**TCAF STATE TRACK AND FIELD RULES**

**Amended December 1, 2016**

(All TCAF Rules and Policies Apply)

**TCAF Requirements**

1. All schools must have schedules, rosters and results posted on athletic. net.
2. This is the same requirements as Maxpreps for the other TCAF sports.
3. Every school has a free account on athletic.net
4. All schools must file a roster to their respective District/Regional Chair.
5. Final rosters are due to District Chairs by the date posted in the TCAF calendar.
6. **Rules**
7. National Federation of High School Rules will govern all TCAF sponsored events.
8. TCAF exceptions

**Event restrictions**

1. An athlete may not compete in more than Five events total and no more than three running events.
2. An athlete may compete in 5 field events or any combination of events as long as they do not exceed three running events. Alternates on relays count as one of their running events.
3. Weight requirements on vaulting poles, maybe waived by a school. Schools must sign a release waiver for any vaulter using pole below their weight.
4. **Uniforms**

a. All athletes must compete in school issued uniforms.

1. If your throwers do not fit in a track singlet they need to be in a school athletic or spirit t-shirt.
2. Any athlete wearing t-shirts under their singlet or wearing compression shorts or tights under their uniform, the under-garment must be of one solid color.
3. If more than one athlete on a relay is wearing a t-shirt or compression shorts or tights/leggings under their uniform, they must be identical in color.
4. Girls’ sports bras do not apply to these rules.
5. Athletes cannot remove singlet or uniform in competition areas. Examples if a runner removes or lowers their singlet after a race or field event they are subject to disqualification.
6. On relays, all runners must be in matching uniforms. Again, if more than one runner is wearing visible garments under their uniforms they must be of one solid color and all match in color. Socks and shoes do not apply to this rule.
7. All competitors are required to complete in shoes.
8. Compression shorts, briefs or one-piece uniforms must be covered by shorts.
9. There are no longer any restrictions on wearing jewelry during competition.
10. Any visible tattoos must be covered. This rule also applies to coaches.
11. **State Meet Declarations and Instructions**
	1. Each school must declare all qualifiers for the State Meet by noon on Monday following the District/Regional Meets. Must include alternates for all relays, may list up to 8 members per relay. An athlete that is entered in 5 events may not be listed as a relay alternate.
	2. A relay team qualifying for State may change personnel from district/region to state if the athlete is listed on their final team roster. The school not the individuals advance in the relay events.
		* 1. Each relay may list up to four alternates.
			2. An athlete may not be listed as an alternate if being listed will exceed the five events or three running event maximum total. Being listed as an alternate counts as being entered into an event.
	3. If a Qualifier for the State Meet is unable to attend:
		* 1. The school must notify the TCAF Track and Field commissioner of any qualified individuals or relays that will not be attending the State Meet. This must be done at the earliest possible date.
			2. The next best performance from the district/regional meets shall advance to State.
	4. Packet Pick-up prior to the start of the meet.
		* 1. Each school must list all coaches and managers/trainers with their meet declarations. Each school is allowed No more than four Coaches and three managers free for the meet. All others will be asked to pay at the gate.
			2. Event restrictions (see Rules 1 a.)
			3. Honest effort rule will be in effect for all final events.
	5. Each school will be assigned an event or job assignment at the State meet.
	6. Please review rules and procedures for the event and assignment prior to the meet.
12. **Unsportsmanlike Conduct**
	1. During the TCAF state meet national federation track and field rules regarding unsportsmanlike conduct will be enforced. Acts such as throwing clothing, equipment, medals, etc. on the fields, use of profanity, addressing an official disrespectfully or displaying any action which brings discredit to participants or their school will bring disqualification to a competitor. Coaches will be held accountable for **their behavior toward officials and could result in disqualification of** their athlete(s) in one or more events.
	2. The penalty for unsportsmanlike conduct is disqualification from the meet at which time the conduct occurred.
		* 1. Any points or awards of officially posted results earned will be counted.
	3. **Failure to comply with any of the TCAF contest rules may result in disqualification.**
13. **Entries and Qualifications**
	1. Districts
		* 1. Each school may enter one boys and one girls team.
			2. Each school may enter three athletes per event and one squad per relay.
				1. Event restrictions (see Rules 1 a.)
				2. Honest effect rule will be in effect for all final events at all District/Regional and State Meets.
	2. Head official must be a responsible adult selected by the school.
	3. Please review rules and procedures for the event or assignment prior to the meet.
	4. Standards and measures
	5. Minimum board distances
	6. Long jump 8’
	7. Triple Jump- Girls 22’ / Boys 32’
	8. Opening heights
	9. High Jump will be 2” below the lowest qualifying jump, or a minimum of 4’ for girls and 5’ for boys.
	10. Pole Vault 5’6” for girls 7’0” for boys
	11. The limit of competing in more than two distance races has been removed. An athlete may run in three of the following four events 400m.-800m.-1600m. and 3200 m.
14. **Standards and measures**
15. Minimum board distances
	* + 1. Long jump 8’
			2. Triple Jump- Girls 22’ / Boys 32’
16. Opening heights
17. High Jump will be 2” below the lowest qualifying jump, or a minimum of 4’ for girls and 5’ for boys.
18. Pole Vault will be 6” below the lowest qualifying mark or a minimum of 5’6” for girls 7’0” for boys
19. The limit of competing in more than two distance races has been removed. An athlete may run in three of the following four events 400m.-800m.-1600m. and 3200 m.
20. Shot Put- Girls 4K. / Boys 12 lbs.
21. Discus- Girls 1.0 K / Boys 1. 6 K
	* + 1. Measurements
				1. all legal attempts shall be measured.
				2. all measurements will be rounded down to the lowest ¼ inch.
				3. Discus will be rounded down to the lowest inch.
			2. Vertical Jumps
				1. High Jump bar will be raised in 2” increments
				2. Until one competitor remains
22. Remaining competitor may choose the next height attempted.
	* + 1. Pole Vault bar will be raised 6” increments.
				1. Until one competitor remains
23. Remaining competitor may choose the next height attempted.
	* + 1. Timing
				1. Fully Automatic Timing will be used at the State Meet
				2. Adjusting hand times
24. Hand times must be rounded up to the highest tenth of a second. Example 10.01=10.1-10.09=10.1
25. If hand times are used at district meets adjustments will be made for seeding purposes at the State Meet.
26. Adjustment table
	1. 0.24 for 100/200/110H/100H
	2. 0.14 for 400 and all relays
27. **PREFERRED LANES** (based on District/Regional times)

