



**N.Y.S.P.H.S.A.A.**

**SECTION VIII**

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**BOYS & GIRLS WINTER TRACK & FIELD  
2017 -2018**

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**BOYS & GIRLS WINTER TRACK & FIELD COMMITTEE MEMBERS**

**Group A**

**Fred DeRuvo (IT)**

**Group B2**

**Steve Sproul (Man), Paul Schaefer (Bald), Jim Ravener (Beth)**

**Group C**

**Bud McQuillan (Law), Stephen Honerkamp (Hew), Steve Josepher (EM), Rich Degnan (Mass), Mike Spiteri (Syo)**

**Group D**

**Nick Aurigemma (CSH), Erica Messier (GC)**

**Group E**

**Adam McKenzie (GNN), Ed Corona (NS),**

**Group F**

**Joe Migliano (Cal), Jeremiah Pope (PW)**

**CONFERENCE 1**

**Rich Degnan (Mass), Mike Spiteri (Syo), Jeremiah Pope (PW)**

**CONFERENCE 2**

**Paul Schaefer (Bald), Steve Josepher (EM), Joe Migliano (Cal),**

**CONFERENCE 3**

**Steve Sproul (Man), Erica Messier (GC), Adam McKenzie (GNN)**

**CONFERENCE 4**

**Stephen Honerkamp (Hew)**

**CONFERENCE 5**

**Jim Ravener (Bethpage), Ed Corona (NS), Bud McQuillan (Law)**

**CONFERENCE 6**

**Fred DeRuvo (IT), Nick Aurigemma (CSH)**

**Tom Graham: HSAA Representative  
Mike Ringhauser: NCTCA Representative  
Bob Busch: Ex Officio**

## **Boys & Girls Winter Track & Field Handbook**

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### **2017-2018 Important Dates (simple changes for me based on new dates)**

|              |  |
|--------------|--|
| November 8   | Mandatory Winter Track & Field Coaches Meeting   |
| November 13  | First Day of Practice  |
| November 21  | Rosters due online at <a href="http://www.trackconference.com">www.trackconference.com</a> |
| November 29  | Race walk/Weight Throw Clinic  |
| November 30  | Crossover Meets Begin  |
| January 9-18 | Conference Championships (check dates for specific conferences)                            |
| February 4   | Frosh/Soph Meet  |
| February 5   | Weight Throw County Championship & State Qualifier (Weight Throw ONLY)                     |
| February 6   | Class A County Championships   |
| February 7   | Class B County Championships   |
| February 13  | State Qualifier  |
| March 3      | State Championships @ Ocean Breeze Athletic Facility                                       |
| March 12     | Winter Track & Field Awards Dinner at Crest Hollow Country Club                            |

### **Sportsmanship**

The NYSPHSAA requires Officials to enforce all Rules regarding unsportsmanlike conduct by coaches and athletes. There will be no tolerance for negative statements or actions between opposing players, especially trash- talking, taunting, or baiting of opponents. Please remind all athletes and coaches of this policy. (Please see detailed policy on pages 21 - 24)

### **Safety Notes**

Please review the next page which outlines the Section's policy for Wind Chill procedures.



**NYSPHSAA WIND CHILL PROCEDURES**

Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com)
- Enter zip code or city and state in the location section of the app or online
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like Temperature (wind chill) at halftime or midway point of the contest. If the Feels Like Temperature (wind chill) is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

|             |   |   |
|-------------|---|---|
|             | Feels Like Temp (wind chill) above 40 degrees                             | Full activity – no restrictions   |
| Recommended | Wind Chill Caution: Feels Like Temp (wind chill) 39 degrees to 20 degrees | Stay adequately hydrated<br>Notify coaches of the threat of cold related illnesses<br>Have students and coaches dress in layers of clothing   |
| Recommended | Wind Chill Watch: Feels Like Temp (wind chill) 19 degrees to 10 degrees   | Stay adequately hydrated<br>Notify coaches of the threat of cold related illnesses<br>Have students and coaches dress in layers of clothing<br>Cover the head and neck to prevent heat loss   |
| Recommended | Wind Chill Warning: Feels Like Temp (wind chill) 9 degrees to -10 degrees | Stay adequately hydrated<br>Notify coaches of the threat of cold related illnesses<br>Have students and coaches dress in layers of clothing<br>Cover the head and neck to prevent heat loss<br>Consider postponing practice to a time when the Feels Like temp is much higher<br>Consider reducing the amount of time for an outdoor practice session |
| REQUIRED    | Wind Chill Alert: Feels Like temp (wind chill) -11 degrees or lower       | No outside activity, practice or contest, should be held  |

Approved May 1, 2010  
Updated July 27, 2016

**CROSSOVER & CLINIC SCHEDULE/ALIGNMENT**

| GROUP A      | GROUP B        | GROUP C     | GROUP D          | GROUP E      | GROUP F         |
|--------------|----------------|-------------|------------------|--------------|-----------------|
| Freeport     | Manhasset      | Lawrence    | V.S. North       | V.S. Central | Calhoun         |
| Hicksville   | Plainview JFK  | Hewlett     | Seaford          | G.N. North   | Westbury        |
| MacArthur    | Uniondale      | Elmont      | ColdSpringHarbor | Roosevelt    | Port Washington |
| Jericho      | Hempstead      | East Meadow | Lynbrook         | North Shore  | Mepham          |
| Division     | Baldwin        | Massapequa  | Roslyn           | Wheatley     | Friends Academy |
| Clarke       | New Hyde Park  | Syosset     | Garden City      | Malverne     | Wantagh         |
| Island Trees | Bellmore JFK   | Herricks    | Long Beach       | V.S. South   | Mineola         |
| Floral Park  | Bethpage       | Carey       | Farmingdale      | Plainedge    | Oyster Bay      |
| Sewanhaka    | West Hempstead | Glen Cove   | Oceanside        | South Side   | G.N. South      |
|              | Locust Valley  |             |                  |              |                 |

| DATES        | GROUPS (NOT conferences)      | TIME             | MEET FORMAT       |
|--------------|-------------------------------|------------------|-------------------|
| Wed, 11/29   | RW/WT ONLY                    | 6:00pm – 8:00pm  | RW/WT ONLY        |
| Thurs, 11/30 | Group A & B                   | 6:30pm – 10:30pm | A                 |
| Tues, 12/5   | Group C & D                   | 6:30pm – 10:30pm | A                 |
| Wed, 12/6    | Group E & F                   | 6:30pm – 10:30pm | A                 |
| Tues, 12/12  | Group C & F                   | 6:30pm – 10:30pm | B                 |
| Wed, 12/13   | Group B & E                   | 6:30pm – 10:30pm | B                 |
| Thurs, 12/14 | Group A & D                   | 6:30pm - 10:30pm | B                 |
| Fri, 12/15   | WT/PV Clinic (potential comp) | 6:30pm – 10:30pm |                   |
| Mon 12/18    | Group B & C                   | 6:30pm – 10:30pm | C                 |
| Tues, 12/19  | Group A & E                   | 6:30pm – 10:30pm | C                 |
| Wed, 12/20   | Group D & F                   | 6:30pm – 10:30pm | C                 |
| Tues, 1/02   | WT/PV Clinic (potential comp) | 6:30pm – 10:30pm |                   |
| Wed, 1/03    | Group A & C                   | 6:30pm – 10:30pm | D                 |
| Thurs, 1/04  | Group B & F                   | 6:30pm – 10:30pm | D                 |
| Fri, 1/05    | Groups D & E                  | 6:30pm – 10:30pm | D                 |
| Mon, 1/15    | MAKE UP for regular season    | TBD if necessary | Only if necessary |

