



By-Laws of the East Side Athletic League (ESAL)

ARTICLE I – ORGANIZATIONAL PROCEDURES

1. GENERAL LEAGUE PROCEDURES

- A. The By-Laws and Constitution of the ESAL shall serve as direction for orderly operation of the league.
- B. The By-Laws may be amended by a majority vote of the A.D.'s at any Athletic Directors' Council meeting.
- C. Practice for each sport may start no earlier than the date that is established by the league.
- D. A school wishing to participate in an East Side Athletic League sport must have both a boys and girls or 7th and 8th grade team participating in a given sport. A school may still participate in the league sport with a single team if they do not have enough students to field both teams. The students accounting for this ruling must be applied to the Santa Clara East side league as their primary participation league. If a school participates in 2 leagues with any overlap, they cannot enter the Santa Clara East Side for any grade level or boys/girls team(s).

2. RESPONSIBILITY OF THE ATHLETIC DIRECTOR

- A. It is important that Athletic Directors' communicate all rules, deadlines, and communication responsibilities to their coaching staff.
- B. If a team has only one set of uniforms, the AD must communicate this to their opponent.
- C. It is the athletic director's responsibility to verify all schedules with opponents.
- D. It is the athletic director's responsibility to contact opponents if a team is going to be late for an established start time.
- E. It is the athletic director's responsibility to re-schedule postponed games as soon as possible. The athletic director should avoid rescheduling games on the day left available for tie breakers. Tie breaker day is the Thursday before the playoff week.
- F. It is the responsibility of the athletic director to monitor sportsmanship. The visiting school is responsible to monitor their own fans. The athletic director must oversee their coaching staff and players in the important area of sportsmanship, especially when pertaining to the score of the game.
- G. To attend all league meetings as established by the ESAL League.
- H. To present and discuss suggestions and recommendations from the coaches. Each Athletic Director is a representative of the coaches on his/her staff.

- I. On an annual basis, all ESAL Athletic Directors are required to serve in a league assigned role . This includes but not limited to: Sports Commissioner, President, By-laws, Co-Commissioner etc.

All AD's who have a current assignment may continue in that capacity as long as the performance warrants it. They will be notified by the Executive Board via email if they are being removed from their current role.

All unassigned AD's that do not have a current role can:

- Request a specific assignment with majority vote of AD's. This must be done by our first meeting of the year in August.

Also, all unassigned AD's will be assigned a specific role by the current Executive Board. Approval for this assignment is only needed if they are assigned to assist another school. If they are the only person in this role they will be automatically assigned to them with no approval necessary. * One exception is the role of President. A member school can only be assigned to the role of President after they have served a minimum of 1 year in the league.

3. MEETING OF THE ATHLETIC DIRECTORS' COUNCIL

The Athletic Directors' Council shall meet on regularly scheduled meetings set by the League President. Special meetings may be called regarding protests.

- Only Athletic Directors or Coaches that are Commissioners of Sport may attend league meetings.
- The Athletic Director is the only person able to vote and make proposals for By-Laws and Constitution items. A person attending the meeting in place of the AD is not allowed to vote.

4. SITE OF THE ATHLETIC DIRECTORS' COUNCIL MEETINGS

All meetings are currently hosted by Leyva Middle School at 3:30pm located at 1865 Monrovia, San Jose, CA 95121

5. EAST SIDE ATHLETIC LEAGUE LEAGUE WEBSITE

www.eastsideal.org

6. INVITATIONS TO THE ATHLETIC DIRECTORS' COUNCIL MEETING

Athletic Directors' Council shall invite coaches, principal, and other necessary persons to attend Council meetings whenever the presence of such persons is necessary for the better understanding of a particular issue or point of discussion.

7. SPORTS COMMISSIONERS

- A. The Commissioner presides over the Athletic Directors' Council for their assigned sport.

