Judge (with measuring tape	2 (with student help)
LAS LOMAS:	Awards	3
	Pole Vault Judge(with measuring tape	2 (with student help)
	Marshals	2
	Long Jump Judge (with measuring tape	2 (with student help)
	Discus judge (with measuring tape)	2 (with student help)
MIRAMONTE:	Head of Finish Line	1
	Umpires	8
	High Jump Judge (with measuring tape)	2 (with student help)