

TCSAAL 2022-2023 Track & Field Rules and Information

Participation

An individual can only participate in a maximum of 3 running / relay events per meet and only 2 field events per meet.

Only 3 entrants per school per event, except in relays where a school can only have 1 entry per event.

Scoring System

Relays: 1st - 20 points, 2nd - 16 points, 3rd - 12 points, 4th - 8 points, 5th - 4 points, 6th - 2 points

Individual Events (Running and Field): 1st - 10 points, 2nd - 8 points, 3rd - 6 points, 4th - 4 points, 5th - 2 points, 6th - 1 point

Boys and girls compete separately.

State Advancement

The top 6 individuals in the regional State Qualifier meets will advance to state in the 100, 200 and 400. The top 3 individuals will advance in the 800, 1600, 2400, and 3200. The top 3 individuals will advance in the field events. The top 2 relay teams will advance in each relay event.

Field Flights

TCSAAL will create Field Flights to better organize athletes completing their field events. These flights will be blocks of time dedicated to specific events and age groupings/campuses throughout the day. Athletes are expected to complete their field event(s) during their assigned flight time.

Awards

Qualifier Meets: The top 6 individuals in the regional State Qualifier meets will advance to state in the 100, 200 and 400. The top 3 individuals will advance in the 800, 1600, 2400, and 3200. The top 3 individuals will advance in the field events. The top 2 relay teams will advance in each relay event. Medals will not be given at this meet as their award will be advancing to the State Meet.

The top 3 finishers in individual events and the top 2 relay teams in each event at the qualifier meets will earn medals (These medals will be handed out to schools at the State meets)

State Meet: The top 3 finishers in individual events and the top 3 relay teams at state will earn medals. The top three teams (based on points) will earn Team Trophies.

Volunteers:

Each school is required to provide 1 volunteer at all times to help with the meet, including helping with timing and field events and other things necessary to make the meet a success.

*Please note that volunteers are not eligible to call faults in field events. They will be assisting with measuring and raking.

Event Tie Breakers

Field Tie Breakers:

In the event that we have a tie in the field events, we will use the individual's second best result to act as the tiebreaker.

If the second result is also tied we will use their third best result. If we are still tied the individuals will go to sudden death attempts to determine tie breakers.

Running Tie Breakers:

When using hand timing or if Fully Automatic Timing (if being utilized) is inconclusive, the head timer will do their best to determine who finished ahead of the other. If the head timer cannot distinguish between the individuals they can rule a tie and give the same time and place to the individual's. TCSAAL will not be using any photo or video technology to determine finishes outside of an Automatic timing system (if being used) except when evaluating sportsmanship violations.

NOTE: When there is a tie amongst individuals earning points, those individuals will each get their tied place points and the next place will be skipped. For example, if there is a 2-person tie in the 100 meter dash for first place, both individuals will earn 10 points for their team and the next person will finish in third place. If there is a three-way tie for first place, all three will earn 10 points and the next person will receive 4th place, and so on and so forth.

Running Events

100 Meter Dash: Runners must stay in their lanes the whole race.

200 Meter Dash: Runners must stay in their lanes the whole race. Staggered Start

400 Meter: Runners must stay in their lanes the whole race. Staggered Start

800 Meter: Start on the waterfall. Runners can move out of lane immediately.

1600 Meter: Start on the waterfall. Runners can move out of lane immediately.

2400 Meter (Middle School Only): Start on the waterfall. Runners can move out of lane immediately.

3200 Meter (High School Only): Start on the waterfall. Runners can move out of lane immediately.

4 X 100 Relay: Runners must stay in their lanes the whole race. Runners will have a staggered Start. Runners must observe the Exchange zones, and are free to use the acceleration zones.

4 X 200 Relay: Runners must stay in their lanes the whole race. Runners will have a staggered Start. Runners must observe the Exchange zones, and are free to use the acceleration zones.

4 X 400 Relay: The first Runner must stay in their lane for the entirety of their lap. The second runner must stay in their lane for the first 100 meters of their lap. After they run the first 100 meters they can break to the inside lane. The next two runners can get out of their lane and run in the inside lane. Runners must observe the exchange zones. First and second runners will have a staggered Start.

Field Events

Long Jump

Jumpers will be given three attempts. Jump Director will line jumpers up in single file flight. Jumpers will rotate through their three jumps one at a time. After each jump the jumper must get back in line while they wait for their next jump. Failure to comply may result in disqualification.

Distance of Long Jump: High school Boys: 12 feet. High School Girls and Middle School boys and girls: 8 Feet.

There will also be a 4 foot line available upon request. If your jumper needs to use a line not assigned to their group they need to inform the jump director before the event starts. That jumper will wait until everyone has jumped then they will do their three jumps from their designated distance.