- B. The Commissioner meets with the By-Law Chair to review rules, rule changes and rule modifications.
- C. The Commissioner coordinates the qualifying teams or athletes from each division with the appropriate division rep.
- D. The Commissioner is responsible for knowing each school that is participating in the sport they are commissioning.
- E. The Commissioner is responsible for establishing game sites and times for all playoff games. PLAN AHEAD!!!
- F. The Commissioner is responsible for assigning referees and payment for league hosted playoff games in the semifinals and finals.
- G. The Commissioner is responsible for coordinating the trophies and ribbons with the Trophy/Ribbon Chair.
- H. The Commissioner for each sport or grade level is responsible for coordinating their playoffs and responsibilities with the other Commissioner if it falls during the same season.
- I. The Commissioner is responsible to secure semi-finals facilities as well as assign the officials for these games/matches (when applicable).
- J. The Commissioner is responsible for presenting awards at ALL Championship Contests.
- K. 1st round playoff games are typically hosted on the Tuesday after the Athletic Directors' Council meeting. It is the host schools' responsibility to secure officials for this game and the school keeps the gate receipts.
- L. Play-in games are hosted the Thursday/Friday prior to the Athletic Directors' Council meeting.
- M. If the sport offers an eight team format, the games will be held on Tuesday, Wednesday and Thursday after the Athletic Directors' Council meeting.
- N. If the sport offers a four team format, the games will be held on Tuesday and Thursday after the Athletic Directors' Council meeting.
- O. The Commissioner is responsible for acquiring standings from each division rep. throughout the season.
- P. In Girls and Boys seasons, the Boys Commissioner is responsible for securing the Finals location and officials for the Championship games.
- Q. In 7th / 8th seasons, the 8th grade Commissioner is responsible for securing the Finals location and officials for the Championship games

8. OFFICIALS & SCOREKEEPERS

- A. Officials must be certified for all division league games. All officials used by member schools must be assigned and be members of an officially recognized Officials Association. Any exception to this rule must be approved by the Executive Board.
- B. Sports Commissioners assign officials for league playoff games in the semifinals and finals. The host school assigns for the 1st round when they are hosting. All host schools are required to pay the cost of officials associated with 1st Round Playoff games.

- C. The host school in 1st round playoff games can keep all gate receipts. For all Semifinal and Finals games the gate must be split 50/50 with school and league.
- D. Regular Season: The host school is responsible for having someone on the score clock and score book. It is recommended (not required) that the clock and book are run by an adult if possible. The guest team is the back-up book.
- E. Playoffs: All host schools are responsible for providing someone to operate the clock. At neutral sites, the school that is designed as HOME is responsible for the book. The neutral host school is responsible for operating the game clock in all sports where it is used. For doing so, the league will pay the clock operator \$15.00 for each game.
- F. All schools hosting a 1st Round Playoff game in any sport are responsible for securing and paying for those officials. Semifinals and Finals officials are secured by the sports commissioner and paid for by the league.

9. PROTEST COMMITTEE & EXECUTIVE BOARD

The protest committee is comprised of the bottom 3 schools listed with a “BYE” on the school assignment list. They sit on this committee for the entire year. If there is an appeal after the Protest committee makes a ruling on an initial protest, the Executive Board (President, VP, Past President, Secretary, and Treasurer) will make the final decision on the appeal.

10. AWARDS & RECOGNITION

All medals and ribbons listed here will be paid for and distributed by the Santa Clara East Side. In the event a school has a roster size great than the league allotment for awards, that school must purchase additional awards at their own expense. This purchase can be coordinated with the league representative for Awards.

Cross Country

Division Meets: Top 15 runners will be given a ribbon if there are 3 Divisions
Top 10 runners will be given a ribbon if there are 4 Divisions
No Medals for Division Finals
Section Finals: Top 30 runners will be given a ribbon if there are 3 or 4 Divisions
Top 3 runners will be given medals if there are 3 or 4 Divisions
Section Trophies: 1st Place Trophy for each division of boys and girls. (6 total)

Softball

15- First Place Medals and 15- 2nd Place Medals
1st Place Team Trophy & 2nd Place Team Trophy

Boys & Girls Basketball- A & B DIVISIONS

15- First Place Medals and 15- 2nd Place Medals

Wrestling

Division Meets: 1st through 4th Place Ribbons in each weight class

Section Finals: 1st & 2nd Place Medals and 3rd & 4th Place ribbons

Section Finals: 1st & 2nd Place Team Trophies

County Finals: 1st & 2nd Place Team Trophies when hosted by ESAL.

