

**The Nassau – Suffolk Catholic High Schools Cross Country  
Track & Field Constitution and By – Laws**  
(Revised - March 11, 2011)

**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 AWARD**

- 1) Coach of the Year and Sportsmanship Awards will be determined by a majority vote of League schools present at the end-of-season coaches meeting, one vote per school. Boy’s coaches casting a ballot for the boys’ awards, and Girls coaches casting a ballot for the girl’s awards.
- 2) Boys All-Star Cross Country: All boys who break 14:00 at a sanctioned meet for either the Sunken Meadow or Van Cortlandt Park courses will be on the All-Star team. In addition they will be on the All-Star team if they break 18:00 for 5k at Sunken Meadow.
- 3) Girls All-Star Cross Country: All girls who break 17:30 at a sanctioned meet for either the Sunken Meadow or Van Cortlandt Park courses will be on the All-Star team. . In addition they will be on the All-Star team if they break 22:30 for 5k at Sunken Meadow.
- 4) Track & Field: As determined by the Athletic Directors, All Star standings will be awarded to the top three place finishers in the League Championship Meet, including relays.

## 5) GAMES COMMITTEE AND JURY OF APPEALS

**The Games Committee and the Jury of Appeals will consist of Donal Buckley (Chairman), Mark Robinson (Official) and Tony Toro (Commissioner of Track & Field).**

- 1) **Games Committee:** This Committee will have the responsibility for the proper conduct of a meet, for the administrative procedures and the terms and conditions that govern the meet's competition. Rule 3-2
- 2) **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. Judgment calls cannot be protested. Rule 3 – 5 (Articles 1/2/3/4)

## 6) MEETS TO BE CONDUCTED EACH SEASON

- 1) **CROSS COUNTRY:** The NSCHSAA shall conduct the following meets.

- A) Inter – School Competitions
- B) Sophomore Championship Meet
- C) League Championship “A” Meet
- D) League Championship “AA” Meet (Varsity, JV, Freshmen)

- 2) **Indoor Track & Field**

- A) Christmas Classic
- B) Freshmen – Sophomore Meets for Boys
- C) Freshmen – Sophomore Meet for Girls
- D) Varsity Championship Meet for Boys and Girls

- 3) **Spring Track & Field**

- A) Easter Classic
- B) Developmental competitions for boys and girls
- C) Freshmen – Sophomore Championship Meets for Boys
- D) Freshmen – Sophomore Championship Meet for Girls
- E) League Championship “A” Meet
- F) League Championship “AA” Meet

## 7) ROSTERS

- 1) **Schools will submit their roster on line: [www.just-in-time-racing.com](http://www.just-in-time-racing.com)**
- 2) **Schools must contact Tony Toro for their password**
- 3) **The Commissioner will inform coaches when all rosters are due.**
- 4) **Additional athletes may be added after the due date**
- 5) **After receiving rosters, competitor numbers will be issued and will be used for the season. These competitor numbers will identify your athletes.**

## 8) ENTRY PAYMENTS

All checks must be sent to the League Treasurer. A Copy of the check must also be sent to the Commissioner (Tony Toro) along with the entry. Entry 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.

## 9) PARTICIPATION

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

- 1) Team – 15 practice sessions
- 2) Individual – 13 practice sessions

An athlete must represent their school **in three sanctioned meets** during that season in order to compete in Championships Meets. Only exception is a Medical Waiver.

## 10) MEDICAL WAIVER

A medical waiver, signed by a doctor, is permitted in lieu of the 3 required meets. The medical waiver must include the start state of the injury/illness and the date of permitted return. The medical waiver must be submitted to **the Commissioner 48 hours prior** to the seeding meeting.

## 11) DEFINITION OF FRESHMEN AND SOPHOMORE ATHLETES

- 1) Freshmen – a first time 9<sup>th</sup> grade student
- 2) Sophomore – a first time 10<sup>th</sup> grade student

In League meets where separate events are held for freshmen and sophomore, 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.

## Transfer Rules

# CROSS COUNTRY

## START OF THE SEASON

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

**PARTICIPATION RULE FOR CHAMPIONSHIP MEETS – See Rule number 9**

## COURSE DISTANCE

The freshmen course shall be 1 ½ miles at Sunken Meadow State Park. The Junior Varsity and Varsity courses shall be 2 ½ miles for the weekday (usually Wednesday) competitions and 5K course for the Championship meet.

## RACING

In the Cross Country season both the Varsity and freshmen teams must start their best seven runners. A runner who is injured or ill is accepted. 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 race 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 re-tabulation of the score.

**TIES – In case of a tie, the team with the lowest 6<sup>th</sup> place finisher shall be awarded the higher team place.**

## AWARDS - TEAMS

The NSCHSAA League Championships Plaque will be awarded to the first place team in the Varsity Championship Race. A 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

## INDIVIDUAL AWARDS

- |                           |        |
|---------------------------|--------|
| 1) Boys and Girls Varsity | Top 25 |
| 2) Boys Junior Varsity    | Top 25 |
| 3) Girls Junior Varsity   | Top 25 |
| 4) Boys Freshmen “A”      | Top 25 |
| 5) Boys Freshmen “B”      | Top 15 |
| 6) Girls Freshmen “A”     | Top 25 |
| 7) Girls Freshmen “B”     | Top 15 |

## INDOOR TRACK & FIELD

The start of the season will be determined by the Athletic Directors and announced by the end of the prior spring season. See rule # 9 concerning practice participation.

