

SACRAMENTO VALLEY LEAGUE
TRACK AND FIELD BY-LAWS
2011 (6/23)

- Section 1: **RULES:** All National Federation, and C.I.F., NSCIF rules are official.
- Section 2: **TEAMS:** There will be four (4) divisions: varsity boys, junior varsity boys, varsity girls and junior varsity girls.
- Section 3: **LEAGUE CHAMPIONSHIP:** The League Championship meet will determine the League Champion for all four divisions.
- Section 4: **CLASSIFICATION:** Junior Varsity athletes (9th and 10th grade athletes) may move up to the Varsity level and then back down again during the season. The level in which they participate at the League Championship meet will determine the level in which they must remain for the rest of the season.
- Section 5: **DIV. QUALIFIER:** The top 2 finishers at each League Meet plus the 4 next fastest times in the Varsity and Junior Varsity Boys and Girls will automatically qualify to participate at the Divisional Championships. There will be one alternate from each league if not filled the lane or entry is left open.
- Section 6: **PARTICIPANTS:** Participants at the League Championships shall remain in the team area unless involved in a competition.
- Section 7: **ENTRIES:** Each school is allowed 4 entries per event.
- Section 8: **SEEDING:** The seeding and program will be done by the host school. All entries must be submitted by the date set by the hosting school. Changes will be made at the seeding meeting, which all coaches may attend. No adds or substitutions will be allowed after the seeding meeting. No adds or substitutions at the championship meet.
- Section 9: **ELIGIBILITY:** All teams individual participants must have participated in at least 2 scheduled meets during regular season track meets, to be eligible for the SVL League Championships. The exception to this rule is injury verified by a physician.
- Section 10: **TIES:** School that tie will be declared co-champions.
- Section 11: **TIMERS:** Fully automatic timing will be used at Championship meets. It is recommended that staff or other qualified adults time all running events and are in charge of field events. League Schools will be responsible for running all events. Any cost for automatic timing at the league Championship meet will be split evenly amongst all SVL schools.

- Section 12: WEIGH INS: Shots and Discs must be weighed and marked before competition the day of the SVL Championship Meet.
- Section 13: HEATS: There will be no trials, all running races are finals. In the field events there will be 3 attempts with the top 8 having 3 more attempts.
- Section 14: Awards Medals shall be awarded to the top (3) places in each event for the Varsity and JV boys' and girls' divisions.
- Section 15 ENTRY FEES: The total cost of medals will be divided by the total amount of teams in the SVL. The size of your team does not matter.
- Section 16 LEAGUE MEET HOST: The League Championship Meet will rotate around the League each year. The meet will be held on an all-weather surface. The rotation which starts in 2011, is Durham, Live Oak, Mt. Shasta, Pierce, Trinity, Willows
- Section 17 STARTING HEIGHT: Starting height at the SVL Championships shall be 2" lower than the lowest competitor in the high jump, it has to however be in even numbers.
- Section 18 ORDER OF EVENTS: The NSCIF order of events (4 divisions) will be followed at the SVL Championships. Races may be combined by mutual consent of head coaches.
- Section 19 POLE VAULT: Any athlete competing in the pole vault at the League Championships meet must have vaulted in at least 2 meets during the current season. Following are the minimum starting heights for Pole Vaulters at the League Championship meet. 5'6" JV Girls, 6'0" Varsity Girls, 7'0" JV Boys, 7'6" Varsity Boys. If the team hosting, does not have pole vault an attempt must be made to borrow a track that has pole vault, if this is not possible it is up to the schools that compete in pole vault to get together the week of the championships but prior to the championships and compete against each other at an alternate venue. It is their responsibility to make the arrangements.
- Section 20 Division Meets: Hosted by each League for 2 years in a row. The SVL will start hosting in 2011. All teams from both divisions will help run the meet. If timing needs to be hired out all teams will pay for it. Mt Shasta has volunteered to host the division meet for 2011.