County Finals: ESAL is to pay for medals for 1st & 2nd place wrestlers for each weight class when hosted by ESAL.

Girls & Boys Soccer

20- First Place Medals and 20-2nd Place Medals

Girls & Boys Volleyball

15- First Place Medals and 15- 2nd Place Medals

Track & Field

Division Meets: 1st through 6th Place will receive a ribbon regardless of divisions.

Section Finals: 1st & 2nd Place will receive Medals

3rd through 6th Place will receive Ribbons

ARTICLE II – GENERAL RULINGS

1. PRACTICE & TRYOUTS

- A. “Organized Practice” or “Tryouts” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player and/or the whole team.
- B. The “Organized Practice” or “Tryout” date is set for each sport/season at the final Athletic Directors’ Council meeting of the year.
- C. League Schools cannot begin “Organized Practice” or “Tryouts” until the date set by the League Scheduler.
- D. Any school found not in compliance with the “Organized Practice” date established by the league will not be eligible for playoffs or post season competition in the same season it occurred.

2. SPORT SCHEDULES & STANDINGS

- A. The League “Scheduler” will establish a date for scheduling each sport(s) schedule at the start of each school year.
- B. All Athletic Directors must confirm all scheduled league games at www.eastsideal.org and notify the league webmaster and other school if any changes need to be made.
- C. Each Division will schedule during their allotted time (about 30 min) at the scheduling meeting. After you have completed your division schedule, practice games can be added with non-division schools.
- D. Each year the game should be hosted by the school that did not host in the previous year (if possible).
- E. Each school AD or Coach is responsible for reporting Division scores through teamsideline within 24 hours.

3. GENDER POLICY

Students have the opportunity to participate in league activities in a manner that is consistent with their gender identity, irrespective of the gender listed on a student’s records. The student and/or the student’s school may seek review of the student’s eligibility for participation in interscholastic athletics in a gender that does not match the gender assigned to him or her at birth.

ARTICLE III – SPECIAL RULINGS

1. FORFEITURES

- A. Forfeiture shall result in a win for the offended team and a loss for the offending team. A game or contest shall be forfeited for the following reasons:
- B. Failure to play a scheduled opponent at the appointed time and place and/or failure to complete a scheduled game or contest.
- C. Failure to provide sufficient and certified (Association) officials, proper facilities, and proper supervision and control which are necessary for the particular sport being played.
- D. Failure to give proper notice in the case of a proper postponement of a scheduled game or contest. (See “Postponements”)
- E. Failure to provide for the rescheduling of a postponed contest within the specified time period.
- F. Use of ineligible athletes.
- G. Failure of a team to have an adult coach or supervisor.

2. POSTPONEMENTS

- A. Scheduled game and contests may be postponed for the following reasons:
- B. Inclement weather, except for indoor sports.
- C. The sudden loss of facilities, due to causes beyond the school’s control.
- D. A school is closed due to epidemic.
- E. Mutual consent of the Athletic Director’s of the schools involved whenever the best interests of the students are being served.
- F. Failure of assigned officials to appear or the unavailability of qualified officials.

ARTICLE IV – FINANCES

1. LEAGUE FEES

- A. League dues are voted on at the Athletic Directors' Council meeting and set to cover all league expenses throughout the year.
- B. Dues shall be paid on or before the 1st championship event of each school year.
- C. Failure to pay the league dues or present a district request to the league Treasurer by the Monday league meeting of the 1st league championship week in Oct. will result in the forfeiture of the right to participate in immediate event(s).
- D. Any school on probationary status is only required to pay half of the league dues that are set at the start of the school year.
- E. Acting President of the SCCESJHCA will send a formal letter to the school/district office notifying them of the consequences for failure to pay league dues.
- F. A \$100.00 fine will be assessed to the member school that is not present at the Athletic Directors' Council meetings. Exception: Any school that is out on a district holiday is not required to attend and will not be fined. If you are to miss a meeting you are required to email the acting president to notify them of your absence.