**Entries for the NSCHSAA League Championships must be received 72 hours prior to the seeding meeting. Entries will be submitted on line using the following web site: [www.just-in-time-racing.com](http://www.just-in-time-racing.com). It's the coach's responsibility to make sure that his/her entry is in on time. Your on-line entry is your official entry. Save your on-line entry, as it's your proof that your athletes were properly entered. Failure to do so denies your right to appeal. Entries will be posted at 12:00 noon.**

A coach, or his/her proxy, is to be present at the Seed Meeting, usually held on the Thursday evening before a League 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. **All appeals must be sent to the Commissioner and Chairman.**

### LEAGUE CHAMPIONSHIP RULES/PROCEDURES

- 1) Scoring will be: 6 points for 1<sup>st</sup> Place – 4 points for 2<sup>nd</sup> Place – 3 points for 3<sup>rd</sup> place – 2 points for 4<sup>th</sup> Place and 1 point for 5<sup>th</sup> Place.
- 2) Team Awards – A CHSAA League Plaque will be awarded to the first place team in the Varsity Championship Meet. A team plaque will be awarded to the 1<sup>st</sup> place team in the Freshmen and Sophomore Championships.
- 3) Individual Awards – Medals will be given to the first three place finishers.
- 4) **An athlete may compete in three events. Athletes shall not be entered in more than 3 events**
- 5) **All athletes must wear their competitor number on the front of their jersey. If Labels are being used labels with their name and school name for each event they are entered in must be worn.**
- 6) Seeds are to be actual performances in an open event (seeds can be used for relay legs 800 and up, but a seed in an open event will always have preference). Actual performances will always take preference. All seeds are to be from the current season.
- 7) Seeded sections/flights will be contested last, **unless otherwise changed (vote).**
- 8) **A team (each gender) is limited to four (4) relay teams per event. All teams must be declared on-line.**
- 9) **Coaches will not be permitted in the infield during the Indoor League Championships.**
- 10) The time schedule of the meet may move ahead no more than 15 minutes.

# INDOOR TRACK & FIELD ADVANCEMENT

## Whenever held at St. Anthony's High School

Athletes will wear Labels for all running events with their name and competitor number.

Prefer Lanes (3 – 4 – 2 – 5 – 1 – 6) (3 – 4 – 2 – 5 – 1)

55 High Hurdles 55m Dash	Top 18 athletes will be seeded and can advance. All others cannot advance. All ties that cannot be broken that create more than 18 entries will run as non – scorers. Six fastest advance (10-5-1-4-7-11) (9-6-2-3-8-12) (17-15-13-14-16-18) <b>If no FAT three heats picking two</b>	
300m Dash 600m Run	Six fastest advance In Lanes, 5 at a time, two turn stagger	
1000m Run	8 in the fastest section, 8 in the second fastest section, and 8 or less in the slowest section. Additional runners may be added to the first section with the approval (vote) of the coaches involved. 2 turn box	
1600m/1500m Run 3000m/3200m Run	10 in the faster section 18 in seeded section	<b>2 turn box 2 turn box</b>
4 x 200 Relay	Six fastest advance	<b>3 turn stagger</b>
4 x 400 Relay	In lanes, 5 at a time	<b>2 turn lane</b>
4 x 800 Relay		<b>2 turn box</b>
LJ, TJ,	8 per flight, competitors may ask to compete earlier in the trials. Throws and jumps must be taken in order, in the finals. Top six competitors return to the finals  Each school is permitted to enter 3 athletes in the Long and Triple Jumps. Additional jumpers may be added provided they have already jumped the minimum measurement.  Boys Long Jump is 1 <sup>st</sup> (only one measurement under 17') Girls' Long Jump is 2 <sup>nd</sup> (only one measurement under 13') Boys' Triple Jump is 1 <sup>st</sup> (only one measurement under 36') Girls' Triple Jump is 2 <sup>nd</sup> (only one measurement under 28')	
Shot Put	Top 18 will be seeded and throw first bringing back 6 for finals. Two flights of 9	
Boys High Jump Girls High Jump	5' - 5'3 - 5'6 - 5'8 - 5'10" then 1" thereafter 4' - 4'3 - 4'6 - 4'8 - 4'10" then 1" thereafter	
Boys Pole Vault Girls Pole Vault	8 - 8'6 - 9' - 9'6 - 10' - 10'6 - 11' - 11'6 - 12' 7' - 7'6 - 8' - 8'6 - 9 - 9'6 - 10' - 10'6 - 11'	

**Jury of Appeals: Donal Buckley, Mark Robinson, Tony Toro**