**CROSSOVER MEET FORMAT SCHEDULE OF EVENTS**  
**ALL FORMATS HAVE A 2 EVENT PER ATHLETE LIMIT**

| FORMAT A             | FORMAT B                          | FORMAT C                   | FORMAT D             |
|----------------------|-----------------------------------|----------------------------|----------------------|
| <b>Running – G/B</b> | <b>Running – B/G</b>              | <b>Running – G/B</b>       | <b>Running – B/G</b> |
| 1500 Girls           | 4 x 4 (1 team per school)         | 1500/1600                  | 1500 Race walk       |
| 55HH                 | 3200/3000                         | 55 HH                      | B/G 55HH             |
| 55 (semi/final)      | 300                               | 600                        | Boys 1600            |
| 600                  | 1000                              | 55 (semi/final)            | Girls 3000           |
| 300                  | 4 x 2 (2 teams per school)        | 4 x 8 (2 teams per school) | 55 (semi/final)      |
| Boys 3200            | *more 4 x 2 teams if time permits | 1500 Race walk             | 1000                 |
|                      |                                   |                            | 300                  |
| Shot B/G             | HJ B/G                            | HJ G/B                     |                      |
| HJ G/B               | TJ G/B                            | LJ B/G                     | HJ G/B               |
| LJ B/G               | Shot B/G                          | Shot G/B                   | TJ B/G               |
| Pole Vault G/B       | Pole Vault B/G                    | Pole Vault G/B             | Shot G/B             |
|                      |                                   |                            | Pole Vault B/G       |

**\*\*Format A: Coaches may run their athletes in EITHER the 600 OR 300, not both!**

**\*\*Format B & D: Any athletes not accepted in the 3000/3200 will be able to run the 1000! No athlete can do both!**

**\*\*Coaches must be able to provide splits in the event there is a question about times (distance races and RW)**

**\*\*3200/3000: Each school is guaranteed up to 3 athletes in the 3000/3200. The remaining spots in the field will be done by time. You must submit cards for this event stating your athletes name, number and 3000/3200 seed.**

**(BOLD teams have changed conferences for this year)Changes made based on current BEDS numbers**

| <b>CLASS COUNTY A</b> |                   |                        | <b>CLASS COUNTY B</b> |                 |                  |
|-----------------------|-------------------|------------------------|-----------------------|-----------------|------------------|
| <b>CONF. 1</b>        | <b>CONF. 2</b>    | CONF. 3                | <b>CONF. 4</b>        | <b>CONF. 5</b>  | <b>CONF. 6</b>   |
| Freeport              | <b>Hicksville</b> | <b>MacArthur</b>       | Jericho               | <b>Division</b> | Clarke           |
| Uniondale             | Plainview JFK     | Manhasset              | Sewanhaka             | Floral Park     | Island Trees     |
| Hempstead             | Baldwin           | <b>NewHydePark</b>     | <b>Bellmore JFK</b>   | Bethpage        | West Hempstead   |
| Massapequa            | East Meadow       | Elmont                 | Hewlett               | Lawrence        | Locust Valley    |
| Syosset               | Herricks          | Carey                  | <b>Glen Cove</b>      | V.S. North      | Seaford          |
| Farmingdale           | Long Beach        | Garden City            | Roslyn                | Lynbrook        | ColdSpringHarbor |
| Oceanside             | V.S. Central      | G.N.N                  | Roosevelt             | North Shore     | Wheatley         |
| <b>Westbury</b>       | Calhoun           | <b>South Side</b>      | <b>Plainedge</b>      | V.S.South       | Malverne         |
| PortWash              | <b>Mepham</b>     | <b>Friends Academy</b> | Wantagh               | Mineola         | Oyster Bay       |
|                       | <b>G.N.S</b>      |                        |                       |                 |                  |

**FROSH/SOPH MEET**

|           |                |               |                  |
|-----------|----------------|---------------|------------------|
| Sun, 2/04 | All Frosh/Soph | St. Anthony's | 8:30am – 12:30pm |
|-----------|----------------|---------------|------------------|

**CONFERENCE CHAMPIONSHIP MEET SCHEDULE**

| <b>DATES</b> | <b>CONFERENCE</b> | <b>SITE</b>   | <b>TIME</b>      |
|--------------|-------------------|---------------|------------------|
| Tues, 1/09   | 4                 | St. Anthony's | 6:30pm – 10:30pm |
| Wed, 1/10    | 5                 | St. Anthony's | 6:30pm – 10:30pm |
| Thurs, 1/11  | 6                 | St. Anthony's | 6:30pm – 10:30pm |
| Fri, 1/12    | WT/PV Clinic      |               |                  |
| Tues, 1/16   | 1                 | St. Anthony's | 6:30pm – 10:30pm |
| Wed, 1/17    | 2                 | St. Anthony's | 6:30pm – 10:30pm |
| Thurs 1/18   | 3                 | St. Anthony's | 6:30pm – 10:30pm |
| Thurs 1/25   | WT/PV CLINIC ONLY | St. Anthony's | 6:30pm – 10:30pm |

\*Thursday, 2/01 will be utilized as make up date for Conference meets

**COUNTY CHAMPIONSHIP MEET SCHEDULE**

| <b>DATES</b> | <b>COUNTY</b> | <b>SITE</b>   | <b>TIME</b>      |
|--------------|---------------|---------------|------------------|
| Mon, 2/05    | WT ONLY       | St. Anthony's | 6pm – 10pm       |
| Tues, 2/06   | A             | St. Anthony's | 6:30pm – 10:30pm |
| Wed, 2/07    | B             | St. Anthony's | 6:30pm – 10:30pm |

\*\*Thurs 2/08 will be utilized as snow dates if necessary. The cancelled event will move to the snow date. We will NOT just push back the scheduled meets. Only the cancelled event will move.

**STATE QUALIFIER SCHEDULE**

| <b>DATES</b> | <b>SITE</b>   | <b>TIME</b>      |
|--------------|---------------|------------------|
| Tues, 2/13   | St. Anthony's | 6:30pm – 10:30pm |

\*Thursday 2/15 will be utilized as a snow date if necessary

**STATE CHAMPIONSHIP MEET**

| <b>DATES</b> | <b>BOYS/GIRLS</b> | <b>SITE</b>  | <b>TIME</b> |
|--------------|-------------------|--------------|-------------|
| Sat, Mar. 3  | All together      | Ocean Breeze | 8:45am      |

## **SECTION 8 WINTER TRACK & FIELD**

*Section 8 Winter Track & Field will be governed by 2018 National Federation rules*

### **Crossover Meets**

- a. Athletes are limited to 2 events (**\*Take note of the event rules in Format**)
- b. Only one measurement under 12' (girls) 17' (boys) will be measured in the Long Jump
- c. Only one measurement under 25' (girls) 35' (boys) will be measured in the Triple Jump
- d. The first 3 sections of the 600 will be run in lanes as time permits. All others will be scratch start.
- e. The first four sections of the 300 will be run in lanes as time permits. All others will be scratch start.
- f. Seeded sections will run first
- g. The first 2 sections of the 4 x 400 and the 4 x 200 will be run in lanes as time permits.
- h. All jumpers must pick up their tape marks when they leave the event. No duct tape may be used in HJ.