1st- Lane 4 5th - Lane 2

2nd -Lane 5 6th - Lane 7

3rd- Lane 3 7th – Lane 1

4th- Lane 6 8th – Lane 8

1. **Contested events:**

**Field Events**

Boys Girls

Shot Put Shot Put

Discus Discus

Long Jump Long Jump

Triple Jump Triple Jump

Pole Vault Pole Vault

**Running Events**

Boys Girls

3200m. run 3200 m. run

4x100m relay 4x100m. relay

800m. run 800m. run

110m. hurdles 100m. hurdles

100m. dash 100m. dash

4.200m. relay 4 x 200m. relay

400m. dash 400m. dash

300m. hurdles 300m. hurdles

200m. dash 200m. dash

1600m. run 1600m. run

4x400m. relay 4x400m. relay

1. **Scoring System:** The point system for the TCAF State Meet shall be as follows:

Individual Events

 First Place 10 points

 Second Place 8 points

 Third Place 6 points

 Fourth Place 5 points

 Fifth Place 4 points

 Sixth Place 3 points

 Seventh Place 2 points

 Eighth Place 1 point

 Relays Events

 First Place 20 points

 Second Place 16 points

 Third Place 12 points

 Fourth Place 10 points

 Fifth Place 8 points

 Sixth Place 6 points

 Seventh Place 4 points

 Eighth Place 2 points

1. **Field Event Judges. Judges will be provided at the State Meet.**
2. ALL COACHES, FANS, SCHOOL PERSONALE, AND CONTESTS NOT DIRECTLY INVOLVED (AT ANY GIVEN TIME) IN THE EXECUTION OF OR PREPARATION FOR PARTICAPTION IN THE STATE MEET MUST BE IN THE STANDS AND REMOVED FROM THE INFIELD AREA. THIS INCLUDES THE FIELD AND RUNNING EVENTS.
3. **All athletes must be accompanied by a coach.** Do not send athletes with parents or someone not accountable to the school. Each school must provide one coach per team (boys and girls) to assist in field events. NO EXCUSSES!!!
4. **Awards at State Track Meet**
	* + 1. Plaques shall be awarded as followed
				1. State champion in each division
				2. State runner up in each division
			2. Individual medals shall be awarded in each event
				1. 1st place- Gold

b. 2nd place- Silver

c. 3rd place Bronze

* + - 1. A Baton or Trophy shall be awarded to the winning team in each relay.
1. Top three places at State Meet will be considered All State performers. There will be no additional awards presented for All State recognition.

**TCAF PROGRAM:** The program for the State Meet will include: times and order of events, existing records (complete with event, holder, time or distance and date. )

Team and Induvial State Meet Entry Fees

1. Team Fess

1.Team consist of five (5) or more athletes entered in the meet in a division. Boys and girls are separate divisions. Any school entering a relay must pay Team fees regardless the number of total athletes.

2. Entry fee per is $150 per division or $300 per school if entering full teams into both divisions.

Individual Fees.

 1. If entering four (4) or fewer athletes in a division, entry fee is $30 per individual

B. All Entry Fees are Remitted To TCAF

1. make checks payable to CSAF INC.

2. Mail

CSAF Inc.

P.O. Box 136175

Ft. Worth, TX. 76136

Or hand deliver at the meet.

All entry fees are due prior to the start of the meet.

Regional Enter Fees

1. Team Fess

1.Team consist of five (5) or more athletes entered in the meet in a division. Boys and girls are separate divisions. Any school entering a relay must pay Team fees regardless the number of total athletes.

2. Entry fee per is $150 per division or $300 per school if entering full teams into both divisions.

Individual Fees.

 1. If entering four (4) or fewer athletes in a division, entry fee is $30 per individual

B. All Entry Fees are Remitted To TCAF

1. make checks payable to CSAF INC.

2. Mail

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Or hand deliver at the meet.

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1. Team Fess

1.Team consist of five (5) or more athletes entered in the meet in a division. Boys and girls are separate divisions. Any school entering a relay must pay Team fees regardless the number of total athletes.

2. Entry fee per is $150 per division or $300 per school if entering full teams into both divisions.

Individual Fees.

 1. If entering four (4) or fewer athletes in a division, entry fee is $30 per individual

B. All Entry Fees are Remitted To TCAF

1. make checks payable to CSAF INC.

2. Mail

CSAF Inc.

P.O. Box 136175

Ft. Worth, TX. 76136

Or hand deliver at the meet.

All entry fees are due prior to the start of the meet.

1. Team Fess

1.Team consist of five (5) or more athletes entered in the meet in a division. Boys and girls are separate divisions. Any school entering a relay must pay Team fees regardless the number of total athletes.

2. Entry fee per is $125 per division or $250 per school if entering full teams into both divisions.

Individual Fees.

 1. If entering four (4) or fewer athletes in a division, entry fee is $25 per individual

B. All Entry Fees are Remitted to the Host School

1. make checks payable to the Host School