

Article X - Track and Field

1000. Practice

"The WBAL will reflect the CCS By-Laws (Article V, Section 3, F-Practices) regarding practices."

- a) Interscholastic practice during the school year is defined as:
 - i. Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport AND/OR
 - ii. Any school team or individual activity that includes skill drills, game situation drills, inter- squad scrimmages or games, chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR
 - iii. Any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR
 - iv. Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the team or the school AND/OR tryouts.
- b) Any single practice session shall be no longer than 3 hours in length.
- c) There shall be a minimum of 3 hours between any two practice sessions in a single day.
- d) Double day practices shall not be held on consecutive days.
- e) Conditions for Optional, Non-Mandatory Off Season Individual & Small Groups Skill Development: Coaches are allowed to work with their athletes in a designated off season 8 week program individually or in a small group of no more than 4 athletes, no more than one hour a day and no more than twice a week for an athlete.

1001. Meets

- a) All meets shall be run according to the current California Interscholastic Federation guidelines and National Federation of State High Schools Association Track and Field Rule Book.
- b) Meet times: Coaches Meeting 3:00, Field events 3:30, Running events 3:45.

- c) Entries for meets will be due by Monday at noon before the meet. Scratches are due to the timer by the night before the meet.
- d) There will be a maximum of 8 entries in running events of 100 and 200, and 6 athletes in the 400 and hurdles. There will be unlimited entries in field events, running events of 800 and above and the relays.
- e) The league will have a paid person to run the meet: starter, official and a requirement of one representative from each school to assist in events (preferably not the head coach)
- f) Games Committee of 3 coaches, plus 1 alternate for league trials & finals to be called by meet referee in response to meet format differences
- g) At the preseason meeting each school will sign up/choose an event to oversee for the season.
- h) League meets will be scored to determine cluster meet winner; but will have no bearing on the Team League Champion.
- i) CIF rules such as uniform, electronic devices and check in/out procedures must be consistently followed through the course of the season.
- j) The boys JV events will be modified to include 10 lb shot put and 70 yard (65 meter) hurdles.
- k) All meet events shall be run according to the CIF guidelines.
 - *** The order of events as listed in the Track and Field rulebook may be adjusted by the meet director when necessary because of the number of pits and physical layout where the meet is held. Any other changes must follow proper procedure as prescribed by the Track and Field rulebook.

1002. WBAL Championship Track meet

- a) The WBAL Track Champion shall be determined by the final results of the WBAL Championship Track Meet.
- b) The site of the meet shall be determined by the meet director with approval of the Track Committee. JV and Varsity Trials will take place on the first Saturday of May and the JV and Varsity Finals will take place on the following week.
- c) The number of finalists will be dependent on the League Final facility.
- d) Coaches meeting will be one hour prior to beginning of meet.

- e) Each school is responsible for two timers per meet and hurdle set up and take down.
- f) Each school is responsible for supervision and running of different events as assigned at preseason meeting.
- g) The league will be responsible for using a FAT timing system for the Championships.
- h) Athletes will be disqualified from an event for infraction of National Federation rule 6.2.12, 7.2.9 for practicing in the events of high jump, discus and shotput without an official or coach present. Athletes may get their mark in their event without a coach supervising. (This does not include long jump or triple jump)
- i) The top six places in the finals will be scored and those six individuals will receive honors (Place 1-3 medals, Place 4-6 ribbons).
- j) Teams may only enter one relay in each relay event at the League Championship Meet.
- k) If there are 12 or fewer athletes signed up for a field event, the event will go straight to finals. In this case, all 12 (or fewer) will get the first 3 attempts of finals. The order will be reseeded and only the top 9 will get the last 3 attempts for the championships.
- l) If the JV is a one day event JV field events will have 4 attempts at the events and the results will be the final result. There will be no reseeding and having a finals flight.

1003. Qualifying Entries for WBAL Championship Track meet

- a) Each WBAL member school is allowed to enter a maximum of three athletes per event.
- b) All entries must be received by the deadline stated by the Meet Director. The deadline will be the Monday prior to the scheduled League Championships meet, by noon to the WBAL Championship Track meet director.
- c) Late entries will have a 24 hour window to be received and that school will be fined \$100 in order for the athletes to participate. No entries received after the 24 hours window will be accepted.

- d) An athlete must participate in at least 2 WBAL track meets to compete in the league meet. If an athlete has been unable to compete due to extenuating circumstances (injury, illness, death in family), the school may petition the BOM to allow the athlete to compete in the League Championships.

1004. All-League

- a) Most Valuable Track Athlete
- b) Most Valuable Field Athlete
- c) First Team: First place finishers at League Finals, plus the first place relay
- d) Second Team: Second place finishers at League Finals, plus the second place relay
- e) Honorable Mention: Third place finishers at League Finals, plus the third place relay
- f) Once 1st, 2nd and Honorable mention teams are selected and determined, every coach has the discretion to trade or even replace the All League selection from their respective school only with another student-athlete who they feel are more deserving based on their performances at the League Finals.

1005. League Chairperson

- a) The Track and Field League Chairperson will be paid an annual \$500 stipend for facilitating the organization of the league meets and finals.

1006. Crowd control

- a) The home school has every right to ask any home or visiting spectator to leave due to inappropriate behavior.
- b) If an incident does occur, fill out the CCS incident form and send it to the League Commissioner.