### **Clerking Responsibilities (Please share this info with your athletes)**

- a. All competitors are to report promptly to the clerking area or send a teammate once the event is called. It is the athlete's responsibility to clerk on time. Once an event is clerked, that event is closed.
- b. Athletes should come to the clerking area ready to compete (running apparel and shoes)
- c. Verbal seeding will be used for all races unless otherwise specified.
- d. It is the athlete's responsibility to notify the clerk if she/he is leaving the clerking area to compete in a field event. Officials will be marking times athletes leave and return. Make sure your athletes communicate. The 10 minute rule will be in effect. Please teach your kids to communicate with the officials and to be fully aware of all parameters of the 10 minute rule.
- e. No electronics in the clerking area. No cell phones, ipods, etc.

### **Usage of Blocks/Spikes**

- a. Spikes may be used at St. Anthony's ONLY in the Conference, County and State Qualifier meets.
- b. Starting blocks will be provided by St. Anthony's.

### **Results**

Results will be posted on [www.trackconference.com](http://www.trackconference.com) and [www.just-in-time-racing.com](http://www.just-in-time-racing.com)

### **Participation/Eligibility Standards**

- a. Ten team practices are required before the first meet or scrimmage.
- b. Each individual athlete must have ten practices before competing.
- c. Each athlete is limited to 15 meets (exclusive of Counties and State Q's)
- d. There are no independent athletes in Nassau County.
- e. Athletes are permitted 2 events at all Section 8 Crossover meets.
- f. Athletes will be permitted to 3 events at the Conference, County and State Q.
- g. The rule of one night's rest between meets is in effect for the winter.
- h. The Long Island Invitational and Eastern States meets DO COUNT towards the 15 allowable meets.

### **Rosters**

- a. Coaches must submit their roster online. Schools will use the following website:  
[www.trackconference.com](http://www.trackconference.com). Instructions will be discussed at our meeting on **November 8<sup>th</sup>**
- b. Team Rosters must be submitted by **Tuesday, November 21<sup>st</sup>**

### **Competition**

- a. Individual must compete in **5** meets representing their HS in order to be eligible for Counties (meets must be verifiable and occur before Counties).
- b. Do NOT enter your athletes in more than 3 events in ANY meet outside of Section 8 (regardless of that meets guidelines).
- c. The 4 meets scheduled per conference prior to Conference Championships have a 2 event per athlete limit.
- d. Section 8 meets take precedence over any and all outside meets.

## **Uniforms**

- a. Uniforms consist of a school issued or school approved top and bottom, or one piece suit.
- b. Relay members must have identical uniforms.
- c. Jerseys must be tucked in.
- d. The athlete's number is part of their uniform. No number, wrong numbers, numbers that cannot be read, or numbers that have been altered can cause a disqualification.
- e. Athletes must wear their own numbers. No exceptions.
- f. There can be no writing on the waistband of compression shorts all the way around. If there are shorts over the compression shorts, the compression shorts become an undergarment.
- g. Logos must not be bigger than a business card
- h. Coloring in of waistbands or logos will not be permitted

## **Medical Appeals**

- a. All athletes must compete in **5 meets prior to the County Championships**. Any coach who wishes to submit an appeal based on medical reasons, documented by a licensed physician, must **submit the appeal before their last regularly scheduled season contest**. However, athletes wishing to compete at the Class County meet MUST compete in 5 meets prior to the County meet regardless of the remainder of the teams' regular season schedule. (Form on page 18 of handbook)

## **Media**

- a. MSG Varsity and FIOS TV Contract: The Section 8 contract is for Counties and State Q's ONLY
- b. MSG Varsity and FIOS: News clips are OK. Featured stories can only be at playoffs.
- c. State Meet Journal: [wherenow.nysphsaa@gmail.com](mailto:wherenow.nysphsaa@gmail.com)
- d. Coaches can submit bios and pictures of past State Meet athletes to be included in a new feature spotlighting past champions/participants.

## **Electronics**

- a. Rule 3-2-8 states: "Electronic devices may be used in UNRESTRICTED areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee. ALL competition areas are considered RESTRICTED areas so no electronics are permitted. This includes the track, clerking area and all field event areas"

## **Weight Throw**

- a. The weight throw will be **SCORING FOR THE COUNTY CHAMPIONSHIPS** as it was last year.
- b. The discus cage is not a legal practice facility for the weight throw UNLESS your district has purchased the heavier cage cover/netting.
- c. Boys throw 25 lb. weight. Girls throw 20 lb. weight.
- d. Five clinics are being offered this season: 11/29, 12/15, 1/02, 1/12, 1/25
- e. **NEW** – Implements will be weighed at the start of each meet. Every athlete can choose from pool of legal implements that will all remain in the cage. This will also apply to shot.
- f. Weight Throw follows NCAA rules because it is not listed in the USATF youth rules. For any and all matters pertaining to weight throw, we will be referencing the NCAA rules.

## **2017-2018 NFHS RULE CHANGES/REVISIONS**

This year, there are not many rule **changes**, but a significant number of **revisions** involving either “**clarifications of existing rules**” or “**risk management**”.

### **Rule 4-3-1, 4-2-1b, 4-2-1c**

Clarifies that for a Track & Field as well as a XC uniform to be considered legal, the singlet or bottom or one piece uniform shall be school issued or “school approved”

Rationale: The change for “school approved” addresses the need for athletes to purchase all or part of their uniform on their own. It places the responsibility of assuring uniformity and proper attire on the coach.

### **Rule 6-2-14 PENALTY, 6-2-10, 6-2-13**

Several prohibitions regarding competitors’ actions were addressed in the 2017 rule book but no penalty was associated should the rule not be followed. The appropriate penalty is disqualification from the event.

Rationale: This rule was missing the necessary penalty. Rule 6-2-14 states “Competitors shall not use any weights or artificial aids. They shall not wear a shoe or shoes which incorporate or contain any device that gives the competitor an unfair advantage. In the Pole Vault, pushing the vaulter on his/her back at take-off during warm-up or competition is an aid and therefore NOT allowed.”

### **Rule 6-5-11**

The requirements for the pole vault crossbar have become more flexible as it can now be within a range in length.

Rationale: This provides flexibility and is in keeping with what is done in the high jump. It also provides consistency with other rule books.

### **Rule 8-6-1 (NEW)**

Duplicate language regarding the uniform has been removed from Rule 8. Cross Country and all rules regarding uniforms for individuals, relay teams and cross country teams are now all contained in Rule 4.

Rationale: Eliminates duplicate language

### **Major Editorial Changes**

\*Rule 4-6-1 NOTE 2, 3-1 NOTE – Establishes consistent language prohibiting the use of tobacco and alcohol by participants, school personnel and officials

\*Rule 5-3-1 – Provides greater flexibility by expanding the professional positions which are qualified to survey and measure a track

\*Rule 6-7-2 – Corrects clerical error in maximum diameter of the boys indoor shot

\*Rule 6-9-8 – Removes duplicate language which is covered by Rule 6-2-10 regarding broken javelins

### **Minor Editorial Changes**

Rules 3-10-2, 4-3-1b(4), 5-2, 6-1-8, 6-2-6 PENALTY, 6-2-15, 6-2-16, 6-2-17, 6-6-5, 8-7

### **Points of Emphasis**

\*Uniform waistbands, trim, accents and compliance

\*Entry limits for an individual contestant (2 at Crossover, 3 at Champs, 15 for season)



## THE 10 MINUTE RULE

The 10 minute rule is granted by the authority of the Games Committee. It is used to assist an athlete who must clerk in at another event. The athlete **MUST** communicate with the field event official that he/she is leaving to check in at another event. The official will write down the time they left **AND** the time they arrived back in granting them the 10 minutes to return and continue with the field event. During this 10 minute grace period, the official will **NOT** call the athlete's name, nor penalize the athlete by charging them with a "foul".

