

GNAC SPORTS REGULATIONS

INDOOR TRACK & FIELD

[updated 1-7-19]



Section 1. PARTICIPATION REQUIREMENT

- 1.1 All member institutions fielding teams in indoor track and field shall agree to participate in the championship meet.

Section 2. SCHEDULE

- 2.1 Member institutions shall observe the NCAA starting date for pre-season practice.
- 2.2 Team schedules shall be the responsibility of the institution athletic director or designee.
- 2.3 A conference championship meet will be scheduled each year for all participating institutions.

Section 3. NCAA CHAMPIONSHIPS REPRESENTATION

- 3.1 The NCAA qualification standards will be utilized for conference representation at the national championships.

Section 4. CONDUCT OF PARTICIPANTS – (See Bylaw Article 10, Appendix B)

Section 5. PLAYING RULES

- 5.1 All conference meets shall be governed by the current NCAA track and field regulations, including scoring and events.

Section 6. OFFICIALS

- 6.1 All officials will be assigned by the host institution and comply by the NCAA regulations and requirements.

Section 7. EQUIPMENT & FACILITIES

- 7.1 The conference championship meet shall be held on a track which meets all NCAA regulations as outlined in Rule 10.2 of the NCAA Men's and Women's Track and Field Rule Book.
- 7.2 The host institution shall provide an approved electronic timing system.
- 7.3 The host institution shall be responsible for providing the following for visiting teams at all conference competition:
 - 7.3.1 Water with drinking containers
 - 7.3.2 A certified trainer on site for the duration of competition

Section 8. CONDITIONS OF COMPETITION

8.1 The host institution will be responsible for the meet scheduling and administration.

Section 9. CONFERENCE CHAMPIONSHIP

9.1 The conference championship meet will be held over two days in February on the Friday and Saturday three weeks prior to the NCAA Division II national meet. The location will be determined at least one year in advance by the conference office. **(Revised 5/10)**

9.2 The conference meet shall be according to the NCAA Division II schedule and include:

9.2.1 **Men:** Running events -- 60 Meters, 200 Meters, 400 Meters, 800 Meters, Mile, 3000 Meters, 5000 Meters, 60 Meter Hurdles, Distance Medley Relay, 4x400 Meter Relay. Field events - High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put and 35-Pound Weight. Multis: Heptathlon. **(Revised 6/12)**

9.2.2 **Women:** Running events -- 60 Meters, 200 Meters, 400 Meters, 800 Meters, Mile, 3000 Meters, 5000 Meters, 60 Meter Hurdles, Distance Medley Relay, 4x400 Meter Relay. Field events -- High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put and 20-Pound Weight. Multis: Pentathlon **(Revised 6/12)**

9.2.3 The women's pentathlon and men's heptathlon shall be held at the same times as the indoor championship meet. **(Section Added 5/10)**

9.3 Entry Procedures

9.3.1 See GNAC Track & Field Championships Meet Administration Manual.

Section 10. STATISTICAL INFORMATION

10.1 It shall be the responsibility of each host institution to maintain and distribute all individual marks and team scores, and report the results to the conference SID.



**INDOOR
TRACK & FIELD
CHAMPIONSHIPS
MEET
ADMINISTRATION**

(updated Dec.4, 2018)

The most current NCAA Track & Field Rule Book shall govern all meet conduct and procedures not addressed in this document or in the GNAC Sports Regulations.

MEET ADMINISTRATION – GENERAL

Meet Director

The GNAC Associate Commissioner will serve as the meet director. The meet director will serve in the role per the NCAA RULE BOOK (RULE 3 SECTION 3).

Meet Referee

The GNAC office in coordination with the host institution will identify and secure a meet referee. The meet referee will serve in the role per the NCAA RULE BOOK (RULE 3 SECTION 4).

Games Committee

A championship meet games committee shall oversee the conduct of the meet and resolve any dispute per the NCAA RULE BOOK (RULE 3 SECTION 2). The committee shall consist of the following individuals or their appointed representative:

- The Athletic Director or Assistant AD appointed as conference liaison for track and field,
- The GNAC Commissioner or his appointee
- The sport chair for track and field
- Host institution's head coach

Appeals Committee

A championship meet appeals committee shall review and rule on any appeals made during the GNAC Championships. The meet referee and any officials involved with the appeal cannot serve on the committee. The committee shall consist of the following individuals:

- Three certified track and field officials as appointed by the GNAC office
- The GNAC Commissioner or his appointee

Standards Committee

A championship standards committee shall determine the starting heights and increments for the pole vault and high jump. The committee shall consist of the following individuals:

- Current sport chair for track and field
- Past sport chair for track and field

Coaches Meeting

- **Prior to the championship:** A conference call of all head coaches shall take place the week of the championship.
- **At the championship:** A meeting of all head coaches shall take place each day of competition one (1) hour prior to the start of the day's first event.
- **At the combined events:** A meeting of all combined event coaches shall take place each day of competition one (1) hour prior to the start of each day's first event.

