

THE NASSAU-SUFFOLK CATHOLIC HIGH SCHOOLS CROSS COUNTRY, TRACK & FIELD CONSTITUTION AND BY-LAWS

1. OFFICIAL RULE BOOK

The New York State Public High School Athletic Association Handbook rules for Cross Country and Track & field will be in effect with the exception of the special provisions of this constitution and by-laws. The National Federation "Track & Field Rule Book" for the current year will govern all meets.

2. SCHEDULING

A schedule of all league meets is to be drawn up by the Commissioner with the aid of the Chairman for the upcoming year. The schedule will be published no later than the end of May. All changes must be made with the Commissioner by the organizational meeting for the Cross Country season. All other changes will be made through the Athletic Directors of the schools involved with the notification to the Commissioner.

3. OFFICIALS

The officials for all League meets will be scheduled by the Commissioner from the List of New York Track & Field Officials.

4. ALL-STAR SELECTION, COACH of the YEAR, SPORTSMANSHIP and other AWARDS

Coach of the Year, Sportsmanship Awards and additional end of Season Awards will be determined by a majority vote of the League schools present at the end-of-season coaches meeting (one vote per school, Boys coaches casting a ballot for the Boys Awards, similar for the Girls coaches) or at another time deemed by the commissioner to be appropriate.

All-Star selections will be determined at the end of each season.

This selection is determined in the following manner:

CROSS COUNTRY: All Boys who break **14:00** for *either* the Sunken Meadow or Van Cortlandt Park courses in a dual meet or weekend invitational (including, but not limited to, the Championship Meets) makes the All-Star team. In addition any Boy who breaks **18:00** for the 5000 meter course at Sunken Meadow in a sanction meet (including, but not limited to, the Championship Meet) will also make the All-Star team. No other courses are valid for All-Star selections

All Girls who break **17:30** for *either* the Sunken Meadow or Van Cortlandt Park courses in a dual meet or weekend invitational (including, but not limited to, the Championship Meets) will make the All-Star team. In addition any Girl who breaks **23:30** for the 5000 meter course at Sunken Meadow in a sanction meet (including, but not limited to, the Championship Meet) will make the All-Star team. No other courses are valid for All-Star selections

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4. ALL-STAR SELECTION, COACH of the YEAR, SPORTSMANSHIP and other AWARDS

TRACK & FIELD: As determined by the Athletic Directors, All-Star standing will be awarded to the top THREE place finishers in the League Championship meet, including Relays.

ADDITIONAL AWARDS:

CROSS COUNTRY - Tom O'Brien Scholar-Athlete Award is presented to a SENIOR runner for the Boys and Girls League. A coach submits a written nomination detailing both the academic and athletic accomplishments of the athlete. A panel of coaches, selected by the League Commissioner, from the opposite League, meets on the day of the Sophomore Championships to determine the winner. The presentation is made at the League Championships.

WINTER TRACK & FIELD - Most Valuable Awards are presented at the conclusion of the League Championships, based on nominations from League Coaches. 2 Boys (1 In Track and 1 in Field) and 2 Girls (1 In Track and 1 in Field) are selected by the coaches from the opposite League.

SPRING TRACK & FIELD - Most Valuable Awards are presented at the conclusion on the League Championships, based on nominations from League Coaches. 2 Boys (1 In Track and 1 in Field) and 2 Girls (1 In Track and 1 in Field) are selected by the coaches from the opposite League.

Bill Shelley Award (more information to follow)

Joe Grana Award (more information to follow)

5. GAMES COMMITTEE and JURY OF APPEALS

The Games Committee and the Jury of Appeals will consist of three coaches elected for each season.

The Games Committee: This Committee will have the responsibility for the proper conduct of a meet, for the administrative procedures of a meet and the terms and conditions that govern the meet's competitions.

The Jury of Appeals: The Jury is the final board of appeal, following a verbal protest to the Referee. A protest to the Jury is to be in writing and is to be made within 30 minutes following the denial by the referee. The jury can decide on violations of applications of rules and procedures. False starts cannot be protested.