**During the 10 minute grace period in the High Jump and Pole Vault**, even though the athlete is not charged with a "foul", the bar **MUST**, by rule, move up in these 2 events to the next increment. The event will NOT wait for the athlete to return. The athlete is given a "pass" for each attempt not taken at the previous height. Upon returning to the High Jump and/or Pole Vault, within the grace period, the athlete must continue his/her pursuit of excellence at the higher height, if the bar was raised. (See page 44, Rule 6-2-22)

**During the 10 minute grace period in the Long Jump, Triple Jump, Shot Put and Weight Throw**, the official will skip over the "excused" athlete's name and move on to the next athlete to perform an attempt. No marking on the score sheet, other than the time the athlete left to be excused, will occur. If the excused athlete returns within the 10 minutes, the official will work that athlete into the mix.

**AFTER the 10 minute grace period**, all field event officials, **EXCLUDING High Jump and Pole Vault** will now be calling out the name of the "missing" athlete. He/She is no longer "excused" as their 10 minute grace period has expired. Once the athlete's name is called, they have 1 minute to complete an attempt at their field event. If this does not occur, the athlete is given a "FOUL" for not completing an attempt in the proper time period.

**AFTER the 10 minute grace period in the High Jump and Pole Vault**, before the crossbar is raised, the official will "PASS" a "missing" competitor for the remaining attempts at that height, if they have not returned within the designated time limit (See page 42, Rule 6-2-3b) These competitors will be "eliminated as soon as he/she has had 3 consecutive unsuccessful trials, regardless of the height or heights at which the unsuccessful trials were attempted" (See page 44, Rule 6-2-22)

An athlete is **NOT** safe if they are away from their field event longer than 10 minutes even though they have communicated that to the official. **The athlete is NOT permitted to go back and forth between events without taking a legitimate attempt at his/her field event, excluding High Jump and Pole Vault, within the 10 minute grace period.** After taking a legal attempt in their field event, they may ask to be excused for another 10 minute grace period to go and continue checking in/running in another event. Of course the above rules will still apply. Going back and forth between events **WITHOUT** making a legal attempt at their field event is a mockery to the 10 minute grace period the games committee has allowed.

Of course the best way to handle this 10 minute rule is for each athlete to assign a teammate to go check them in to their other event and **REMAIN** at that check in to receive important information given by the clerks or other field event officials. That information is to be relayed to the particular athlete missing from check in.

## **Seeding**

**\*\*FAT times take precedence over hand held times\*\***

**www.trackconference.com is the ONLY site we will use to verify seeds**

- a. We rely on the coaches to submit actual seeds in order to run an effective meet.
- b. For Conference, County and State Qualifier meets, all seeds must be verifiable. No estimates will be accepted.
- c. NO CONVERSIONS for boys in any event.
- d. Girls may use conversions from 1600/mile to 1500 and from 3200/2 mile to 3000. There is a State appointed conversion chart that is posted on our site that all sections will be using.
- e. No seed times are permitted from relay splits or oversized tracks over 200 meters.
- f. No seed performances are permitted if your athlete or relay team was disqualified.
- g. Relay seeds must be actual, not composites
- h. Six names with competitor numbers should be listed for all relays. (Counts as an event for alternates)
- i. Seed performances for all meets including the state meet will be the best actual time/jump/throw/vault from any sanctioned meet during the season (November-February)
- j. Athletes must have competed in the event during the season (November – February) to receive a seed performance.
  1. **CONFERENCE CHAMPIONSHIPS:** If you would like to enter your athlete in an event for which they do not have a seed, you must write "NO SEED" on their card. That athlete will be placed behind athletes with verifiable seeds. Long Jump & Triple Jump entries require seeds. Pole Vault entries require proof of attempts. Seeds will be checked at Conference meets. If not verified, they move to back.
  2. **COUNTY CHAMPIONSHIPS/STATE QUALIFIER:** Athletes without verifiable seeds will not be considered for these meets at all. Also, any Pole Vault athlete who has attended the clinics/competitions must have met the opening height requirement in order to enter the County Championship/State Qualifier. **TRACKCONFERENCE WILL BE THE ONLY VERIFIABLE SITE!**
- k. For **Conferences, County and State Qualifier meets**, all seeds must be verifiable on www.trackconference.com. **No other websites or rankings pages will be checked.** Each athlete must have 5 verifiable competitions listed on the site in order to be eligible for the County and State Qualifier meets. Performances must be posted to the website according to the following deadline schedule:

### **Date of Competitions**

Any meet prior to and including December 6th

December 12<sup>th</sup> – 20<sup>th</sup>

December 21<sup>st</sup> – January 6<sup>th</sup>

January 7<sup>th</sup> – January 20th

January 21<sup>st</sup> – 28<sup>th</sup> (Last Chance for County Seeds)

January 29<sup>th</sup> – February 8<sup>th</sup> (Final Chance for State Q Seeds)

February 8<sup>th</sup> – 24<sup>th</sup>

### **Deadline for entering Seeds**

Friday, December 8<sup>th</sup>

Friday, December 22<sup>nd</sup>

Sunday, January 7<sup>th</sup>

Sunday, January 21<sup>st</sup>

Sunday, January 28th

Thursday, February 8<sup>th</sup>

Saturday, February 24<sup>th</sup>

- l. If a coach misses a deadline, that athlete's performance during that time period cannot be used for future seeding purposes.
- m. This procedure will keep the rankings up to date, which will allow the coaches, athletes and parents to easily see the progress of athletes throughout the season.

## **Entries**

- a. Verbal seeding will be used at all meets. Please instruct your athletes to pay attention while the officials are seeding events and instruct your athletes which seed time to use. Many times athletes like to go with friends, please discourage this.
- b. Field events will follow the same procedure as in the past. EACH athlete must present a 3 x 5 card to the official at the time of check-in. The card must include the athlete's name, number, school and performance seed. Leave bottom of card empty for recording purposes. This procedure is for crossover meets only.

## **ANNOUNCEMENT PAGE FOR ST. ANTHONY'S**

(Please share with your athletes and their families before first meet. Add this page to your team handbook)

- **BUSSES SHOULD NOT ENTER PARKING LOT UNTIL 5:45PM AS PER St. Anthony's.** This will be strictly enforced by St. Anthony's security.
- **No one will be permitted to enter the building until 6pm.** Please do not ask. Security has been instructed by St. Anthony's to open doors at 6pm. Remain on your bus until then. We do not want kids standing in the cold. Stay on warm bus!
- After entering the gym, teams will be permitted to warm up immediately. At 6:20 the track will close, all will return to the bleachers and be asked to rise for The National Anthem. Please instruct your athletes to be respectfully quiet and to remove hats and headphones.
- The concourse area will be open for warm ups once the track is closed for warm-ups by meet management. Concourse area shuts down at 10pm.
- Following the National Anthem, all coaches and athletes will be briefed by meet management. The first Crossover meet for each group will be a longer briefing. Following the first Crossover meet, briefing will be very short and the responsibility of understanding of rules will be on individual schools/athletes/spectators.
- Pole Vault athletes may report directly to the pole vault area to drop off their poles. Only athletes competing in the pole vault are permitted to remain in the area. If girls are vaulting no boys should be over there and vice versa. Only exception is volunteers who have been cleared by meet management.
- No large bags are permitted. Track/Spike bags are fine.
- No spikes or plastic bottom shoes! **STRICTLY ENFORCED!!** All shoes will be checked prior to racing. If there are spikes in the shoes, athletes will not be allowed to race for the remainder of the evening and could risk further competition at St. Anthony's (Spikes will be permitted at the Conference, County and State Q meets ONLY)
- Coaches need to remain in designated coaching areas. No athletes/managers are to cross the track at any time unless they are competing
- No food or drink at all in the gym. **Water only!** (This applies to athletes, coaches and spectators)
- Food and drink will be sold in the hallway. There are tables set up where athletes can sit. Please leave tables for those who are eating. Tables should not be used for homework or socializing.
- No parents or spectators allowed in designated coaching areas, infield or across the track.
- Teams are expected to clean up the area in which they were sitting.
- Instruct your athletes to keep the bathrooms and hallways clean.
- No electronics in the clerking or competition areas (includes phones, ipods, etc) DQ will result
- No personal chairs will be permitted in the gym.
- Volunteers (athletes or coaches only) are often needed at field events. Inform meet management if you are interested. Athletes will receive community service hours for their time.
- Hurdlers may warm up on the backstretch if we have coaches supervising the area
- All in attendance are responsible for their own items. St. Anthony's does have a lost & found but will only hold items for a short amount of time.

