

BIG NORTH CONFERENCE

Outdoor Track & Field Rules and Regulations

All Big North Conference Track and Field Meets will be governed by NFHS Rules with NJSIAA modifications

1. *Method for Deciding the Championship in Track is as Follows:*
 - Dual Meet Competition: One (1) point will be awarded for a win; half (1/2) a point for a tie, and no (0) points for a loss.
 - Divisional Championship Meet: Points will be awarded by the team's overall finish (e.g.—the team that finishes first in a ten-team league will receive then (10) points, the team that finishes second will receive nine (9) points, etc.).
2. Each member school shall attempt to complete its dual meet schedule prior to the championship meet. In accordance with Big North rules, postponed competitions shall be rescheduled in the next mutually open date for the competition schools.
3. The Divisional meet schedule shall consist of dual meets. When multiple schools are present for Divisional Meet competition each meet shall be scored as an individual meet (Double Dual Meet.) ie five points for first place, three points for second place and one point for third place.
4. Each school shall have a hard-surface (concrete or black-top) throwing area for the discus and shot put, and shall have black-top or track-surface areas for the pole vault and long/triple/high jumps.
5. Sub-varsity heats shall be run for all athletes who are present.
6. Only teammates may stand behind runners and brace the starting blocks to prevent slippage.
7. There shall be a meet for freshmen and novice, date and host to be determined. Any athlete that competes in the Varsity Championship Meet, may not compete in the Novice Meet. To hold down costs, each school is expected to assist with the operation and officiating/judging of the freshmen and novice meets.

Track: Rules Dual Meet Competition

1. *Officials:* There shall be at least three (3) NJSIAA carded officials, and it is strongly recommended that there be more than three NJSIAA carded officials. Other officials shall be adults, preferably faculty members from the home school. When necessary, and upon agreement, assistant coaches from any of the schools may officiate. The following officials shall be hired to conduct a dual meet:

- a. One (1) starter (shall be NJSIAA carded official)
- b. Three (3) officials to judge and time at the finish line (at least one shall be NJSIAA carded official) Note: for double dual meets six timers are judges/timers are needed.
- c. One (1) official for each of the following, at least one shall be NJSIAA carded official.
 - i. Shot-put
 - ii. Discuss throw
 - iii. Long jump/triple jump
 - iv. High jump
 - v. Pole vault
 - vi. Javelin

Three carded NJSIAA Officials are the minimum required. It is recommended that a NJSIAA Carded Official be used for each event. Recommended Set up: 1 starter, at least 1 finish line, 1 boys weights, 1 girls weights, 1 high jump, 1 long/triple jump and 1 pole vault. Other non carded officials (adults) should be used to assist the NJSIAA carded officials.

2. *Order of Events* (follows current dual meet standard, beginning at 4:00 p.m.):

400 hurdles	Long Jump: boys and girls - one
100-meter dash	hour open pit
1600-meter run	Triple Jump: boys and girls[to
400-meter dash	follow Long Jump one hour open pit]
High Hurdles	Discuss Throw: girls, then boys
800- meter run	Shot-put: boys, then girls.
200-meter dash	High Jump: girls, then boys
3200-meter run	Pole Vault: girls, then boys*
1600- meter relay	Javelin: girls, then boys

*Boys will start when the bar reaches their opening height. They shall be allowed one (1) warm-up attempt at this time. Remaining girls will then jump concurrently

with the boys. Order of field events may be altered by the host school to accommodate the host schools facilities. This must be communicated to the participating schools prior to the meet.

Note: If the host school cannot hold an event on the day of the meet, they can hold it for scoring on another day. If the host school cannot host the event, one of the other meet participants can host the event. If one of the participating schools refuses to participate in this event or another event, such as pole vault or javelin, they will forfeit those points. If an alternate date/site cannot be found the host score will forfeit the points for the event(s) they are unable to conduct.

