

ARTICLE XLIV - BOYS & GIRLS TRACK & FIELD

Section A - Season

1. The start date will be determined each year by CCS.

Section B - Teams, Start of Game, and Length of Periods

1. Boys will be Varsity and Frosh/Soph,
2. Girls will be Varsity and JV.
3. Meets held on school days will start at 4:30 p.m.

Section C - Contests, Scrimmages, and Tournaments

1. Contest limits, scrimmages, and tournament requirements will follow CCS guidelines and regulations.
2. We will use the League scheduling matrix and will have a 2-year cycle.
3. All postponed games will follow Article XXII, Section B:
 - a. All makeups will be played on the next available date, unless mutually agreed upon by both schools.

Section D - Eligibility and Movement of Players

1. We will adhere to Article XIII of the SCCAL Constitution.
2. Article XIII, Section C & D:
 - a. Athletes can move up and down between FS/JV and varsity the entire year, but, in Track & Field, athletes cannot compete against the same opponent on the same day at both levels.
 - b. Note the following guidelines:
 - i. No individual athlete may exceed the CCS maximum contests allowed, and understand that participating in a JV and varsity meet counts as two contacts.
 - ii. Coaches must track their student-athletes who move between JV and varsity to ensure that they do not exceed the CCS max contest limit.
 - iii. Seniors may not play on sub-varsity Track & Field teams.

Section E - Championships and Individual Champions

1. At the varsity level, individual medals shall be given to the 1st five (5) places at the league championship meet.
 - a. At the frosh-soph/JV level, medals will be given to the 1st four places at the league championship meet.
2. The varsity league team champion shall be determined by the total points earned in dual meet competition and in the league finals, based on the following criteria:
 - a. Each dual meet victory is worth two points (a dual meet tie is worth one point).

- b. Each team beaten at the league championship meet is worth three points (each team tied is worth 1.5 points).
 - c. The tie-breaker is the league meet champion.
 - d. JV team champions are not awarded.
- 3. To be eligible for the league championship meet, a student must have participated in at least half of the league dual meets. The only exceptions would be due to:
 - a. Illness, injury, or other serious medical hardship.
 - b. Academic ineligibility which has been corrected.
 - c. A CCS exemption.
- 4. Schools can have unlimited entries in the league track meet, except in events that go Trials to Finals.
 - a. Unlimited entries are allowed in Trials, but only four participants from any single school can advance to the Finals, and only three can score. Extra participants may not score for league championships nor advance to the section meet (except see below).
 - i. Extra participants can advance to the section meet if they earn an at-large mark at the league finals.
- 5. Selection process for SCCAL Championships sites and dates:
 - a. Site - the host site will rotate each year alphabetically through the league, provided an all-weather track is available.
 - i. Rotation - Aptos, Harbor, SLV, Santa Cruz, Soquel.
 - b. Dates - the Trials will be held on Thursday, and the Finals on Saturday.
 - i. The Th/Sat schedule can be adjusted each year (eg, W/F) if the host school and a majority of head coaches agree.
 - ii. Adjustments to the schedule must be proposed and voted upon by the end of February at the latest.
- 6. These are the individual school responsibilities at the SCCAL trials and finals.
 - a. Each SCCAL school is responsible for a specific event/activity every year:
 - i. Aptos - High jump
 - ii. Harbor - Discus
 - iii. Mt. Madonna - Shot put
 - iv. SLV - Triple jump
 - v. Santa Cruz - Hurdles
 - vi. Scotts Valley - Long jump
 - vii. Soquel - Pole vault
 - b. Schools can switch responsibilities by mutual agreement between schools/coaches.

Section F - Officials

Section G - Equipment and Facilities

1. All schools shall use the ten (10) pound shot in Frosh/Soph shot put competition.

Section H - Order of Events and Scoring

1. In both SCCAL dual meets, and at the SCCAL league championship, only three participants from any one school can score in a single event.
2. National Federation Rules will be observed in all competition and the running of the field meets.
3. Pole Vault league championships will be held at the league finals.

Section I - Medical Attention

1. See Article XXIV:
 - a. The coach of every team must have in his/her possession, or in the possession of the school's Athletic Trainer if in attendance, school-district approved medical care permits for every member of his/her team which allows for emergency medical care. This permit must be signed by the appropriate parent or guardian.

Section J - Miscellaneous