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6. MEETS TO BE CONDUCTED EACH SEASON

The NSCHSAA shall conduct the following competitions each year:

CROSS COUNTRY

Inter-School Competitions

Sophomore Championship Meet

“A” League Championship Meet

League Championship Meet (including Varsity, JV and Freshmen levels)

WINTER TRACK & FIELD

Christmas Classic

Freshmen and Sophomore Championship Meets for Boys

Freshmen-Sophomore Championship Meet for Girls

Varsity Championship Meet for Boys

Varsity Championship Meet for Girls

SPRING TRACK & FIELD

Easter Classic

Developmental Competitions for Boys and Girls

Freshmen and Sophomore Championship Meets for Boys

Freshmen-Sophomore Championship Meet for Girls

“A” League Championship Meet

Varsity Championship Meet for Boys

Varsity Championship Meet for Girls

7. ENTRIES

The number of competitors entered in individual running or field events and the number of relay teams entered in each relay event must be submitted on the official entry blank. The closing date shall be strictly enforced. Checks should be sent to the League Treasurer, but a copy of the check should be included with the entry. Entries fees should be paid prior to the day of the meet. Entries must be in the hands of the Commissioner by the due date and signed by the Athletic Director.

Athletes may only be listed in three events.

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8. SEEDING

All seeding for Varsity Track & Field competitions are to be submitted on-line by procedures as outlined by the League Commissioner. The due date will be at least 48 hours prior to the seed meeting. A school's on-line entries are the *final* entries for that school. Appeals for changes - prior to the seed meeting - must be made through the League President and the League coaches are to be informed of the change, if said change is permitted, at the start of the seed meeting. Seeds are to be actual performances in an open event (seeds can be used for relays legs 800 and up - but a seed in an open event will always have preference) or based on a substantial past performance in that or a similar event. Actual performances will always take preference. Seeds are to be from the current season (Winter performances can be used for the Spring season)

A coach, or his/her proxy, is to be present at the Seed Meeting, usually held on the Thursday evening before a Championship Meet. In order for competitors to score in an event at the Varsity Championships, the athlete must be seeded in that event. If not seeded, the athlete may compete, but may not score. Each seed request counts as an event for that individual, including all legs listed on relays, even if the athlete does not compete in that event. Violations of this rule will result in that athlete's performances being eliminated from all events.

At the seed meeting, each competitor will be listed for each event in which he or she has been entered, including relays with alternates and field events. The seed sheets, based on the on-line entries, will be duplicated and distributed to each school present. The clerk will go over each event according to the listed order of events. Proper seeding is one of the most difficult as well as the most necessary aspect of a well-conducted meet. It is incumbent on all coaches to exercise the most careful and objective judgment in establishing seeds. The fastest/highest seeded section or flight will be contested last.

SEEDING PREFERENCES:

In the 55m, 55m Hurdles, 100m, 110m Hurdles, 200m dashes - the top 24 athletes will be seeded to compete in trials against each other. Remaining athletes will race against #25 and slower. IF FAT is available - the top 12 based on time will be brought back to a 2 heat final in the 55m (Winter) and the 100m (Spring). The top 6 will be brought back for a 1 heat final in the other events. IF FAT is NOT available - the top 3 in each trial will be brought back to a semi-final, where the top 2 will be selected for a one heat final in the 55m (Winter) and 100m (Spring) dashes.

In the Shot Put/Discus/Long Jump/Triple Jump - flights or 8 to 10 will be selected, based on the seeds. The lower seeds will compete FIRST, advancing to the higher seeds. The top 6 - from ALL seeded athletes will be brought back to the finals.

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9. DAY OF A CHAMPIONSHIP MEET

All coaches should report scratches to the clerk before the meet begins. Coaches should make sure their athletes report to the events they are entered in on time. This includes those in trials as well as the finals. The time of events as listed on the Meet schedule will be adhered to, but MAY move ahead by no more than 15 minutes.

10. PARTICIPATION AND PRACTICE RULE

Before a team or individual can participate in competition they must have had the following number of practice sessions:

Team - 15 practice sessions

Individual - 13 practice sessions

An individual can receive a sport specific waiver. Example: an individual who ran Cross Country may participate in Indoor Track and Field before having had 13 practices. An individual who played another sport outside the track family may NOT substitute the practice rule because it is not a track related sport.