Jumper must land in the pit to get a score otherwise their jump will be a scratch.

Jumper needs to make sure that they do not step over the jump line. Measurements are made from the closets spot of the jump line to the pit. Therefor a jumper can step on the line but not over it. A jumper must leave out the front of the pit and not the back. Measurements will be made from the front of the jump line to the nearest mark made by the jumper.

Triple Jump

Jumpers will be given three attempts. Jump Director will line jumpers up in single file flight. Jumpers will rotate through their three jumps one at a time. After each jump the jumper must get back in line while they wait for their next jump. Failure to comply may result in disqualification.

Distance of Triple Jump: High school Boys: 32 feet. High School Girls and Middle School boys and girls: 24Feet.

If your jumper needs to use a line not assigned to their group they need to inform the jump director before the event starts. That jumper will wait until everyone has jumped then they will do their three jumps from their designated distance.

Jumper must land in the pit to get a score otherwise their jump will be a scratch.

Jumper needs to make sure that they do not step over the jump line. Measurements are made from the closets spot of the jump line to the pit. Therefor a jumper can step on the line but not over it. A jumper must leave out the front of the pit and not the back. Measurements will be made from the front of the jump line to the nearest mark made by the jumper.

In the Triple jump the hop must start and land on the same leg. The step must switch legs.

Discus

Throwers will be given three attempts. Event Director will line throwers up in single file flight. Throwers will rotate through their three throws, one at a time. After each attempt, the thrower must get back in line while they wait for their next attempt. Failure to comply may result in disqualification.

Thrower must not throw outside of the boundary lines which will be clearly marked.

Thrower needs to make sure that they do not step out of the circle while making their attempt. A thrower must leave out the back of the circle and not the front of the circle. They must retrieve their discus and get back in line.

Measurements will be made from the nearest spot of the first mark made by the discus to the inside edge of the circle.

Discus weights: High School Boys: 1.6 kilograms / High School Girls: 1 kilogram / Middle School Boys and Girls: 1 kilogram. Teams must provide their own discus.

Shot Put

Throwers will be given three attempts. Event Director will line throwers up in single file flight. Throwers will rotate through their three throws one at a time. After each attempt the thrower must get back in line while they wait for their next attempt. Failure to comply may result in disqualification.

Thrower must not throw outside of the boundary lines which will be clearly marked.

Thrower needs to make sure that they do not step out of the circle while making their attempt. A thrower must leave out the back of the circle and not the front of the circle. They must retrieve their shot put and get back in line.

Measurements will be made from the nearest spot of the first mark made by the shot put to the inside edge of the circle.

Shot put weights: High School Boys: 12 pounds / High School Girls: 4 kilos / Middle School Boys and Girls - 6 pounds. Teams must provide their own shot put.

General Rules

- Participants must provide their own shot put, discus and relay batons.
- All participants and those in attendance must comply with all requirements of the TCSAAL handbook.
- Spectators must stay out of the middle of the track during the running events. Only coaches and participants in the current event or immediately upcoming event can be on the track.
- Spectators must be in the bleachers if available.
- No one is allowed to run alongside participating runners. This may result in disqualification.
- Participants must wear their track numbers at all times on the front of their shirts.
- There will be no make-up opportunities for missing a running event.
- Contestants are not allowed to use head phones of any kind while competing.
- For all track and field activities, teams must provide their own equipment:
 - Relay teams must provide their own relay baton
 - Discus throwers must provide their own discus
 - Shot put throwers must provide their own shot put

Reminders

- Bring plenty of water and snacks.
- Bring a first aid kit.
- Bring shade.
- Bring sunscreen.
- Have an adult volunteer available at all times to help the TCSAAL staff.
- Bring your field equipment and other warm-up supplies.

Order of Events:

Order of Events at Open and Qualifier Meets

2400 Meter (Middle School Only)
3200 Meter (High School Only)
4 X 100 Relay
800 Meter

100 Meter Dash
4 X 200 Relay
400 Meter
200 Meter Dash
1600 Meter
4 X 400 Relay

Please note that finals are only run at the state meet and only in the 100, 200 and 400 races if necessary.

Order of Events at the State Meet

100 Meter Dash Prelims
400 Meter Prelims
200 Meter Dash Prelims
2400 Meter (Middle School Only) Finals
3200 Meter (High School Only) Finals
4 X 100 Relay Finals
800 Meter Finals
100 Meter Dash Finals
4 X 200 Relay Finals
400 Meter Finals
200 Meter Dash Finals
1600 Meter Finals
4 X 400 Relay Finals

Admission:

TCSAAL will charge an admission fee of \$5 (Students & Adults) at the Regional and State Meets.

TCSAAL Drone Policy:

The use of drones are not allowed at TCSAAL events without prior approval from league administration.