Protests

- All protests must be submitted in writing on an official protest form to the meet director within fifteen (15) minutes of the incident in question.
- Any running violation protest goes directly to the appeals committee since the meet referee is the one who determined the violation.
- Any violations that did not involve the meet referee for the original decision will be reviewed and ruled on by the meet referee per NCAA Rule 4, Section 1, and Article 15-16 (protest).

Appeals

- All appeals must be submitted in writing on an official protest form to the meet director within fifteen (15) minutes of the meet referee's decision.
- The appeals committee shall convey its decision in writing to the appropriate parties promptly after rendering its judgment. The appeals committee will review the appeal per NCAA Rule 4, Section 3 (appeals).
- All decisions by the appeals committee are final.

ENTRY PROCEDURES

The conference championship meet will be run under the following conference regulations:

Week of the Meet

- Final updates must be updated on TFRRS by Monday at noon (Pacific time).
- Ranked performance lists are available on TFRRS and GNAC website. Declarations must be submitted to Direct Athletics by Monday at 7 p.m. (Pacific time). **(Revised 10/07)**
- Athletes scratched after Monday at 7 p.m. (Pacific time) will be eliminated from any participation in meet. **(Revised 10/07)**
- **Late Entries:** Conference office will send each coach a copy of their individual entries on Tuesday morning. Individuals will have until Tuesday at noon Pacific to make any changes with a \$50.00 fee per change. The conference office will send out a final descending order list Tuesday afternoon. Once the final descending order list is released no changes will be allowed. **(Revised 6/18)**
- There are no qualifying standards for participation in the championship meet. In lieu of standards, each championship indoor squad may enter 25 athletes per gender in an unlimited number of individual events. **(Revised 10/07; 11/08; 10/09; 8/13)**
 - Each institution may enter one team per gender in each relay event. Institutions may bring an unlimited number of athletes to compete in relays only.
 - No section of relays will include fewer than three teams. All relay teams without marks (NM) will be placed in the same section.
 - Entries will be placed into heats in ascending order (slowest to fastest), according to their previous best marks. Heat size will be based upon the number of lanes/positions available in each track event following guidelines in the NCAA Rule Book. Preliminary heats and finals will be run for the 60 meters, 60-meter hurdles, 200 meters, 400 meters and 800 meters. Timed finals only will be utilized for all other running events.
 - Nine athletes will advance to the finals in appropriate field events.
 - There is no limit on the number of athletes per team that can be in a single event. **(Revised 6/18)**

INDOOR MEET SPECIAL INSTRUCTIONS

Competition Rules

The GNAC Championships shall be conducted under the NCAA Men's and Women's Track & Field Rule Book, unless modified in the GNAC sports regulations or listed in this document.

Scratches

Once the entry declaration deadline has passed, the only scratches that will be permitted are those which completely remove an athlete from all events in the meet.

Re-Ordering Heats/Flights: Combined events entrants that do not start the combined events will be scratched from the entire meet. The medical waiver exception will be in effect for those who do not finish the combined events.

Combined Event Scratches: Combined events participants that do not start the combined events should be scratched from the entire meet not just the combined events (however, the medical waiver exception will be in effect for those that do not finish the combined events).

Starting Heights The vertical field opening heights shall be no lower than the 12th best seasonal mark, adjusted by the Standards Committee to attain the NCAA provisional mark and a likely NCAA qualifying mark. This starting height should be no lower than 20 cm below the 12th best mark in the pole vault and no lower than 5 cm below in the high jump. For the pole vault, 15 cm progressions shall be used up to the eighth place and ties. In the high jump (NCAA Rule 6, Section 5, Article 2) the Standards Committee can determine the starting height and the bar progression. The bar progression can be no greater than 5 cm and no less than 3 cm. In the pole vault (NCAA Rule 6, Section 6, Article 1) the bar progression can be no greater than 15 cm and no less than 5 cm. (Note: The Standards Committee shall be composed of the current sport chair and immediate past sports chair).

Pole Vault: 15-centimeter progressions shall be used up to eighth place and ties. From that point, the bar progression can be no greater than 15 centimeters and no less than 5 centimeters (See NCAA Rule 6.6.1).

