

PCAL SPORTS RULES

TRACK AND FIELD

(As amended by PCAL Board of Managers March 2024)

1.1 Season of Sport

This sport shall be conducted in the Spring season as defined by the Central Coast Section and State CIF by-laws. See Article V of the By-Laws of the Central Coast Section.

1.2 Start Dates for Practices, Scrimmages and Contests

Dates for the start of practices, of scrimmages, and of contests shall be as set forth in Article V of the By-Laws of the Central Coast Section.

1.3 Contest Limits per Season

Limitations on the number of contests in which a team or athlete may compete shall be as set forth in Article V of the By-Laws of the Central Coast Section.

1.4 Divisions

Effective Spring 2023, League play in this sport shall be conducted in four divisions formed according to league by-laws and policies concerning Division Placement (See Article 19 of the League By-Laws as well as the League's Division Placement Policy as published on the League website). Those four divisions shall be named as follows: PCAL-Gabilan; PCAL-Mission; PCAL-Cypress; and PCAL-Santa Lucia.

1.5 League Schedules

1.5.1 Single Round Robin

The league schedule for each Division shall be a single round robin schedule, as may be decided by the League Board of Managers from year to year. If teams encounter each other more than one time in the league season at league events involving multiple league schools, the last time that they are scheduled to be at the same venue on the same day shall be the single time that the two teams shall score against each other.

1.5.2 Preparation and Approval of Schedules

League schedules shall be prepared by the League Commissioner and sent to the League Athletic Directors Council for review, modification as needed. The Athletic Directors Council then send a recommended schedule to the League Board of Managers who consider, change as they deem necessary and vote approval of a final schedule.

1.5.3 Obligation of Schools to Compete According to Schedule

See Article 19 in the League By-laws regarding the obligation of all league schools to compete according to the approved league schedule.

1.6 Contests

The following provisions shall govern all regular season Track and Field contests hosted by a League School. Tournaments or Invitational events may be conducted under differing rules not in conflict with the rule book for this sport.

1.6.1 Rules

Contests in this sport shall be governed by the rules of the National Federation of High Schools for that sport and in accordance with any additional rules set forth in this Section 1.6.

1.6.2 League Contest Start Times

The starting time for all league regular season meets shall be 3:30 PM after DST; 3:00 before DST.

1.6.3 Equipment

1. Equipment must meet National Federation rules.
2. All schools in the league shall use the 10 lb. shot in JV Boys competition. (Any Junior or Senior Boy competing in the JV Division because of transfer restrictions and/or rare special needs athlete, must throw the 12 lb. shot at all times).
3. Any ground rules for equipment specifications or running of the meet not specified by National Federation rules or that need modification will be set forth in the Games Committee Guide as set forth hereinbelow.

1.6.4 Levels of Competition

PCAL Track and Field shall compete in two levels: Varsity and Junior Varsity. An Individual student-athlete may not compete in more than one level of competition within a given meet. The first event in which the student-athlete competes shall determine the level of competition for that student-athlete for the entire meet.

1.6.5 PCAL League Events for Track and Field

The following are the events recognized by and part of PCAL Track and Field meets for both boys and girls:

Track Events

4 x100m Relay
1600m run
100m High hurdles (Girls)
110m V High (JV Med) hurdles (Boys)
400m dash
100m dash
800m run
300m hurdles
200m dash
3200m run
4 x 400m Relay

Field Events

Shot Put
Discus
Long Jump
Triple Jump
High Jump
Pole Vault

1.6.6 Games Committee

There shall be a Games Committee that establishes the details of running regular season, League championship meets, and the Masters Meet within the rules of the National High School Federation as allowed to be modified by CIF, CCS or these sports rules. Those details shall be set forth in a document entitled "Games Committee Guide". The intent of having this Games Committee is to avoid the necessity for going to the Board of Managers of the league to change any detail of running the league's Track and Field meets. The Games Committee shall consist of the coaches present at the pre-season coaches meeting and any actions of modifications shall only be by majority vote of those present. An initial proposed Guide will be provided for the Games Committee. The coaches shall meet the Wednesday evening prior to the Varsity Division Trials Meet to reconvene the Games Committee. Any changes that the Games Committee makes to these guidelines shall be forwarded to the League Commissioner for dissemination to the league schools.

1.7 Division Championship Meets

There shall be a Division Championship meet for each division to be conducted the second weekend before the end of the league season as set by CCS. It shall be preceded earlier in that week by Division Championship trials. The JV finals for each division shall be run on the same day and at the same place as the Division Championship trials for the Varsity.

These Division championship meets shall all be run on the same day. Every effort shall be made to run them at the same location on that day. If not at the same location, there shall be four separate meets at four separate locations on the same day, as set by the Board of Managers, with event schedules being the same at each location as determined by the Games Committee Guide.

Each school shall be limited to four entries per event to the Division Championship trials.

