

# REGION III TOURNAMENT BYLAWS

## Track & Field

Last Revised: September 2006



### ARTICLE X: BYLAWS

#### Section 1: Governing Rules

Track & Field competition in Region III will follow the guidelines established by the National Federation of State High Schools Association Track and Field Rule Book and all applicable rules and regulations established by ASAA and Region III.

#### Section 2: Classification

There is one Region III Track and Field Championships to which the following schools are invited:

**ACS, Colony, Glennallen, Houston, Homer, Grace, Kenai, Kodiak, Nikiski, Palmer, Seward, Skyview, Soldotna, Valdez, Wasilla.**

#### Section 3: Tournament Entries

1. *Each team shall be permitted unlimited entries for both boys and girls in an individual event if that athlete has met the Region Qualifications and 1 team per gender in each relay event.*
2. Each entry must have met the current qualifying standards as compiled inclusive of the previous year's Region Tournament Results. **Each race entry must also be entered in FAT (electronic timing) to the hundredth. Any hand held times must be converted to electronic by rounding up to the next highest tenth and adding 0.24 seconds.**
3. Being designated as a member of a relay team does not count as an entry until the competitor actually competes in that's event. In relay events, up to six individuals may be designated, and it shall not count as an entry unless the competitor actually competes in the event.
4. All entries to the meet will be made on the official entry sheets provided by the tournament director. If there are less than sixteen entries that met qualifying standards, then additional non-qualifiers will be invited to fill out the two heats.
5. Entries must be received by the host school no later than Tuesday of the week of the tournament.

#### **Section 4: Seeding**

Seeding will be done by the tournament director who will not share that information with any other school prior to the first day of the tournament.

#### **Section 5: Time Schedule**

The tournament will be scheduled over two days. The following format is suggested:

Friday Morning-----Field Event Prelims & Finals in Boys Shot Put, Girls Discus, Girls High Jump, Boys Long Jump

Friday Afternoon---Boys High Jump, Girls Long Jump

Finals in the 3200meter run

Prelims in all individual running events

Saturday Morning----- Field Event Prelims & Finals in Girls Triple Jump, Girls Shot Put, Boys Discus, and Boys Triple Jump

Saturday Afternoon---Finals in all running events

*Note: all relays will be run as finals on Saturday*

#### **Section 6: Board of Control**

A tournament Board of Control shall be chosen for each Region III sponsored event that shall consist of three individuals who have sufficient knowledge of the sport to make educated and fair decisions when necessary. It is recommended that one Board of Control member represent the school that will host the tournament during the following year. In the event of a dispute, the tournament Board of Control's decision will be final.

#### **Section 7: Tournament Officials**

The tournament director will recruit experienced officials for certain duties. The following official should be selected with their background expertise in mind:

**Referee**---in charge of all other officials. Makes decisions on situations as well as interprets rule book.

**Starter**

**Recall Starter**

**Hear Finish Judge**

**Clerk of Course**

In addition to the following personnel will be needed for the efficient running of the tournament:

**Clerk of Course**

**Announcer**

**Timers (minimum of 9)**

**Recorder & runner**

**Head Scorer and assistant**

**Computer operator**

**Marshals (minimum of 8)**

### **Section 8: Order of Events**

Girls Competition shall proceed boys in each event. The order for finals:

3200 Meter Run (Friday)  
3200 Meter Relay  
Hurdles (Girls 100; Boys 110)  
100 Meter Dash  
800 Meter Relay  
1600 Meter Run  
400 Meter Relay  
400 Meter Run  
300 Meter Hurdles  
800 Meter Run  
200 Meter Dash  
1600 Meter Relay

### **Section 9: Qualifying Standards for Finals**

1. The top eight (8) field event competitors advance to finals. With running events, **preliminaries will be run in which the following will advance to finals:**

**When two Heats, the top four places.**

**When three heats, the top two places in each heat and the two next fastest third places.**

**When four heats, the top two places.**

2. **In addition, two alternates will be selected for each race based on the next two fastest places. The alternates will warm up and report to the finals. In the event that another a finalist(s) is scratched, the next fastest alternate will take that place.**

### **Section 10: Timing**

When handheld stopwatches are used, the times will be rounded up to the next tenth of a second. Qualifying times to state will have 0.24 added to their times for seeding purposes. When electronic timing is used, times will be recorded to the hundredth.

### **Section 11: Scoring**

Scoring for both individual and relay events are: 10-8-6-4-2-1.

### **Section 12: Trophies/ Awards**

Trophies and awards will be purchased by Region III and the costs shared by the teams involved. There will be team awards for first place teams only. Individual medals for the first three places in each event will be awarded. "Coach of the Year" awards for both genders, will be voted on by the coaches. There will also be a Male and Female MVP award.