Boys and Girls must represent their school in three (3) contests before competing in Championship meets. A medical waiver, signed by a doctor, is permitted in lieu of the 3 required meets. The waiver *must* include the start date of the injury/illness and the date of permitted return and be submitted to the Commissioner at/or prior to the seed meeting. The Athletic Directors agreed that all requests for medical waivers must go through the requesting AD and then to the President of the League (currently Mr. Donal Buckley)

11. DEFINITION

Freshmen : For an athlete to be eligible to compete as a freshmen, he or she must be a first time 9th grade student.

Sophomore: For an athlete to be eligible to compete as a sophomore, he or she must be a first time 10th grade student.

In League meets where separate events are held for Freshmen and Sophomores, a freshmen may compete only as a freshmen and a sophomore may compete only as a sophomore. Freshmen may NOT be moved up to compete as sophomores.

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12. ROSTERS

Rosters are to be submitted on-line, by a date to be determined by the League Commissioner. An athlete must be on this submitted roster to be eligible to compete in any League Championships. An athlete must have also have fulfilled the "Practice and Participation" rules stated in # 10, above.

13. AMENDING THIS CONSTITUTION AND THESE BY-LAWS

Proposals can only be submitted and voted on at the end of season meeting. All proposals are to be seconded to be discussed. Following the second, a period of discussion will follow. The length of time will be determined by the Commissioner. Following the discussion, there will be a vote of all schools present. If a proposal only affects the Boys' League, then only Boys' coaches will vote. If a proposal only affects the Girls' League, then only Girls' coaches will vote. If a proposal affects the entire League, then all coaches present at the meeting will vote (one vote per school). A majority vote is needed to approve all proposals and once approved CANNOT be altered, amended or dropped for a period of at least THREE years. All Approved proposals will be valid the upcoming season.

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CROSS COUNTRY

Start of the Season

The start of the season will be determined by the Athletic Directors and announced by the end of the Spring season.

Participation Rule for Championship Meets

See Rule # 10 above.

Racing

In the Cross Country season both the Varsity and Freshmen teams must start the seven best runners representing the school in the sport on that day. A runner who is injured or ill on the day of the meet is excepted. In each succeeding race a school must run its next best runners. A school may not compete in a lower category without having a full seven-member team in a higher category race. However, if on the day of the meet a school wishes an exception, a team representative must seek a decision from the Games Committee at a coaches meeting before the Championship starts. In the event that a team does not finish five competitors, the places of all finishing members shall be retained as well as the individual medals and there will be no retabulation of the score.

Ties

In the case of a tie, the team with the lowest 6th place finisher shall be awarded the higher team place.

Awards for Cross Country for Championship Meets

TEAMS: The NSCHSAA Plaque will be awarded to the first place team in the Varsity Championship Race. A Race Plaque will be awarded to the first place in all other races. A plaque will be awarded to the dual meet champion in Varsity, JV and Freshmen levels

INDIVIDUALS: Boys and Girls Varsity - Top 25 receive medals

Boys Junior Varsity - top 40 receive medals

Girls Junior Varsity - top 40 receive medals

Boys Freshmen "A" - top 25 receive medals

Boys Freshmen "B" - top 15 receive medals

Girls Freshmen - top 35 receive medals

Course Distance

The freshmen course shall be the one and one-half mile, Sunken Meadow course
The Junior Varsity and Varsity courses shall be the two and one-half mile course for weekday (usually Wednesday) competitions and the 5000 meter course for the Championship meet.

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INDOOR TRACK & FIELD

Start of the Season

The start of the season will be determined by the Athletic Directors and announced by the end of the prior Cross Country season.

Participation Rule for Championship Meets

See Rule # 10 above.

An athlete will be permitted to compete in any three events in League Competitions
All runners will be assigned a number based on the team roster as submitted at the start of the season. That number is to be pinned securely on the back (except for High Jumpers, who will wear their numbers on the front).

Scoring for Championship Meets

For both Boys and Girls Individual Events AND Relays:

1st Place will be awarded 6 points

2nd Place will be awarded 4 points

3rd Place will be awarded 3 points

4th Place will be awarded 2 points

5th Place will be awarded 1 point

Specific Event Rules

All running events from the 600m and above, the final placement of all athletes will be a final on time from all sections.