1.8 League Team Championship Determination

Each of the four Divisions shall have a team champion, determined by the league round robin results and division championships as follows: **Each team win during league round robin counts as one point, and each team that a team beats at the Division Championship meet shall count as two additional points. For example, if a team has a 5-2 record in round robin, and beats 6 teams at the League Championship, that team will have a total of 17 points championship points.**

In the case of a first place tie between two teams, those teams shall be Co-Champions of the Division. In the case of a first place tie between three teams, those teams shall be Tri-Champions of the Division.

1.9 PCAL Individual Qualifiers to the CCS Championships

There shall be a PCAL CCS Qualifying Masters Meet to be conducted the final weekend before the end of the league season as set by CCS. The purpose of that Masters Meet will be to determine the individual PCAL student-athletes who will qualify to the CCS championships. The CCS by-laws determine how many athletes PCAL is eligible to send to the CCS championships in each event.

1.10 Conduct of Masters Meet

1.10.1 There shall be 18 participants for each event at the Masters Meet.

If the four Division Finals are run at the same location on the same day, those 18 shall qualify to the Masters Meet from the Division Finals meets in each event as follows: the champion in the event from each division plus the next 15 best times or marks from the three Division Finals shall participate in the Masters Meet. In the event of any scratches, the next fastest time or mark shall be invited to participate. The order of events and heats shall be as established by the Games Committee Guide.

If the League Board of Managers decides it necessary to have four Division Finals run at three separate locations, the 18 Masters Meet participants in each event shall be determined as follows: the top 4 from the Gabilan Division Finals; the top 3 from the Mission Division Finals, the top 2 from the Cypress Division Finals. And the top 2 from the Santa Lucia Division finals, **plus the next 7 best times or marks from the four division finals.** In the event of any scratches, the next fastest time or mark shall be invited to participate.

- 1.10.2** For events requiring heats, the order of those heats (e.g. slow heat-fast heat) shall be as established by the Games Committee Guide.
- 1.10.3** Except as set forth herein, the conduct of the Masters Meet shall be as established by the Games Committee Guide.
- 1.10.4 Hardship Rule**
- 1.10.4.1** This hardship rule applies in determining whether an athlete may participate in the PCAL Masters Meet without participating in his/her PCAL Division finals.
- 1.10.4.2** This hardship rule applies only to an athlete's illness/accident that is non-sports related.
- 1.10.4.3** To be eligible for a possible hardship, the athlete must be under a medical doctor's care.
- 1.10.4.4** A written appeal and request for hardship, with documentation of the illness or injury and documentation of the doctor's care, must be presented to the PCAL Commissioner no later than the day after the athlete's PCAL Division Finals, and must be signed by the coach and Athletic Director of the participant's school. A form for the Hardship request shall be developed and attached to these Sports Rules.
- 1.10.4.5** The coach of the hardship athlete must verify that the athlete has posted a mark during the current season that is equal to or better than the CCS/PCAL (average of last three years in that event) hardship at large standard.
- 1.10.4.6** The hardship hearing will be held on the second working day following the request for hardship.
- 1.10.4.7** The hardship committee hearing the hardship request will consist of the PCAL Commissioner and the lead athletic directors for each of the divisions of PCAL Track and Field. The PCAL Commissioner, with input from the lead athletic directors, shall have the final decision making authority.
- 1.10.4.8** Irrespective of the outcome of the appeal, a proposed hardship athlete is considered one of the school's four (4) entries to the Division Finals as set forth in Article 1.7 hereinabove.
- 1.10.4.9** A proposed hardship athlete granted favorable consideration by the hardship committee shall participate in a trial on the Tuesday or Wednesday following the Division Finals. The hardship participant will be competing against the mark of the final qualifier from the four Division Finals to the Masters Meet. If the participant is challenging a mark of an athlete who has already made the CCS published at-large standard during the current season, then the participant will compete against the mark of the next lowest-seeded athlete who has not made the CCS at-large standard. Four (4) throws or jumps shall be allowed for the participant in the shot put, discus, long and triple jump. One time trial shall be allowed for all track events. These will NOT be head to head competition vs the athlete already qualified, but shall be the challenger against the time or distance of the challenged athlete. The PCAL Commissioner will determine the time and place of said hardship competition. If the participant beats the challenged qualifier's mark, the participant will be seeded in the slow heat of the Masters meet and the challenged will become the first alternate at the Masters meet in the event in question.

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1.11 All League Selections

Each Division shall have its own All-League selections, and they shall be the Division individual winners in each of the events at the Division Championship meet.

End PCAL Track and Field Sports Rules.

Nov 2022: Amended 1.4 to create four divisions rather than three. Amended 1.6.5 to change 65m JV Boys hurdles to 110m JV Boys Medium hurdles. Amended 1.5.3. 1.7 and 1.8 to reflect four divisions without clusters. Amended 1.10.1 to provide for breakdown of Masters Meet entries among the four divisions. Amended 1.10.2 to reflect that Order of Events with heats at Masters Meet are set by Games Committee Guide.

March 2024: Amended 1.10 to add Hardship Rule as 1.10.4.