## **CONFERENCE CHAMPIONSHIPS**

- a. Upon arrival each coach must hand in a Section VIII Entry blank and a 3 x 5 card for each athlete they have entered in the meet
- b. Long Jump & Triple Jump entries must be entered online. Detailed instructions/deadline dates will be emailed to every coach. Each conference will have 15 LJ entries and 15 TJ entries. Selected athletes will be posted on the website the day before the Conference Meet. This will count as one of the 3 events permitted per athlete for the accepted athletes. Rejected athletes will be permitted to enter 3 events. Coaches should list 2<sup>nd</sup> best performances to be used in the event of a tie.
- c. Each team is permitted 3 scorers in each individual event
- d. Each team is permitted 1 relay in each relay event
- e. Any athlete who does not have a verifiable seed will be moved to the back of the field. Please mark "No seed" on your athletes card if they don't have a mark.
- f. Conference Meets are CHAMPIONSHIP meets with 4 place medals in all events
- g. There is a Champion and a Runner Up plaque awarded to teams
- h. The top 3 in each individual event will earn All-Conference Honors
- i. The top relay will earn All-Conference Honors
- j. Make sure all athletes are aware of rules regarding conflicts with events (55 and LJ at same time. Cannot be away from event more than 10 minutes)
- k. Spikes may be worn in this meet. ¼" pyramid only! Spike inspectors will check shoes.

| <b>ORDER OF EVENTS</b>    | <b>SEEDING/SECTION INFO</b>  |
|---------------------------|--|
| 3000/3200 FINAL           | 2 turn stagger; sections TBA   |
| 55m Semi                  | 5 seeded sections; winners and fastest 2nd place runner advance to final **This could change the night of the meet** |
| 1000 FINAL                | 4 sections; 2 turn stagger   |
| 55m FINAL                 |  |
| 600 FINAL                 | 4 sections; 2 in lane, 2 in alley  |
| 55m HH FINAL              | 5/6 sections (5 or 6 lanes)  |
| 1500/1600 FINAL           | 2 seeded sections; 1 turn stagger 1 unseeded section; 2 turn stagger   |
| 300m FINAL                | 4 sections; 2 in lane, 2 in alley  |
| Boys: Short Break         |  |
| Girls: 1500m Racewalk     | 1 section; 1 turn stagger  |
| 4 x 800m RELAY            | 2 sections; 2 turn stagger   |
| 4 x 400m RELAY            | 4 sections; 2 turn stagger   |
| 4 x 200m RELAY            | 5 sections; 2 turn stagger   |
| Long Jump<br>Boys/Girls   | 3 trials; Top 6 to finals for 3 more   |
| Triple Jump<br>Boys/Girls | 3 trials; Top 6 to finals for 3 more   |
| Shot put<br>Boys/Girls    | 3 trials; Top 6 to finals for 3 more   |
| High Jump<br>Girls/Boys   | Starting height 4'0 girls, 5'0 boys  |
| Pole Vault<br>Girls/Boys  | Starting height 6'0 girls, 8'0 boys  |

## **COUNTY CHAMPIONSHIPS INFORMATION SHEET**

- a. Coaches must submit an online entry by **Sunday, January 28<sup>th</sup>**. Detailed instructions to follow.
- b. The seeding meeting will take place on **Wednesday, January 31<sup>st</sup>** at time and location to be determined. No additions to competition fields will be made!!!
- c. All jumps, vaults, throws should have a 2<sup>nd</sup> best performance that appears in Charlie's database in the event of ties. In the event of a tie, we will go to 2<sup>nd</sup> best performance. If no 2<sup>nd</sup> best appears we could pass over your athlete.
- d. Each team is permitted 3 scorers in each individual event
- e. Each team is permitted 1 relay in each relay event (list 6 names with numbers. Relay counts as one event for each of the 6 athletes listed)
- f. County Meets are CHAMPIONSHIP meets with 4 place medals in all events; Plaques to 1<sup>st</sup> and 2<sup>nd</sup> overall teams.
- g. The top 3 in each individual event and relays will earn All-County Honors (\*Relay members who ran the race at the County meet will receive All County Honors. No alternates will be awarded All County. Only the 4 athletes who performed on that night)
- h. Scoring is: 10-8-6-4-2-1
- i. Only coaches can scratch an athlete and must do so before the event is clerked or that athlete is out of the meet.
- j. All horizontal jumpers/throwers will be allotted 3 attempts. The top 6 will have an additional 3 attempts
- k. Spikes are permitted. ¼" pyramid ONLY!
- l. Weight Throw will be contested on 2/5. This will be County and State Q competition for them. Flights will be determined based on performance (regardless of the potential "extra" entries for State Q. County scorers will be PRE DETERMINED before the meet and will be the only athletes from that school to score. If any of the "extra" athletes qualify for a final they will be added to the 7 person final flight. No "extra" athlete will take the place of a County scorer in that final; however, they will have the opportunity to be in the final flight to qualify for States.**

| <b>Order of Events</b>     | <b>Accepted Number of Athletes</b> |
|----------------------------|------------------------------------|
| Boys 3200 FINAL            | 16                                 |
| Girls 3000 FINAL           | 16                                 |
| Boys 55 SEMI               | 18                                 |
| Girls 55 SEMI              | 18                                 |
| Boys 1000 FINAL            | 22                                 |
| Girls 1000 FINAL           | 22                                 |
| Boys 55 FINAL              | Bring back 6                       |
| Girls 55 FINAL             | Bring back 6                       |
| Boys 600 FINAL             | 20                                 |
| Girls 600 FINAL            | 20                                 |
| Girls 55 HH SEMI           | 18                                 |
| Boys 55 HH SEMI            | 18                                 |
| Girls 1500 Race walk FINAL | 16                                 |
| Boys 55 HH FINAL           | Bring back 6                       |
| Girls 55 HH FINAL          | Bring back 6                       |
| Girls 1500 FINAL           | 22                                 |
| Boys 1600 FINAL            | 22                                 |
| Girls 300 FINAL            | 20                                 |
| Boys 300 FINAL             | 20                                 |
| BREAK                      |                                    |
| Boys 4 x 800 FINAL         | 12                                 |
| Girls 4 x 800 FINAL        | 12                                 |
| Boys 4 x 400 FINAL         | 15                                 |
| Girls 4 x 400 FINAL        | 15                                 |
| Boys 4 x 200 FINAL         | 15                                 |
| Girls 4 x 200 FINAL        | 15                                 |
| Long Jump: Boys/Girls      | 12                                 |
| Triple Jump: Boys/Girls    | 12                                 |
| Shotput: Boys/Girls        | 12                                 |
| High Jump: Girls/Boys      | 12                                 |
| Pole Vault: Girls/Boys     | 12                                 |

