

# DIABLO VALLEY ATHLETIC LEAGUE

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CLAYTON VALLEY - COLLEGE PARK - CONCORD HIGH - MT. DIABLO - NORTHGATE - YGNACIO VALLEY -  
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## TRACK/FIELD GUIDELINES

### 1.0 SEASON

- 1.1 Practice may begin the second Monday in February.
- 1.2 Maximum number of contests: 14 plus 2 scrimmages.

### 2.0 CONTEST INFORMATION

- 2.1 TIME OF COMPETITION: 3:30 p.m. (Host may delay start of dual meet if visiting team is late. Host team may reschedule meet with visiting team)
- 2.2 DAYS OF COMPETITION: Wednesdays
  - 2.2.1 Days of competition may be changed by mutual agreement of the coaches, and Athletic Directors.
- 2.3 TEAM REFERENCE: Frosh/Soph Girls (FSG) Frosh/Soph Boys (FSB) Varsity Girls (VG) and Varsity Boys (VB).
- 2.4 DUAL MEET ORDER OF EVENTS
  - 1. 400m Relay FSG; VG; FSB; VB
  - 2. 1600m Run FSG; VG; FSB; VB
  - 3. 100m High Hurdles FSG; VG
  - 4. 110m High Hurdles FSB; VB
  - 5. 400m Dash FSG; VG; FSB; VB
  - 6. 100m Dash FSG; VG; FSB; VB
  - 7. 800m Run FSG; VG; FSB; VB
  - 8. 300m Low Hurdles FSG; VG
  - 9. 300m Intermediate Hurdles FSB; VB
  - 10. 200m Dash FSG; VG; FSB; VB
  - 11. 3200m Run FSG; VG; FSB; VB
  - 12. 1600m (Mile) Relay FSG; VG; FSB; VB

**NOTE:** There will be one heat for each classification. If more than one heat is to be contested, it will be by mutual consent of the coaches. **(See rule 3.8)**

#### Field Events

- 1. Long Jump Open Pit - 1 1/4 hour time limit
- 2. Triple Jump Open Pit - To follow Long Jump
- 3. High Jump F/S Girls-Girls-F/S Boys-Boys
- 4. Pole Vault V/Girls-V/boys-F/S Girls-F/S Boys
- 5. Shot Put Girls, Boys
- 6. Discus Boys, Girls

### 3.0 RULES

- 3.1 National Federation of State High School Athletic Association Rules will be in effect.
- 3.2 Meets will be run with equipment meeting Federation standards and under safe conditions (not in darkness).
- 3.3 The use of film or video tape from outside sources will not be allowed for officiating.
- 3.4 Participation of players:
  - 3.4.1 A competitor may be moved up or down between Frosh/Soph and Varsity and then return to the previous level from meet to meet.
  - 3.4.2 A competitor may not compete in more than one classification in any one meet.
- 3.5 All dual meets must be contested at metric distances with the exception of the mile relay.
- 3.6 In dual meets, all members of the relay teams are to report to the starter before going to position.
- 3.7 For uniformity in determining the drawing of lanes in dual meets, visiting coaches have choice.
- 3.8 Where heats are run in dual meets, the first heat will be the official heat. If more than one heat is run, they will be contested after the varsity and frosh/soph official heats and shall

be combined Varsity and frosh/soph competitors (i.e. VG, F/S G, combined heat, F/S B, VB, combined heat).

**3.9 POLE VAULT:**

3.9.1 When only one pole vault pit is in operation, the varsity girls will vault first, followed by the varsity boys, and the Frosh/soph girls and boys will vault together.

3.9.2 Starting heights will be as follows:

Varsity girls, 7' 0"; varsity boys, 9' 0"; F/S girls, 6' 0"; F/S boys 7' 0"

3.9.2.1 The bar will rise in 6" increments.

3.9.2.2 The F/S boys can not enter competition until their opening height is reached.

3.9.2.3 With mutual agreement, higher opening heights may be used.

3.9.3. If a vaulter breaks a pole, he/she will be given a minimum of two run-throughs before re-entering competition.

**3.10 SHOT PUT/DISCUS: Four throws only.**

**3.11 LONG JUMP/TRIPLE JUMP:**

3.11.1 When one pit is used, the long jump will be run off before the triple jump.

3.11.2 Each jumper will be given four jumps.

3.11.3 There will be a 1 hour 15 minute time limit in both the long and triple jump.

**3.12 HIGH JUMP:**

3.12.1 When only one jump pit is in operation, the varsity boys will jump first, followed by the varsity girls, and the F/S girls and F/S boys will jump together.