High Jump: The standards committee will determine the starting height and bar progression. The bar progression can be no greater than 5 centimeters and no less than 3 centimeters (See NCAA Rule 6.5.2).

Combined Event Seeding: When appropriate all GNAC combined event heats and flights will be seeded based on current season's best in each event.

Running Events

The 800 meters, 3,000 meters and 5,000 meters will be run from a waterfall or double waterfall start. If a double waterfall is available, the mile will be run from those marks. Cones shall be placed around the turn to define the appropriate alleys.

The clerk's notes on the type of start shall be provided underneath the heading of clerking sheets and the meet program.

Ties for Seeding: If there is a tie for seeding it should be broken comparing the individuals second-best marks (and descending until the tie is broken if necessary). **(Revised 6/18)**

RACES WITH PRELIMINARY HEATS

60 Meters/60 Meter Hurdles

Eight Or Fewer Competitors: No semifinals shall be held.

Nine Or More Competitors: Competitors will be divided into equal numbered sections based on NCAA Rule 5.11, with no section having fewer than four runners. Within each section, lane assignments will be drawn randomly.

Finals: The top-eight times from the preliminaries will qualify for the final. Lane assignments will be 4-5-3-6-2-7-1-8. If there are only six athletes, lanes 1 and 8 will be vacant.

200 Meters/400 Meters

Eight Or Fewer Competitors: No semifinals shall be held.

Nine Or More Competitors: Competitors will be divided into equal sections based on NCAA Rule 5.11. No section will have less than three runners or more than four runners. If less than three athletes check-in with the clerk 30 minutes prior, sections will be re-drawn. Within each section, lane assignments will be drawn randomly.

Preferred Lanes, 3 Competitors: 4-5-3

Preferred Lanes, 4 Competitors: 4-5-3-6

Finals: The top-eight times from the preliminaries will qualify for the final. Competitors will be divided into two equal sections with lane assignments based on their preliminaries time. The top-four times will compete in the second section and the four slowest times will compete in first section.

Preferred Lanes: 4-5-3-6.

800 Meters

Nine Or Fewer Competitors: No semifinal shall be held. One section final will be held with alleys.

10 Or More Competitors: Competitors will be divided into two or more sections based on NCAA Rule 5.11. No section will have less than five runners or more than 10 runners. Within each section, lane assignments will be drawn randomly.

Finals: The top two runners in each section plus the next fastest times will qualify for the final (eight qualifiers total). The final shall be one section with a waterfall or double waterfall start. If a double waterfall, the top-four qualifiers will be on the inside waterfall and slowest four qualifiers on the outside waterfall. Cones will be used around the turn to identify alleys.

RACES WITH TIMED FINALS ONLY

Mile/3,000 Meters

15 Or Fewer Competitors: Race will be run in one section, with lanes and alleys drawn randomly.

16 Or More Competitors: Two sections will be utilized. The 10 fastest qualifiers will be placed in the second sections with all other competitors in the first section. Lanes and alleys will be drawn randomly. There shall be no fewer than five runners and no more than 10 runners in a section.

3,000 Meter Seeding: For seeding purposes, 5,000-meter marks will be used to form heats for individuals with an NM.

5,000 Meters

The race shall be run in one section, with lanes and alleys drawn randomly.

Seeding: For seeding purposes, 3,000-meter marks will be used to form heats for individuals with a NM.

4x400 Relay

Five Or Fewer Teams: Race will be run in one section. Preferred Lanes: 4-5-3-6-2.

Six Or More Teams: Two sections will be run. The three slowest teams shall run in the first section with the remainder of the teams in the second heat. There shall be a minimum of three teams per heat. All teams with a no mark will be in the same heat. **(Revised 6/18)**

Preferred Lanes: 4-5-3-6-2

Qualifying: Top 10 teams will qualify for the championship. No marks are allowed in 4 x 400.

Distance Medley Relay

The race shall be run in one section, with lanes and alleys drawn randomly.

FIELD EVENTS

All Throws & Jumps (Except Pole Vault & High Jump)

13 Or Fewer Competitors: One section shall be utilized.

14 Or More Competitors: Two sections shall be utilized, with the top nine qualifiers placed in the final flight. Within each flight, the order shall be randomly drawn.

Finals: The top-nine competitors in the preliminaries will advance to the finals.

Pole Vault/High Jump

There will be one section with competition order randomly drawn. Competition will be based on the "five alive" method until nine competitors remain.