3. Field Events:

- a. Shot put, discus throw, long jump, triple jump, and javelin: four (4) competitors from each school shall be allowed three (3) attempts each.*
- b. High jump, pole vault: four (4) competitors from each school; shall follow National Federation procedures.*
- c. Horizontal jumps: one (1) hour open pit for each.*
- d. Sub -varsity throws: all varsity throws are to be completed before sub-varsity begins competition. Sub-varsity competition shall be supervised by a coach or official. Warm up and competition in the throws shall not take place without supervision.*

4. Track Events- Double Dual Meets

- a. Running events: Sub-varsity heats shall be run when schools have sub-varsity level athletes. Coaches shall be responsible for timing sub-varsity races.*
- b. Lane races (100, 200, 400, both hurdles): Each school shall be allowed (4) varsity competitors (2) each in two (2) varsity heats.
 - i. Schools shall run their top two (2) competitors in the first heat.*
 - ii. First and Second Place shall be scored only from the first heat.*
 - iii. Runners in the second heat shall compete for Third Place only.*
 - iv. Sub-varsity athletes shall not be entered in these two varsity heats.**

c. 800-meter run, 1600-meter run, 3200-meter run: each school will be allowed four (4) varsity competitors.

i. Boys' and girls' 3200-meter runs shall be combined (due to time constraints).

ii. Sub-varsity athletes may be entered.

5. *Dual Meets*

a. Lane Races (100, 200, 400, both hurdles)

i. Each school will be allowed three (3) entries in the first heat.

ii. The second and subsequent heats will be non-scoring sub-varsity.

iii. 800-meter run, 1600-meter run, 3200-meter run: schools may enter an unlimited number of athletes. The starter will determine the number of heats. Only the first heat will be scored. Boys' and girls' 3200-meter runs shall be combined (due to time constraints).

6. *Championship Meet*

a. The Big North Championship Meets are Varsity Championship caliber Track and Field Meets. Only athletes that are of Varsity Championship caliber should be entered. The Big North Championships Meets are not developmental Meets. Athletes that compete in the BNC Championship Meet are ineligible to compete in the BNC Novice meets. In order to help assist that the Varsity Championship Meet be conducted at the highest level possible and allow for Championship performances, the following standards have been established. These standards are subject to yearly review and should be discussed by the coaches at the annual post season meetings. Shot, Discus, Javelin, Long Jump and Triple Jump- the first legal attempt of each athlete will be measured. Subsequent attempts will be subject to the following standards for measurement. Shot- (B) 36', (G) 25'. Discus- (B) 100', (G) 70'. Javelin- (B) 100', (G) 70'. Long Jump- (B) 17', (G) 13'. Triple Jump- (B) 35', (G) 28'. High Jump- (B) opening height 5'4" up two inches at a time. (G) 4'4" up 2 inches at a time. Pole

- Vault opening height- (B) 8'6" up to 9'6" then 6 inches at a time. (G) 6'6" up to 7'6" then 6 inches at a time.
- b. The Big North shall appoint a Meet Director to conduct the championship meet. The Meet Director shall assume full responsibility for all aspects of the meet, including procurement of all materials, equipment, awards, and officials.
 - c. The Big North Championship Meet shall be conducted in Divisional Meets at three different sites.

7. All Division

- a. The All Division Team will consist of First (1st) Team and Second (2nd) Team for each event, plus one (1) Honorable Mention per school. Athletes may not be selected to the All Division Team in more than one individual event.
- b. The teams will be chosen at the end-of-the-year meeting.

Amended and dated; February 3, 2015

Clarification for Javelin:

The javelin will be a scored event at all regular season Big North Conference Track Meets. If the host school cannot hold the javelin event on the day of the meet, they can hold it for scoring on another day. If the host school cannot host the event, one of the other meet participants can host the javelin. If one of the participating schools refuses to participate in this event or another event, such as pole vault, they will forfeit those points.