2. GATE RECEIPTS & ADMISSON

- A. Regular season games
 - i. Gate receipts shall be retained by the home team and no payment or split is required to the league or visiting team.
 - ii. Gate fees for regular season are determined by host school.
- B. Playoff games
 - i. Gate receipts for all 1st round games are retained by the host school and no payment or split is required.
 - ii. Gate receipts shall be split between the host school and the league for all semifinals and finals games.
 - iii. Gate fees for playoffs are \$5.00 for adults and \$3.00 for students. 5 years old and under is free.
 - iv. Wrestling-ESAL will pay for Referees for Division Finals, Section Finals and County Finals (when hosting) and the host school must turn in ½ the gate revenue.
- C. Cheerleaders, managers, players and coaches are to be admitted free when properly identified at the admission gate. Each team is limited to 2 managers max per team.
- D. Each school will be issued (1) one Athletic Directors pass to be admitted to games at other league schools.

ARTICLE V – PROTESTS

1. NO PROTESTS OF JUDGEMENT CALLS

No protest which involves an official's judgment shall be made. Protests shall be made only when a league by-law has been violated.

2. PROTESTS INVOLVING GAME CONDITIONS

A protest involving game conditions or officials must be called to the attention of the officials before the game and cannot be called into question at the conclusion of the contest.

3. PROTESTS REGARDING GAME RULES OF THE SPORT

- A. The game rules of each sport govern the effect of a valid protest upon the game and game results. These rules are set in the Rules Books issued by the NFHS & any addendums added on for each sport in the SCCESJHCA by-laws.
- B. In protest cases not specifically covered by the Rule Book or addendums, it is not a valid protest. This issue should be brought up at the next Athletic Directors' council meeting for discussion.
- C. The host school is responsible for supplying the correct by-laws for teams and officials to abide by. If the host school does not know how to proceed, they are responsible for how the game is carried out and is subject to protest by the visiting team.
- D. A valid protest that is covered by the Rule Book and/or addendums MUST employ the following steps:

A protest must be made by phone or in writing (email is fine) within 5 working days to the League President AND

Protests must be made no later than 3 working days prior to the next league meeting. The last 3 schools with a "BYE" on the assignment schedule will sit as the Protest Committee.

4. PROCEDURE FOR FILING AN APPEAL

In the rare case of appealing a protest decision or any other decision by the Protest Committee, the following procedure shall be followed:

- A. The Athletic Director and Principal of the appellant school shall discuss fully the merits or grounds for appeal, conferring with the President of the Athletic Directors' Council.
- B. If it is still deemed necessary to appeal, then the Athletic Director of the appellant school shall send a letter or email to the President of the Athletic Directors' Council with 24 hours of the decision on a protest.

- C. The Executive Board will hear and rule on the appeal. This committee shall be the final authority.

5. RESULTS OF PROTESTS AND APPEALS

Final decisions regarding protests shall be documented in writing and sent to the school(s) involved as soon as possible.

No school can Appeal an Appeal. Final decisions are made by the Executive board if an appeal is submitted.

ARTICLE VII – EJECTIONS

1. CONSEQUENCES OF AN EJECTION

If a player or coach is ejected from a contest the following applies:

- A. If a player or coach is ejected from a contest during the season that player or coach must sit out the next contest following their ejection. If a player participates in the next contest following his/her ejection that player will be treated as an ineligible player for that contest, and his/her team shall forfeit the contest.
- B. Any player or coach ejected from a game twice in a season is ineligible to play the rest of the season.
- C. Any player or coach ejected from any playoff contest because of flagrant misconduct or unsportsmanlike behavior shall be excluded from participating in the remaining playoff contests in the sport for that year. If the ejection occurs in the final contest for that team then the player or coach would have to sit out the 1st league contest the next season.
- D. When an ejection takes place the Coach of the ejected player reports it to the Athletic Director – then Athletic Director immediately reports to all league AD's on the email distribution list with the player(s) first and last name included.

2. SOLE GROUNDS FOR APPEAL OF AN EJECTION

There is no appeal on ejections unless there is the issue of “mistaken identity”.