Advancement in the 4 x 200m relay, the 55m dash, the 55m Hurdles and the 300m dash will be by time (top 6, top 12 in the 55m. dash) if FAT is available. If FAT is not available, it will be by pick in the 55m Dash (12 to a semi-final and 6 to a final) and the 55m hurdles (6 to a final). At the discretion of the Meet Director and if discussed in the Seed Meeting, a final can be run in lieu of a semi-final. In the case of a tie for a final position, the additional runner(s) will be added.

Starting heights for the Pole Vault and the High Jump

Starting heights and the numbers of inches the bar is to be raised will be determined at the seed meeting or the start of each season.

Awards

Individual Medals will be awarded for 1st, 2nd and 3rd place finishers

The CHSAA Plaque will be awarded to the first place team in the Varsity Championship. A team plaque will be awarded to the 1st place team in the Freshmen and Sophomore Championships.

No team score or title will be awarded at the Christmas Classic Meet.

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OUTDOOR TRACK & FIELD

Start of the Season

The start of the season will be determined by the Athletic Directors and announced by the end of the prior Winter season.

Competitions

The Boys and Girls Spring Track & Field program shall include a series of developmental meets. The order of events shall be as follows:

BOYS DEVELOPMENTAL MEETS

DEVELOPMENTAL MEET "A"

1. Shot Put, Long, jump, High Jump
2. 400m or 300m Intermediate Hurdles
3. 800m Run
4. 100m Dash
5. 400m Dash
6. 3200m Run
7. 4 x 400m Relay

DEVELOPMENTAL MEET "B"

1. Discus, Triple Jump, Pole Vault
2. 110m High Hurdles
3. 200m Dash
4. 800m Run
5. 1600m Run
6. 4 x 100m Relay
7. 4 x 400m Relay

In each event, Varsity and Junior Varsity athletes compete first. Freshmen compete last.

GIRLS DEVELOPMENTAL MEETS

DEVELOPMENTAL MEET "A"

1. Shot Put, Long, jump, High Jump
2. 400m Intermediate Hurdles
3. 100m Dash
4. 1500m Run
5. 400m Dash
6. 4 x 100m Relay
7. 4 x 400m Relay

DEVELOPMENTAL MEET "B"

1. Discus, Triple Jump
2. 110m High Hurdles
3. 200m Dash
4. 800m Run
5. 3000m Run
6. 4 x 100m Relay
7. 4 x 400m Relay

In each event, Varsity and Junior Varsity athletes compete first. Freshmen compete last.

Participation Rule for Championship Meets

See Rule # 10 above.

An athlete will be permitted to compete in any three events in League Competitions

All runners will be assigned a number based on the team roster as submitted at the start of the season. That number is to be pinned securely on the back (except for High Jumpers, who will wear their numbers on the front).

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Scoring for Championship Meets

For both Boys and Girls Individual Events AND Relays:

1st Place will be awarded 6 points

2nd Place will be awarded 4 points

3rd Place will be awarded 3 points

4th Place will be awarded 2 points

5th Place will be awarded 1 point

Specific Event Rules

All running events from the 400m and above, the final placement of all athletes will be a final on time from all sections.

Advancement in the 4 x 100m relay, the 100m dash, the 110m Hurdles and the 200m dash will be by time (top 6, top 12 in the 100m. dash) if FAT is available. If FAT is not available, it will be by pick in the 100m Dash (12 to a semi-final and 6 to a final) and the 110m hurdles (6 to a final).

At the discretion of the Meet Director and if discussed in the Seed Meeting, a final can be run in lieu of a semi-final. In the case of a tie for a final position, the addition runner(s) will be added to the finals

Starting heights for the Pole Vault and the High Jump

Starting heights and the numbers of inches the bar is to be raised will be determined at the seed meeting or the start of each season.

Awards

Individual Medals will be awarded for 1st, 2nd and 3rd place finishers

The CHSAA Plaque will be awarded to the first place team in the Varsity Championship.

A team plaque will be awarded to the 1st place team in the Freshmen and Sophomore Championships.

No team score or title will be awarded at the Easter Classic Meet.