3.12.2 Starting heights will be as follows:

Varsity boys, 5' 0"; Varsity girls, 4' 0"; F/S girls, 3' 6"; F/S boys, 4' 6".

3.12.2.1 The bar will be raised in 2" increments.

3.12.2.2 The F/S boys can not enter competition until their opening height is reached.

3.12.2.3 With mutual agreement, higher opening heights may be used.

3.13 RESULTS: It is the responsibility of the host school to call in the results to the Contra Costa Times,

3.14 The coach of the host school will contact the visiting coach at least 48 hours before the scheduled contest to go over meet mechanics.

**4.0 EQUIPMENT AND UNIFORMS**

**4.1 EQUIPMENT:**

4.1.1 1/4" spikes only will be allowed on all weather tracks

**4.2 GENERAL UNIFORM RULE:**

4.2.1 The complete track and field uniform consists of shoes, school-issued shorts and full length jersey.

4.2.2 Any visible apparel worn under the jersey and shorts must be of a single solid color.

4.2.3 Undergarments visible under the jersey need not be the same color as undergarments visible under the shorts.

4.2.4 The jersey and shorts may have school identification, or a single manufacturer's logo or trademark, per each item of uniform apparel, not to exceed 1 1/2" x 1 1/2" square.

4.2.5 The school uniform should show evidence of conforming to the color and design of other uniforms worn by teammates.

4.2.5.1 For large athletes, such as Shot putters & Discus throwers, the school can provide a jersey and shorts which are close to the same color as the other teammates.

4.2.6 No hats, headbands, bandannas, or sunglasses are to be worn during competition, unless they are prescription items.

**4.3 JERSEYS:**

4.3.1 Jerseys must be school issued and full-length with no bare midriff and not tied or knotted.

**4.4 SHORTS:**

4.4.1 Approved shorts for both boys and girls:

- 4.4.1.1 Looser fitting boxer-type shorts
  - 4.4.1.2 closed-leg briefs (Girls only)
  - 4.4.2 Shorts may vary in length and style, but must be of the same color for all team members.
  - 4.4.3 Bicycle shorts, thigh huggers, abbreviated thigh huggers, leotards, Body suits, abbreviated briefs (French or high cut) and similar apparel may be worn under the track shorts, but not in lieu of them.
  - 4.4.4 Waistband of shorts shall be worn above the hips
- 4.5 RELAY TEAM UNIFORMS:
- 4.5.1 Each team member must wear the same color and design of uniform.
  - 4.5.2 Apparel may be worn under the uniform, but must be the same single solid color for all teammates choosing to wear them. It need not be of the same length for all teammates.
- 4.6 PENALTY FOR AN ILLEGAL UNIFORM:  
An athlete who competes with an illegal uniform shall be disqualified from that event.

## 5.0 OFFICIALS

- 5.1 At all track meets, there must be at least one adult at the finish line, preferably in the capacity of the Head Finish Judge.

## 6.0 DETERMINATION OF LEAGUE CHAMPIONS

- 6.1 The team that has the best dual meet record and finishes first in the league championship meet will be the league champion.
  - 6.1.1 The team with the best overall dual meet record will earn a share of the league title.
  - 6.1.2 The first place team at the league championship meet will earn a share of the league title
- 6.2 Tie breaker
  - 6.2.1 In the case of a tie in the dual meet standings for best record, the league title will be determined by the better finish between the tied teams at the league championship meet. If a different team from the tied teams wins the league championship meet, then that team will share the league title with the highest placing team involved in the tie. If tied teams tie again, then both teams will be considered co-champions.
  - 6.2.2 In case of a tie for first place at the league championship meet, then the team with the better dual meet record will earn at least a share of the league title.
- 6.3 All other places in the final league standings, second through tenth, will be determined by a point system. Teams will earn the same number of points as their finish in both the dual meet standing and the league championship meet. The team with the lowest total when adding the two finishes will be second, the next lowest third, and so on. In the case of co-champions for the league title, the point system will determine the places of teams not determined co-champions.
- 6.4 **Determining All League Track and Field**
  - 6.4.1 All League recognition will be based on the final results of the DVAL Championship Meet, and will be determined as follows:
  - 6.4.2 First Team: All event winners receive a medal.
  - 6.4.3 Second Team: All second place winners receive a certificate.
  - 6.4.4 Honorable Mention: All third place winners receive a certificate.