ARTICLE VIII – SOFTBALL

1. NFHS RULES APPLY UNLESS NOTED BELOW

1. Game length is 6 innings. No new inning can start after 90 minutes with the exception for playoff games. There is no time limit for playoff games.
2. A team cannot score more than 5 runs in any of the first 5 innings. The last inning is unlimited scoring.
3. The umpire shall limit the starting pitcher 3-5 warm-up pitches between innings.
4. Pitching Modifications: The pitching motion is under handed toss. The pitcher shall start with one or both feet on the pitching rubber. The pitch motion allows for a $\frac{3}{4}$ height windup and release. The ball must be released only in an under handed fashion.



5. Bases shall be 60 feet apart and pitching plate shall be 40 feet from the back point of home plate. Each field will have a legal size pitching rubber, fastened to the ground.
6. There is NO bunting, leading off or stealing. The base runner can leave contact of the base once the batter hits the ball.
7. With 2-outs, the batting team must pinch run for their catchers in order to speed up play. (This is a free substitution)
8. A team may start with 10 players in the field. The ball must be NFHS approved softball.
9. All playoff softball games must have 2 umpires.

ARTICLE IX – CROSS COUNTRY

1. A school may field 6 teams consisting of the following:

8 th Grade Boys	8 th Grade Girls
7 th Grade Boys	7 th Grade Girls
*C Boys 5'2" & under	*C Girls 5' 2" & under

*C Boys & C Girls MUST be 5'2" and under in-order to participate in C Division regardless of their grade

2. Heights for the C Division from each school will be verified at the Division Finals meet at the starting line.

3. Each Division MUST host a Division Finals the week prior to the Sectional Meet. It is up to each individual Division to establish the date and site of the Division Finals.

4. Students MUST participate at their assigned grade level that they are attending at the member school. The only exception is if your height for a girl or boy qualifies you for the C Division. If a student is not in 7th or 8th grade they can only "bump up" one division. For example, a 6th grader would have to participate as a 7th grader unless they met the requirements for the C Division exponents. Then as a 7th grader they would participate in 7th grade and then 8th grade in their 8th grade year. Unless their height designates them to the C Division.

5. League Divisions are based on the number of schools that commit to Cross Country and the number of divisions are established at the 1st meeting of the year.

3 Divisions would be NORTH, SOUTH, CENTRAL

4 Divisions would be NORTH, SOUTH, CENTRAL, EAST

QUALIFYING ATHLETES & TEAMS FOR SECTIONAL MEET

The following athletes will qualify for the Section Meet from the Division Finals if there are 3 DIVISIONS of LEAGUE SCHOOLS:

1. Top 4 Overall Schools
2. Top 3 School Teams from each Division
3. Top 15 finishers regardless of team finish/results

The following athletes will qualify for the Section Meet from the Division Finals if there are 4 DIVISIONS of LEAGUE SCHOOLS:

4. Top 3 Overall Schools
5. Top 2 School Teams from each Division
6. Top 15 finishers regardless of team finish/results

ARTICLE X – WRESTLING

1. **NFHS RULES APPLY UNLESS NOTED BELOW**

- A. Varsity shall be composed of 19 weights beginning with 70 lbs and increasing in increments of 5 lbs to 125 lbs. Thereafter, in 10 lb increments to 191 lbs. Heavyweight shall be 191 lbs – 235 lbs.
- B. All teams shall weigh-in immediately preceding the match with BOTH teams present.
- C. An athlete may only wrestle in the weight division he/she qualifies at in the weigh-ins or in the next heaviest weight classification.
- D. Every weight classification receives a 2 lb allowance. The 205 lb weight has not been approved for the county meet.
- E. At the end of the regular season each Division will host a Division Finals that will determine who qualifies for the Section Finals.
 - 1. In our 2 Division League format, the top 4 athletes from each weight class will qualify for Section Finals.
- F. If a Division does not host a Division Finals meet, all athletes from that division will not be eligible to participate in the Section Finals.
- G. A wrestler must wrestle a minimum of 50% of their matches in the same weight class during the regular season in order to qualify for the Division Finals in that weight class.
- H. Athletes from the regular season qualify and are seeded for their Division Finals from the Standards below.
- I. ESAL will pay for All Division, Section & Country meet (when hosting) officials & ESAL receives ½ of the gate revenue from these meets. The door cost for the Division Finals is \$3.00 per adult and \$1.00 per student. Children 6 and under are free.
- J. Team scoring will take place at each Division, Sectional and County Meet.