## **STATE QUALIFIER INFORMATION SHEET**

- a. All coaches must submit an online entry by Thursday, February 8<sup>th</sup> **(WEIGHT THROW ENTRIES 1/28)**
- b. Coaches are permitted to enter an unlimited amount of entries per event. However, each athlete can only be entered 3 times and must compete in all 3 events if they are not scratched prior to the scratch deadline as communicated by the coordinators.
- c. 1<sup>st</sup> and 2<sup>nd</sup> place finishers in individual events will qualify for the State Championships (A 3<sup>rd</sup> place finisher may qualify if they have achieved the listed standard at any time during the season)
- d. The 1<sup>st</sup> place relay will qualify for the State Championships. The 2<sup>nd</sup> place relay MAY qualify if they have reached the standard as listed below.
- e. The first non-qualifier in the 300, 600, 1000 and 1500/1600 will qualify for the State Meet Intersectional Medley relay team. This could be the 3<sup>rd</sup> or 4<sup>th</sup> place finisher.
- f. Horizontal jumpers and throwers will be allotted 3 jumps/throws. The 4 finalists will be allotted 3 more jumps/throws.
- g. **The Weight Throw will compete on Monday, February 5<sup>th</sup>** and will be the only event contested that night.
- h. Spikes are permitted. ¼" pyramid ONLY!
- i. **Scratches will be permitted this year as a result of the 40-29 coaches vote at our meeting**

| Order of Events           | Number of Accepted Athletes | Standard for 3rd place finisher to qualify for States FAT time (Hand time) |
|---------------------------|-----------------------------|--|
| Girls 55 HH Semi          | 12                          |  |
| Boys 55 HH Semi           | 12                          |  |
| Girls 55 Dash Semi        | 12                          |  |
| Boys 55 Dash Semi         | 12                          |  |
| Girls 3000                | 12                          | 10:21.14 (10:20.9)   |
| Boys 3200                 | 12                          | 9:42.24 (9:42.0)   |
| Boys 55 HH FINALS         | Bring back 6                | 7.94 (7.7)   |
| Girls 55 HH FINALS        | Bring back 6                | 8.74 (8.5)   |
| Girls 55 Dash FINAL       | Bring back 6                | 7.44 (7.2)   |
| Boys 55 Dash FINAL        | Bring back 6                | 6.74 (6.5)   |
| Boys 1000 FINAL           | 12                          | 2:35.24 (2:35.0)   |
| Girls 1000 FINAL          | 12                          | 3:02.24 (3:02.0)   |
| Girls 300 SEMI            | 15                          |  |
| Boys 300 SEMI             | 15                          |  |
| Girls 600 FINAL           | 15                          | 1:38.74 (1:38.5)   |
| Boys 600 FINAL            | 15                          | 1:24.74 (1:24.5)   |
| Girls 1500                | 12                          | 4:49.54 (4:49.3)   |
| Boys 1600                 | 12                          | 4:28.74 (4:28.5)   |
| 1500 Race walk            | 12                          | 7:28.24 (7:28.0)   |
| Girls 300 FINAL           | Bring back 5                | 41.94 (41.7)   |
| Boys 300 FINAL            | Bring back 5                | 36.74 (36.5)   |
| Break                     |                             |  |
| Girls 4 x 800 FINAL       | 12                          | 9:36.24 (2 <sup>nd</sup> place only)                                       |
| Boys 4 x 800 FINAL        | 12                          | 8:05.04 (2 <sup>nd</sup> place only)                                       |
| Girls 4 x 400 FINAL       | 5                           | 4:06.94 (2 <sup>nd</sup> place only)                                       |
| Boys 4 x 400 FINAL        | 5                           | 3:32.44 (2 <sup>nd</sup> place only)                                       |
| Girls 4 x 200 FINAL       | 5                           | 1:47.54 (2 <sup>nd</sup> place only)                                       |
| Boys 4 x 200 FINAL        | 5                           | 1:34.94 (2 <sup>nd</sup> place only)                                       |
| Shot put: Boys/Girls      | 10: 4 advance to final      | Boys: 52' 0 / Girls: 37' 07"   |
| Long Jump: Boys/Girls     | 8: 4 advance to final       | Boys: 21'06" / Girls: 17' 02"  |
| High Jump: Girls/Boys     | 8: 4 advance to final       | Boys: 6' 04" / Girls: 5' 03"   |
| Triple Jump: Boys/Girls   | 8: 4 advance to final       | Boys: 43' 06" / Girls: 36' 01"   |
| Pole Vault: Girls/Boys    | 8: 4 advance to final       | Boys: 13' 0 / Girls: 10' 0   |
| *Weight Throw: Girls/Boys | 8: 4 advance to final       | Boys: 50' 0 / Girls: 40' 0   |

# **NYSPHSAA/NYS FEDERATION WINTER TRACK & FIELD STATE CHAMPIONSHIPS**

**Saturday, March 3<sup>rd</sup> @ Ocean Breeze Athletic Facility**

(Section 8 qualified athletes will leave Friday, March 2<sup>nd</sup> at a time/place TBD. Practice will be at Ocean Breeze Facility between the hours of 3pm -7pm on Friday, March 3<sup>rd</sup>. Athletes will then go to hotel for the night. We are staying at the Holiday Inn Staten Island.)

7:45am – Athletes/Coaches arrive  
8:45am- Opening Ceremonies/ 1<sup>st</sup> flight of Girls Weight Throw  
9:00 –Triple Jump, Girls Pole Vault begin  
9:15am – Running Events begin  
5:00pm – Meet ends

## **ORDER OF EVENTS (Girls followed by boys unless otherwise noted)**

### **Running Events**

55m Hurdles – Semi's  
55m Dash – Semi's  
Girls 3000m Run  
\*Boys then Girls - 55HH final  
\*Girls then Boys 55 Dash final  
Boys 3200m Runs  
4 x 400 semi  
4 x 200 semi  
1000m Run  
Girls 1500m Race Walk  
300m Dash – Semi's  
600m  
Girls 1500m Run  
Boys 1600m Run  
\*\*Intersectional Medley Relay (1000,200,600,1600) \*\*  
300m Finals  
4 x 800m Relay  
4 x 400m Relay  
4 x 200m Relay

\*\*Any athlete qualifying for the Intersectional Relay MUST travel with the team OR attend mandatory practice and meeting Friday night. If unable to do this we will replace with an alternate

### **Field Events**

8:45 – 1<sup>st</sup> Flight Girls Weight Throw  
9am – Boys & Girls Triple Jump; Girls Pole Vault  
Boys & Girls Long Jump will follow Triple Jump  
Boys Weight Throw will follow Girls Weight Throw  
Boys & Girls Shot Put will follow Weight Throw  
Boys and Girls High Jump will start after the 55m dash (Pits in middle)  
Top Boy Vaulters will start on pit next to straightaway following the 55 dash  
Lower Boys Vaulters will follow the Girls Pole Vault

**No coaches (with the exception of coordinators) may be on the infield. They will be allowed for warm-ups prior to the meet, and they may also be on the infield for 30 minutes prior to the high jump and boys' pole vault, but they must then leave. This will be strictly enforced by security!**

## Winter Track & Field Invationals

Event entries should state that the event is sponsored by your high school and enforces all NF, NYSPHAA, and SECTION VIII rules. YOUR ENTRY MAY NOT SAY THAT THE MEET IS SANCTIONED BY SECTION VIII.

Section VIII League and Championship meets take preference over outside competitions.