## 7.0 LEAGUE MEET (NCS qualifying meet)

- 7.1 HOST: The league track meet will be hosted by a committee comprised of personnel from each member school of the league
- 7.2 SITE: The site of the league meet will be determined by the coaches at the post-season meeting each year.
- 7.3 FORMAT:
  - 7.3.1 Seeding for the League Meet will take place at 3:30 on the Thursday following the last dual meet.
  - 7.3.2 After entries for the League Meet have been submitted to the League Meet Director, there will be no upgrading of times.
- 7.4 ENTRIES:

- 7.4.1 The number of athletes in all running events will be determined by the number of lanes available for three heats, regardless of affiliation.
- 7.4.2 The top 24 athletes in all field events, regardless of affiliation.
- 7.4.3 An athlete may appear on four (4) entry cards only.
- 7.4.4 Alternates on relays count as entries.
- 7.4.5 In order to not exceed the maximum number of athletes in each event, ties for the final entry will be broken by the following criteria:  
Grade preference: 12th graders prevail over 11th graders, 11th over 10, etc.  
If a tie still exists, a coin flip will determine the final entry.
- 7.4.6 A list of alternates (maximum of 3) will be established for each event.
- 7.4.7 If any school fails to attend the league meet seeding meeting or fails to get their league meet entries to the games committee by the conclusion of this meeting, that school will receive only one entry in each event at each level and will be seeded last, provided that entry meets minimum qualifying standards.
- 7.5 SCHOOL RESPONSIBILITIES: (Each school will provide 2 adults. The league meet director will be determined by the DVAL Board of Managers). **SEE APPENDIX A**  
Officials should be at the meet site by 2:30.
- 7.6 REFEREE: If possible the league meet referee should not be affiliated with any of the League
- 7.7 CONFLICT IN EVENTS:
- 7.7.1 Competitors who are entered in field events being held simultaneously must report to each event's official, otherwise the athlete will be scratched.
- 7.7.2 If the field event is in conflict with a running event, the athlete must secure a release from the field event official and report to the Clerk-of-the-Course
- 7.7.2.1 **Athletes are not to report directly to the starting line**
- 7.7.2.2 REMINDER: The time excused rule is 30 minutes.
- 7.8 LEAGUE MEET TRIALS
- 7.8.1 Starting Time: 4:30PM
- 7.8.2 Order of Events:
- |    |  |            |
|----|--|------------|
| 1  | 400m Relay                                 | Girls-Boys |
| 3  | 100m High Hurdles                          | Girls      |
| 4  | 110m High Hurdles                          | Boys       |
| 5  | 400m Dash                                  | Girls-Boys |
| 6  | 100m Dash                                  | Girls-Boys |
| 7  | 800m Run                                   | Girls-Boys |
| 8  | 300m Low Hurdles                           | Girls      |
| 9  | 300m Intermediate Hurdles                  | Boys       |
| 10 | 200m Dash Girls-                           | Boys       |
|    | 30 minute break to allow sprinters to rest |            |
| 11 | 1600m (Mile) Relay Girls-                  | Boys       |
- FIELD EVENTS
- |    |             |              |
|----|-------------|--------------|
| 1. | High Jump   | Boys Finals  |
| 2. | Long Jump   | Girls Finals |
| 3. | Triple Jump | Boys Finals  |
| 4. | Pole Vault  | Girls Finals |
| 5. | Shot Put    | Girls Finals |
| 6. | Discus      | Boys Finals  |
- 7.8.3 **Running Event Mechanics**
- 7.8.3.1 Three heats in all races except the 1600m run (two heats) and the 3200m run (one heat).
- 7.8.3.2 The top 7,8, or 9 (depending on available lanes) will qualify for the finals.
- 7.8.3.2.1 All races except the 1600m run: First place from each
- 7.8.3.2.2 1600m run: Top 3 finishers from each heat and the remaining
- 7.8.3.2.3 3200m run: Will be run in one heat on final day.
- 7.8.4 **Field Event Mechanics**
- 7.8.4.1 **Vertical Jumps**
- 7.8.4.1.1 The High Jump and Pole Vault will be run in rotating flights of 6
- 7.8.4.1.2 **Starting Heights**

High Jump: 2" below the 15th qualifier but not lower than:  
 Boys 5'0"  
 Girls 4'0"  
 Bar will be raised in 2" increments until 3 contestants remain, then 1" increments.  
 Pole Vault: 6" below 15th qualifier but not lower than:  
 Boys 10' 6"  
 Girls 7'6"

**7.8.4.2 Horizontal Jumps/Throws**

7.8.4.2.1 The Long Jump and Triple Jump will be run in 3 flights of 8  
 7.8.4.2.2 Each contestant gets 3 attempts. The top 8 will get 3 additional attempts  
 7.8.4.2.3.1 Places will be determined by the best out of all 6 attempts.