STANDARDS ARE FROM EACH WEIGHT CLASS FROM REGULAR SEASON MATCHES

2 points for win
1 point for loss
0 points for forfeit or no wrestle

Tie Breakers are: 1. Head to Head
2. Common Opponent
3. Pins
4. Technical Falls
5. Coin Flip

WEIGHT CLASSIFICATIONS

70,75,80,85,90,95,100,105,110,115,120,125,135,145,155,165,175,205,235

ARTICLE XI – BOYS AND GIRLS BASKETBALL

1. NFHS RULES APPLY UNLESS NOTED BELOW

- A. 7th & 8th Grade Boys & Girls play – 7-minute quarters
- B. Teams shall be 7th and 8th grade students. 5th & 6th graders may play on the 7th grade team if a school does not have enough players to have a team. If a school does not field a 7th grade team, 6th and 7th graders may play on the 8th grade team.
- C. In order for a school to participate in league play, they must field at 7th & 8th grade team.
- D. Each team shall be given a minimum of 10 minutes warm-up prior to the first game and in between games.
- E. Halftime of a basketball game must be 5min for 7th and 8th grade.
- F. If a game is tied at the end of regulation, a 3 minute overtime period will take place. If still tied, additional 3 minute overtime periods take place until a winner is determined.
- G. A player may NOT move from one team to another during the season.
- H. When a team has a 20 point lead they cannot extend their defense past half court.
1st Violation: Warning
2nd Violation and Beyond: Technical foul to be assessed to the coach.
- I. At any time in the second half if a team has a 30 point lead the clock will not be stopped unless a time out is taken or injury occurs. The running clock continues even if a teams lead goes back under 30pts.
- J. If a team is up by 40 points at any point in the game the score for both teams is removed from the scoreboard and score is no longer kept on the board. The final score recorded will be the score at the time the 40 point lead was established. The game time is still kept on the clock to finish the game with running clock.

B League Girls ONLY

At any point in the game if a team has a 15-point lead, there is no backcourt pressure and at any time in the second half with a 20 point lead the clock will not be stopped unless a team takes a time out or an injury occurs.

ARTICLE XII – BOYS AND GIRLS SOCCER

1. **NFHS RULES APPLY UNLESS NOTED BELOW**

- A. Team shall be 7th and 8th grade. 6th graders may play on the 7th/8th team if school does not provide a 6th grade team.
- B. Parent/Fan area will be on the opposite side of the field from the team.
- C. In order for a school to participate in league play, they must field at boys and girls team.
- D. 2-thirty minute halves
- E. All playoff games (all rounds) **MUST** have 3 officials (Center & 2 linesmen)
- F. Soccer rosters with names and numbers must be provided to the game officials for all games (practice & division) from both teams prior to the start of the game.

REGULAR SEASON Only

No Overtime during the regular season. If the score is tied at the end of regulation the game ends in a tie.

PLAYOFF GAMES Only

If tied at the end of regulation during a playoff game, 2-10 minute sudden victory periods will be played. Sudden victory means that if anyone scores in one of the 2-10 minute overtime periods, the game is immediately over and the team that scored is declared the winner. If still tied, penalty kicks will be taken to establish a winner.

POINT SYSTEM FOR DIVISION STANDINGS

- 3 Points for win during regulation
- 0 Points for loss during regulation
- 1 Point for each team that is tied at the end of regulation.
- 1 Point for a team that records a shutout. If both teams end in a 0-0 tie they are awarded one point for a shutout and 1 point for a tie.
- minus 1 pt : There will be a deduction of 1 point if any team wins by a value of 8 or more in a game. A goal differential of 7 or less is acceptable.