**\*\*Meet Directors must provide results within 7 days of the conclusion of the meet or performances cannot be used for seeding at any point during the season.** Results must be typed and sent in a format that is downloadable to rankings websites. Results should include athletes' name, number, school, performance and event. Free programs such as RaceTab are available and easy to use.

All officials must be ordered through BOCES, Jay or Grace. Whether you want one additional official for the pole vault, or 20 officials for an invitation, they must be ordered from BOCES. BOCES will ensure that they assign a starter, clerks, etc. to meet your needs and numbers.

Newsday Track & Field Coverage Jordan Lauterbach 631-843-2820, [jordan.lauterbach@newsday.com](mailto:jordan.lauterbach@newsday.com)

Some Invationals available in Nassau County;

Dates of Invites are subject to change. Check [www.TrackConference.com](http://www.TrackConference.com) for entry information.

### 17/18 DATES

|          |       |   |
|----------|-------|---|
| Friday   | 12/01 | North Shore HS Season Opener @ Armory (Neal Levy/Ed Corona)           |
| Saturday | 12/02 | Walt Brem Track & Field Series @ Farmingdale HS (Walt Henning)        |
| Saturday | 12/09 | Nassau Coaches Invitational @ Ocean Breeze (Mike Ringhauser)          |
| Saturday | 12/09 | Hot Chocolate Relays @ Long Beach HS (Megan Grahlf)                   |
| Saturday | 12/09 | Walt Brem Track & Field Series @ Farmingdale HS (Walt Henning)        |
| Saturday | 12/16 | Walt Brem Track & Field Series @ Farmingdale HS (Walt Henning)        |
| Tuesday  | 12/26 | North Shore HS Invitational @ Armory (Neal Levy/Ed Corona)            |
| Friday   | 2/16  | North Shore HS Pre-National Invite @ Armory (Neal Levy/Ed Corona)     |
| Saturday | 2/24  | Long Island Elite Meet at St. Anthony's (Rich Degnan/Mike Ringhauser) |

### Awards Dinner

|        |      |  |
|--------|------|--|
| Monday | 3/12 | Winter Track & Field Awards Dinner (Adam McKenzie) |
|--------|------|--|





**Request for Medical Waiver of NYSPHSAA – Regulation #25**

To be eligible for sectional, intersectional or state competition, a team must have competed in five (5) school scheduled contests during the season. An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of five (5) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests. Contestants in individual sports (archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming tennis, outdoor track, winter track and wrestling) must also have represented their school in five (5) scheduled contests during the season to be eligible. These required contests must occur on five different dates and must be concluded prior to the conclusion of the team’s regular schedule.

School \_\_\_\_\_ Sport \_\_\_\_\_

Athlete \_\_\_\_\_ Date Request Submitted \_\_\_\_\_

Nature of Injury/Illness \_\_\_\_\_

Date of Injury/Onset of Illness \_\_\_\_\_ Date of Medical Clearance \_\_\_\_\_

Record of Participation in Competitions (Exclusive of Section Tournaments):

| <u>Date</u> | <u>Opponent</u> | <u>*If Wrestler: Please include Weigh-in validated by Athletic Director</u> |
|-------------|-----------------|---|
| 1. _____    | _____           | * _____   |
| 2. _____    | _____           | * _____   |
| 3. _____    | _____           | * _____   |
| 4. _____    | _____           | * _____   |
| 5. _____    | _____           | * _____   |

Note:

All pertinent medical documentation must accompany this request before it will be considered. Such material MUST VERIFY the date of onset of the illness/injury and date physical activity may resume. NOTES FROM PHYSICAL THERAPISTS ARE NOT ACCEPTABLE.

Medical Documents Attached:

- 1. \_\_\_\_\_ 3. \_\_\_\_\_
- 2. \_\_\_\_\_ 4. \_\_\_\_\_

**Request and documentation must be received by the sport coordinator and the Section VIII Office prior to the last regular season contest.**

\_\_\_\_\_  
Signature of Athletic Director

Office of Interscholastic Athletics  
George Farber Administrative Center  
P.O. Box 9195 – 71 Clinton Road  
Garden City, NY 11530-9195  
Fax# 997-2916 – 997-2018

Approved by the Athletic Council - 2005

**NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION/SECTION VIII**  
**PROCEDURES FOR PROTESTS OF ATHLETIC EVENTS**

*Approved June 2017*

1. The protesting coach will inform the official and the opposing coach(es) at that point in the game immediately following the situation protested.
2. The time, score, and situation will be identified in the scorebook (if applicable) or recorded, by an official or both coaches, as soon as the protest is announced to the officials and opposing coach.
3. A subsequent protest in the same contest will be required to be announced and recorded, using the same procedures described above for each specific point of protest.
4. The protesting coach is required to notify the sport coordinator within 24 hours of the contest.
5. The athletic director of the protesting school is required to file a written protest giving specific details of the situation, time and score to the Office of the Executive Director within 24 hours of the contest. The report must be accompanied by \$75 check payable to the Section VIII Athletic Council. The protest will require the signatures of the coach, athletic director and principal of the school. Copies of the protest must be sent to the sport coordinator, the protest chairperson and the opposing coach within 24 hours of the contest by the protesting school.
6. The Section VIII sport coordinator will notify the Executive Director of Section VIII who in turn will notify the game officials involved and direct that a written statement from the game officials be filed with the sport coordinator within 24 hours.
7. The sport coordinator will arrange for a meeting as soon as possible. The following should be included or be represented:
  - a. The protesting coach
  - b. The opposing coach
  - c. A rules interpreter
  - d. Sport Coordinator of that sport
  - e. Office of the Executive Director
8. Attendance of the game officials involved in the protested contest will be mandatory, unless extenuating circumstances preclude their attendance.

**Protest Committee Options:**

- a. To deny the protest
  - b. To uphold the protest and direct that the game be replayed from the point of protest.
  - c. To uphold the protest and direct that the game be replayed in its entirety.
  - d. To deny the protest and recommend some further action by the HSAA.
  - e. To uphold the protest and recommend some further action by the HSAA.
9. An appeal of the decision of the Protest Committee may be made. This request must be filed within 72 hours of notification of this decision to the Section VIII Appeals Committee upon submission of a \$75 fee (a second \$75 fee if original protestor)
  10. In the case of a protest or an appeal that is upheld, the fee will be returned.

## **Track Conference Website**

We would really like to continue to advocate for our sport. More than 4700 athletes participated in Winter Track last year. Please make sure all of your athletes and their families are aware of this site and the many features it offers.

Please take the following steps as we continue to improve the coverage our athletes deserve.

- a. **We are requiring all head coaches to register on the site. Please register as a head coach when you complete the process.**
- b. This will be the ONLY site used to verify athlete performances. Make sure you are diligent in entering performances according to deadlines.
- c. Please ask your athletes and their families to use this site as a resource for our athletes.
- d. Often our junior and senior athletes need to send information to prospective college coaches. They can find their athlete profile on this site.
- e. Follow the site on:

**Facebook:**

<https://www.facebook.com/NassauSection8TrackConference>

**Twitter:**

Send tweets to [@NassauTrackConf](https://twitter.com/NassauTrackConf)

**Instagram:**

Copy photos to [@NassauTrackConf](https://www.instagram.com/NassauTrackConf)

Great coaching resource is NFHSlearn.com

## **SECTION VIII SPORTSMANSHIP POLICY**

*Approved September 2016*

The NYSPHSAA and Section VIII recognize and appreciate that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA and Section VIII has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular and post season play.