**7.9 LEAGUE MEET FINALS**

7.9.1 Starting Time: 4:30PM Tues. & Thurs. Trials, Sat. Finals 10 AM, Coaches Meeting 9 AM.  
 7.9.2 Order of Event:

**LEAGUE MEET FINALS - (Starting time 10 AM)**

1	400m Relay	Girls-Boys
2	1600m Run	Girls-Boys
3	100m High Hurdles	Girls
4	110m High Hurdles	Boys
5	400m Dash	Girls-Boys
6	100m Dash	Girls-Boys
7	800m Run	Girls-Boys
8	300m Low Hurdles	Girls
9	300m Intermediate Hurdles	Boys
10	200m Dash	Girls-Boys
11	3200m Run	Girls-Boys
12	1600m (Mile) Relay	Girls-Boys

**Field Events**

1	High Jump	Girls
2.	Long Jump	Boys
3.	Triple Jump	Girls
4.	Pole Vault	Boys
5.	Shot Put	Boys
6.	Discus	Girls

**7.10 SCORING AND AWARDS**

7.10.1 Six (6) places shall be scored in each event (10-8-6-4-2-1  
 7.10.2 The league commissioner will provide the following awards (varsity boys and girls only) to the league meet director to be awarded at the completion of the league meet.  
 Medals for first through third place  
 Ribbons for fourth and fifth place.

**7.11 HARDSHIP RULE**

7.11.1 The "Hardship Rule" is designed to provide consideration for the outstanding and deserving athlete who, through an extenuating circumstance, is prevented from participating in the League qualifying meet. The athlete must have achieved a verifiable mark in CIF competition equal to or greater than the last place qualifier to the section meet.  
 7.11.2 The following procedure will be observed: Application for consideration will be presented in writing to the meet director prior to the start of the League Meet, giving name, event(s) and circumstances. The hardship committee will act on the "Hardship Case" application immediately following the meet and its decision will be final.  
 7.11.3 An athlete granted favorable consideration by the committee will participate on the following Monday or Tuesday in a run off, throw-off, or jump-off with the last

place potential qualifier from the League Meet. Each contestant will be allowed four throws or jumps in the Shot Put, Discus, Long or Triple Jump. The competition will be held on the same site as the League Meet and at a time selected by the committee in cooperation with the two coaches.

7.12 HARDSHIP COMMITTEE/JURY OF APPEALS:

- 7.12.1 At the league seeding meeting, the track coaches will select three people to serve as the Hardship Committee and the Jury of Appeals.
- 7.12.2 Should anyone on the committee be involved in the hardship or appeal, the league meet director shall appoint a replacement.
- 7.12.3 The Hardship Committee will act on all hardship petitions at the conclusion of the league meet finals.
- 7.12.4 The Jury of Appeals will act as a final authority on any protests that are not successfully decided by the meet referee.

**8.0 RAINOUTS**

- 8.1 Rescheduling rained out track meets will be on the next available date.
- 8.2 Host school is responsible for rescheduling.
- 8.3 Commitment to a Friday invitational Meet takes precedent over rescheduling a rain-out on Friday.
- 8.4 If the meet is moved to an all weather facility, original host school hosts the meet, providing all necessities

**APPENDIX A  
SCHOOL RESPONSIBILITIES**

Gate 2  
Facilities 2  
Starter 1  
Recall Starter 1  
Pole vault (With measuring tape)  
Clerks 3  
Weigh Master 1  
Discus Judge (with measuring tape) 2 (With Student help)  
Clerk on the Course 1  
Long Jump Judged (with measuring tape) 2 (With student help)  
Finish line Coordinator (With flag & Whistle) 1  
Marshals 3  
Announcer  
Meet Director 1  
Entries, cards, seeding, heat sheets,  
Results, programs 7  
Head Umpire  
Head Field Judge  
Referee 1  
Umpires 2  
Umpires 4  
Triple Jump Judge (with measuring tape: 2 (with student help)  
Finish Line Recorder 1 (with runner)  
Timers/Judge (With stop watches) 3  
High Jump Judge (with measuring tape) 2 (with student help)  
Awards 3  
Head/Hurdle Crew 5 (with crew of 10))  
Marshals 2  
Head of Finish Line 1  
Timer/Judges (With Stop Watches) 6  
Hurdle Crew 5 (with crew of 10)  
Block Person (Starting Blocks)  
Shot Put Judge (with measuring tape 2 (with student help)