Soccer Tie Breaker **ONLY** (if needed after all regular season games played)- 2 way tie for 1st place or two way tie for 2nd place

1. Head to Head (from regular season)
2. Goals against (division games only)
3. Coin Toss

ARTICLE XIII – BOYS AND GIRLS VOLLEYBALL

1. **NFHS RULES APPLY UNLESS NOTED BELOW**

- A. Height of net shall be 7' 4 ¼ "
- B. Matches: Best of 3 - First two games are played to 25; the winning margin must be 2 points using rally scoring rules. If a 3rd game is necessary it will be to 15 points using rally scoring with a winning margin of at least 2 points.
- C. In order for a school to participate in league play, they must field at boys and girls team.
- D. Each team shall be given 12 minutes warm-up prior to 1st match and in between matches. 5 min , 5 min , 2 min
- E. Game ball must be stamped with a NFHS approval stamp.
- F. Eighteen substitutions are allowed each game.
- G. Let service is still in play. A block is NOT considered a hit.
- H. All Playoff games (all rounds) MUST have 2 officials (up and down)

ARTICLE XIV – TRACK AND FIELD

1. There will be six divisions: A Boys; B Boys; C Boys
 8th Girls; 7th Girls; C Girls
2. Each school must assign another school to weigh and measure their athletes for their appropriate team placement. The recording school’s coach will send the original copy of the roster to the Track and Field Commissioner by the established date.
3. All Boys are classified as an A , B or C. A Boys do not need to be measured. B & C boys must have the appropriate exponent value to classify them as a B or C (See spring exponent sheet for classification).
4. All Girls are classified at their school grade level as an 8th grader or 7th grader unless they are 60” or shorter. Any girl 60” and shorter can be classified as a C girl. A 6th grade girl that is taller than 60” may only move up one division to 7th grade girls. Then will participate at her grade level for the remaining two years unless her height designates her to the C Division.
5. An athlete may participate in any four (4) events. Relays count as an event.

Track division order MUST be: C Girls, 7th Girls, 8th Girls, C Boys, B Boys, A Boys for all trials, division and section finals. Regular season meets are determined by the host school.

Track event order MUST be: 1600, 65H, 4x1, 800, 100, 4x4 for all trials, division and section finals. Regular season meets are determined by the host school.

Field events include:

- Long Jump (athletes get 3 attempts)
- Triple Jump (athletes get 3 attempts)
- Shot Put (“A” division boys use 8lb shot; all others use 6lb)
- Discus (1 kilogram discus for all divisions)
- High Jump (athletes get 3 attempts at each height cleared)

Starting Height for HJ Regular Season and Division & Section Finals

C Girls: 3’ 4”.	3’ 6”	C Boys: 3’ 10”	4’
7 th Girls: 3’ 6”.	3’ 8”	B Boys: 4’	4’ 2”
8 th Girls: 3’ 8”	3’ 10”	A Boys: 4’ 2”	4’ 4”

6. League Divisions are based on the number of schools that commit to Track and the numbers of divisions are established at the 1st meeting after the New Year.
 Currently 2 Divisions would be NORTH & SOUTH
7. All Track and Field Division and Section Finals MUST be electronically timed.

QUALIFYING ATHLETES

For all DIVISION FINALS, regardless of the number of DIVISIONS: the following athletes qualify for the Division Finals. Top 16 athletes are seeded for each division from regular season times/marks for the following entries: Each school submits the following to the Division meet timer to be seeded as a potential participant for the Division Finals 16 spots: Up to 4 sprinters (100 and 65H), 4 in distance (1600 & 800), up to 4 in field events and 1 relay (4x1 and 4x4) max per school when entering athletes for the Division Finals.