As of July 1, 2013, the Dignity for All Students Act (Dignity Act – Section 52.2, Part 80 and 57-4) is to provide all public school students with an environment free from harassment, bullying (including cyber bullying) and discrimination, as well as to foster civility in public schools. The Dignity Act focuses on the prevention of discrimination behaviors, including harassment/bullying through promotion of educational measures meant to positively impact school culture and climate, which includes the interscholastic programs.

The High School Athletic Association of Section VIII established the Sportsmanship Committee as a sub-committee of the Athletic Council to address incidents of unsportsmanlike conduct and flagrant misconduct. The purpose of the Sportsmanship Committee is to take proactive measure in an effort to minimize inappropriate behavior at all Section VIII events and to promote positive sporting behavior throughout the county.

### **A. What is to be reported:**

1. A player who is ejected from a contest for flagrant misconduct and/or unsportsmanlike conduct.
2. A spectator who acts in a disruptive, abusive or inappropriate manner.
3. A coach who conducts himself/herself in an inappropriate or unsportsmanlike manner.
4. An official who demonstrates unsportsmanlike conduct or inappropriate behavior unbecoming of a sport official.
5. A school that permits spectators to conduct themselves in an abusive, disruptive or harassing manner. This also includes schools that do not provide adequate supervision at home or away contests to control their spectators.

### **B. Responsibility for reporting:**

1. Coaches must report all incidents to their respective athletic directors, even if only one player/team was cited for misconduct.
2. Athletic Directors must file reports with the Office of the Executive Director within 24 hours of any disqualification, ejection or incident of unsportsmanlike behavior.
3. Officials must file reports with the Office of the Executive Director within 24 hours of any disqualification, ejection or incident of unsportsmanlike behavior.

C. Reporting Procedure:

1. All unsportsmanlike incidents are to be reported by the coach (or by both coaches) to their respective athletic directors immediately following the contest.
2. The Athletic Directors of both schools involved are to file reports with the office of the Executive Director as soon as possible, but no later than the morning following the contest/incident (or the next school day).
3. The Officials assigned to the contest are to file a report with the Office of the Executive Director as soon as possible, but no later than the morning following the contest/incident (or the next school day).
4. The Office of the Executive Director will forward copies of all reports to the Sportsmanship Committee Chairperson, Sport Coordinator and the appropriate VP of Male/Female Sports

D. Committee Actions:

1. All member schools including individuals representing member schools who are involved in unsportsmanlike conduct are subject to consequences deemed appropriate by the Sportsmanship Committee
  - a. The Sportsmanship Committee may recommend action in instances of unsportsmanlike conduct and is authorized to recommend consequences which may include, but are not limited to: Censure, Reprimand, Suspension, Loss of Eligibility, or any other actions that are deemed appropriate by the Sportsmanship Committee
2. All recommendations of the Sportsmanship Committee will be filed with the Office of the Executive Director and forwarded to the Athletic Director(s) of the school(s) involved.
3. All actions of the Sportsmanship Committee are subject to review by the respective Athletic Director(s). Schools may impose additional consequences.
4. Copies of all reports of the Sportsmanship Committee shall be kept on file with the Sportsmanship Chairperson, the Executive Director and the Sport Coordinator.

E. Penalties:

1. Player Expulsion:

Any player who commits a serious violation of game rules or takes part in flagrant misconduct during contest shall be subject to ejection from the contest and disciplinary action. Ejection from a contest results in mandatory one (1) game suspension from the next regularly scheduled contest, including post-season play. Disqualifications from one season will carry over to the player's next season of participation. Any player suspended from participation may not be on site or involved in any capacity (spectator, timekeeper, scorekeeper, etc) on the day of suspension. Failure to comply will result in additional sanctions being levied against the individual, coach, and/or team.

2. Second Occurrence of Misconduct:

In the same sport – NYSPHSAA requires a two (2) game suspension for the second (2<sup>nd</sup>) ejection and third (3<sup>rd</sup>) ejection in the same sport will result in the loss of the season. Any person (coach, player, spectator, school official, etc) who is ejected from a second contest in the same

sport for unsportsmanlike conduct shall required the Sportsmanship Committee to review the matter. This may lead to more sever disciplinary action including suspension for the remainder of the season. Such disciplinary action could carry over into subsequent sports seasons. Additional consequences may also be recommended by the Sportsmanship Committee.

3. Intentional Physical Contact by a Player:

Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official, another player, a spectator, coach, school district employee or supervisor, etc. shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the Section no to exceed one year from the date of the offense. **NOTE:** Members of the squad include players, managers, scorekeepers, timers and statisticians. The incident must be reported to the Office of the Executive Director who will in turn forward to the Sportsmanship Committee and respective Sport Coordinator. Consequences may include but are not limited to: Censure, Reprimand, Suspension, Loss of Eligibility, or another action that is deemed appropriate by the committee.

4. Team Members/Non Participant/ Pre or Post Game Misconduct:

Any act of unsportsmanlike/flagrant misconduct by either a team member, non participant before or after (pre and post game) will be excluded from play in and/or subject to removal from the site of the contest. Any player, coach or spectator who commits a serious violation of the sportsmanship rules or takes part in flagrant misconduct as a non participant after the contest has concluded (post game) will be suspended from participation in or attendance at the next regularly scheduled contest including the post season.

5. Spectators:

Any spectator who acts in a disruptive, abusive or unsportsmanlike manner may cause the game to be suspended or the spectator removed from the site. A letter from the Sportsmanship Committee may be sent to the appropriate Athletic Director(s), Building Principal(s) and Superintendent(s). Continued incidents of disruptive behavior may result in additional disciplinary action by the Sportsmanship Committee.

6. Coaches:

Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct, including taunting, is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (eg. Jv, varsity, etc) has been completed. In individual sports a multi-day contest is considered to be a contest. Disqualification from one season carries over to the next season of participation. The coach may not be present at the game site nor communicate in any manner during the contest with any person present at the site.

**NOTE:** "Not being physically present at the site" means a disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet. Any coach

that does not serve the penalty for violating the Sportsmanship Standard will be ineligible to participate in the next two regularly scheduled contests. If the coach continues to not serve the penalty, the matter will be referred to the Section for further action. If the coach is involved in the HYSPPHSAA playoffs, the matter will be referred to the Executive Director of the NYSPHSAA.

7. Intentional Physical Contact:

A coach who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate another person (official, coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

8. Officials:

An official who demonstrates inappropriate or unsportsmanlike conduct will be reported to the Sportsmanship Committee. The Sportsmanship Committee may recommend disciplinary action to be taken against the official by the official's organization.

9. Taunting:

Taunting includes, but is not limited to, any actions or comments by coaches, players or spectators which are intended to bait, anger, embarrass, ridicule or demean other players, coaches, or game officials. Included in this is conduct that berates, needles intimidates, or threatens based on gender, ethnic origin or background and conduct that attacks religious beliefs, size, economic status, speech, family special needs, or personal matters. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game ("trash talking"), reference to sexual orientation, "in the face confrontation" by one player to another, standing over, straddling a tackled or fallen player, etc.

10. Bench Clearing:

If an altercation occurs during a contest and members of either team leave their respective bench or sideline or playing positions, and go onto the playing field/court participation area, they will be immediately ejected from the contest for unsportsmanlike behavior.

F. Due Process:

1. Students, coaches and schools have the right to be heard by the Sportsmanship Committee. However, appeals will only be held in regard to misapplication of the sport rules and/or an ejection of a misidentified player. This right must be claimed within 24 hours of the incident occurring and must be made to the Office of the Executive Director of Section VIII. All actions of the Sportsmanship Committee may be appealed by a member school. Any such appeal will be heard by the Section VIII Athletic Council.