Appendix B

ARTICLE 10 CONDUCT AND SANCTIONS

Section 10.1. **Sportsmanlike Conduct.**

10.1.1. GNAC Code of Behavior

In upholding and acting upon the principles, traditions and responsibilities enunciated in the Great Northwest Athletic Conference Statement of Philosophy, the Conference expects, and will insist upon, maintenance of commendably respectable standards of decorum and personal deportment of all players, coaches, officials and spectators at Conference contests. In this regard, Referees are recognized as fully in charge of such events, with full and undeniable authority to sustain such standards and take whatever enforcement or disciplinary actions, including declaration of game forfeiture, as are necessary and appropriate. Specifically; threatening, disruptive, unsportsmanlike, disrespectful, violent, harassing, and/or seriously distracting behavior will not be tolerated. In implementing this policy, the senior game official should, at the beginning of each game, clearly outline with the team captains and coaches the standards of behavior and decorum that will be upheld and enforced.

As a matter of Conference policy, all Referees have the full support of the Conference Commissioner's authority, as authorized by the Management Council and the CEO Board.

The Great Northwest Athletic Conference wishes to exemplify behavior of a kind that will deserve and command the respect and support of the public and campus communities which they represent and with which they relate, as well as the NCAA at large.

10.1.2. It shall be the responsibility of each institution to ensure that all individuals employed by or directly associated with the athletic programs of that institution conduct themselves in a sportsmanlike manner when representing their institution, especially at intercollegiate athletic contests.

10.1.3. Unsportsmanlike conduct shall subject the individual to disciplinary action. The institution with which the offending individual is associated may also be subject to disciplinary action if it is found that the institution's policies, action, or failure to act substantially contributed to the individual's misconduct.

10.1.4. Acts of Unsportsmanlike Conduct and Individual Penalties.

10.1.4.1. Acts of unsportsmanlike conduct shall include, but not be limited to: any person who strikes or physically abuses an official, opposing coach, player, or spectator. This person may be ejected from the contest and may be suspended for additional contests, as the Commissioner deems appropriate.

10.1.4.2. The following actions shall be subject to a public reprimand for the first offense and a suspension for one contest for an additional offense (a flagrant offense is subject to suspension on the first offense):

- a) Intentionally inciting participants or spectators to violent or abusive action.
- b) Using obscene gestures or profane or unduly provocative language or action toward officials, opponents, or spectators.

- c) Publicly criticizing any game official, Conference personnel, another institution or its personnel.
- d) Acts of unsportsmanlike conduct not specifically described herein.

10.1.4.3. Any person who engages in negative recruiting by making statements to a prospective student-athlete, his/her parents, high school coach, or other persons interested in the prospective athlete which are derogatory of another member institution, its personnel, or its athletic program shall be subject to a public reprimand for the first offense, and to the suspension of the privilege of recruiting for one season for an additional offense.

10.1.5. Penalty Imposition and Appeal Procedures.

10.1.5.1. Whenever the Commissioner concludes that there has been a violation of this regulation, he/she shall impose the penalty prescribed above or, where he/she is given discretion as to penalty, he/she shall impose a penalty that he/she deems appropriate.

10.1.5.2. Whenever the Commissioner decides to impose a penalty, he/she shall first give notice of the decision to the individual and the institution involved. **(Revised 10/06)**

10.1.5.3. In the event that the individual or the institution feels that the penalty is inappropriate because the violation did not occur or because the penalty is excessive, there shall be the right to appeal the matter to the Appeals Committee. An intent to appeal must be filed in writing to the Commissioner's office within one working day of receipt of notice of the penalty imposed. Once notice of intent to appeal has been filed, the official, written appeal documents and supporting information must be received in writing by the Commissioner's office within two working days of receipt of notice of the penalty imposed. **[Revised 5/13]**

10.1.5.4. The Appeals Committee shall conduct a prompt hearing, giving the individual or institution opportunity to be heard. The Committee may reaffirm, set aside, or increase the penalty as is deemed appropriate, giving the individual or institution written notice of its decision and its reasons.

10.1.5.5. The Appeals Committee shall stay the penalty imposed by the Commissioner pending the decision. No public announcement of the penalty shall be made until the individual or institution fails to give notice of the desire to appeal within the time period specified in 10.1.5.3.

10.1.5.6. Whenever a penalty of suspension is imposed at or near the end of a season of competition, the penalty may be carried over into the next season of competition.

10.1.5.7. Definition of terms used in this bylaw.

- a) Suspension in the case of a player means that the player cannot participate in the designated number of contests but may practice.
- b) In the case of a coach, suspension means that the coach cannot be present in the playing arena for the designated number of contests but may conduct practice sessions.