The following athletes will qualify for the Section Meet from the Division Finals if there are 2 DIVISIONS of LEAGUE SCHOOLS (NORTH & SOUTH)

- Top 4 Athletes for 100, 65H for every Division of C, 7th, 8th and C,B,A
- Top 6 Athletes for 1600, 800 & FIELD EVENTS for every Division of C, 7th, 8th and C,B,A
- Top 4 Relay teams for every Division of C, 7th, 8th and C,B,A

The following athletes will qualify for the Section Meet from the Division Finals if there are 3 DIVISIONS of LEAGUE SCHOOLS: (NORTH, SOUTH, CENTRAL)

- Top 5 Athletes from each EVENT for every Division of C, 7th, 8th and C, B,A
- Top 2 Relay Teams for every Division of C, 7th, 8th and C,B,A and next 2 fastest overall

ARTICLE XV – TIES PROCEDURES

In the case of ties for league standings the following procedures will be followed:

ALL SCHOOLS MUST BE PRESENT (AD or Coach) when a coin toss takes place.

- A. 3-way tie for 1st Place
 - 1. Head to head win(s) determine 1st place
 - i. Remaining 2 teams play for 2nd place
 - 2. All 3 teams flip a coin. The odd man out takes 2nd place and the other two teams play for the #1 seed. The team that hosted the league game during the year will be the visiting team for the play-in game. Loser of this game is out of the playoffs.

- B. 2-way tie for 1st Place
 - 1. Head to Head win(s) determine 1st place (head-head from regular season)
 - 2. Coin flip determines 1st place

- C. 2-way tie for 2nd Place: (if more than 2 teams in playoffs)
 - 1. Head to Head win(s) determine 2nd Place
 - 2. Coin flip determines 2nd place

- D. 2-way tie for 2nd Place: (if only 2 teams in playoffs)
 - 1. Head to Head win(s) determine 2nd place
 - 2. tied teams play 1 game to determine 2nd place

- E. 3-way tie for 2nd Place: (if 4 teams in playoffs)
 - 1. Head to Head win(s) determine 2nd place
 - i. Remaining 2 teams play for 3rd
 - 2. Coin flip determines position (First flip odd team gets 2nd place- 2nd flip one team calls flip for 3rd place)

- F. 3-way tie for 2nd Place (if only 3 teams in playoffs)
 - 1. Head to Head win(s) determine 2nd place
 - i. Remaining 2 teams play for 3rd
 - 2. Coin flip (odd team is in as #3 and other 2 teams play for 2nd spot)

- G. 3-way tie for 2nd Place: (if only 2 teams in playoffs)
 - 1. Head to Head win(s) determine 2nd place
 - 2. Coin flip (odd team sits out, other two teams play and winner plays the team that sat out)

- H. 2-way tie for 3rd Place (if 4 teams in playoffs)
 - 1. Head to Head win(s) determine 3rd place
 - 2. Coin flip determines 3rd place

- I. 2-way tie for 3rd Place: (if only 3 teams in playoffs)
 - 1. Head to Head win(s) determine 3rd place
 - 2. Tied teams play 1 game to determine 3rd place

- J. 3-way tie for 3rd Place: (if 4 teams in playoffs)
 - 1. Head to Head win(s) determine 3rd place
 - i. remaining two teams play for 4th place
 - 2. Coin flip determines 3rd place (odd team goes in as #4, other two play for #3 spot).

- K. 3-way tie for 3rd place (if only 3 team in playoffs)
 - 1. Head to Head win(s) determine 3rd place
 - 2. Coin flip (odd team sits out, other two teams play and winner plays team that sat out)

- L. 2-way tie for 4th Place:
 - 1. Head to Head win(s) determine 4th place
 - 2. Tied teams play 1 game to determine 4th place

- M. 3-way tie for 4th Place
 - 1. Head to Head win(s) determine 4th Place
 - 2. Coin flip (odd team sits out, other two teams play and winner plays the team that sat out)

- N. ANY OTHER POSSIBLE SITUATIONS NOT COVERED WILL BE DECIDED BY THE EXECUTIVE BOARD.

*****If possible, All Play-in games are hosted by the team that DID NOT host the league game during the regular season. If this is not available, the game can be hosted by the other team or both teams can search for a neutral site.

ARTICLE XVI – AMENDMENTS TO THESE BY-LAWS

These By-Laws may be amended by any regular meetings of the Athletic Directors' Council by a majority vote of those present. All By-Law amendments will go into effect immediately after they are voted upon.