

GNAC SPORTS REGULATIONS

OUTDOOR TRACK & FIELD

[updated 3-26-19]



Section 1. PARTICIPATION REQUIREMENT

- 1.1 All member institutions fielding teams in 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 preseason practice.
- 2.2 Conference schedules shall be the responsibility of the institution athletic director or designee.
- 2.3 Meet competition between conference institutions as part of the regular season schedule is encouraged, but not required. 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 GNAC Bylaw Article 10 in 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 with the NCAA regulations and requirements.

Section 7. EQUIPMENT & FACILITIES

- 7.1 An eight-lane all-weather track will be used for all conference championship competition.
- 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 the competition

Section 8. CONDITIONS OF COMPETITION

- 8.1 The host institution will be responsible for the meet scheduling and administration, including entry registration and distribution of scores.
- 8.2 At meets hosted by a GNAC institution, the entire field event series should be entered into TFRRS.

Section 9. CONFERENCE CHAMPIONSHIP

- 9.1 The conference championship meet will be held on the May weekend two (2) weeks prior to the NCAA Championships. Combined event competition (decathlon/heptathlon) will be held the week prior to the regular conference championship meet to allow athletes to compete in both events.
- 9.2 The location of the meet will be determined at least one year in advance via a bid process. Sites shall be approved via the bid process for a three-year period with a two-year option. The process shall include an option out clause pending positive pre- and post-evaluations by the conference office. The multi-events portion of the meet will be determined by the conference office (with input from the coaching staff) and approved by Management Council.
- 9.3 Track and field events shall be according to the NCAA Division II Schedule.
 - 9.3.1 **Men:** Running events (meters) include: 100, 200, 400, 800, 1500, 3000 steeplechase, 5000, 10,000, 110 hurdles, 400 hurdles, 4x100 relay, 4x400 relay. Field events include: high jump, long jump, triple jump, shot put, discus, javelin, pole vault and hammer throw. Decathlon will be held one week prior. **Women:** Running events (meters) include: 100, 200, 400, 800, 1500, 3000 steeplechase, 5000, 10,000, 100 hurdles, 400 hurdles, 4x100 relay, 4x400 relay. Field events include: high jump, long jump, triple jump, shot put, discus, javelin, pole vault, and hammer throw. Heptathlon will be held one week prior.

Note: Steeplechase shall be held on the first day of the two-day meet.

9.4 Entry Procedures

9.4.1 See Appendix A (Outdoor Track & Field Meet Administration Manual).

9.4.2 Week of the Meet

1. Final updates are due to TFRRS by Monday at noon (Pacific time).
2. Declarations must be submitted to Direct Athletics by Monday at 8 p.m. (Pacific time).
3. Athletes scratched after this time will be eliminated from any participation in the meet.

9.5 Up to the top-20 individuals in each event, as of 8 a.m. Pacific Sunday prior to the meet, will qualify for the outdoor championships. In addition, anyone not in the top-20 but who meets the GNAC automatic qualifying mark will also qualify. A coach may declare individuals not in the top-20 who can be moved into the top 20 after scratches. In the event there is a tie for

the 20th spot for qualification, it will be broken based on the tied individuals second-best mark (and descending if necessary). In the heptathlon and decathlon, the top-12 individuals will qualify along with wild cards. **(Revised 6/18)**

- 9.5.1 The automatic qualifying standard will be based on the best sixth-place performance at the conference meet over the previous five championship meets.
- 9.5.2 Marks for the GNAC meet must be posted during the NCAA qualifying period.
- 9.5.3 Coaches are allowed to give athlete entry preferences with declarations. Coaches will list in order the events athletes should be entered in based on preferences.
- 9.5.4 The number of entries for relay events shall be limited to the number of available lanes. In each relay event, a qualifying mark is required.
- 9.5.5 Each school is also allowed two additional unrestricted free entries (wild cards) in each gender. Unrestricted free entries can be used in the combined events.
- 9.5.6 Hand-held times cannot be used for meet qualification except for the combined events.
- 9.5.7 For qualification and record purposes all marks must have a wind-legal mark of 4.0+ or below. No wind indicated (NWI) does not count as a wind-legal mark. **(06/16)**

9.6 Scoring for the conference meet shall be consistent with NCAA rules.

9.7 For events with preliminary heats or for timed final events, entries will be placed in heats according to their previous individual marks per NCAA rules. **Note:** In the 800 meters, if 12 or fewer athletes remain after scratches, no preliminary will be held. If no preliminaries are needed in the 800 meters, the time schedule will not be adjusted. **(Revised 10/07)**

9.8 The Conference meet will be run under the conference regulations (Sections 5 through 9).

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.



**OUTDOOR
TRACK & FIELD
CHAMPIONSHIPS
MEET
ADMINISTRATION**
(updated 03-26-19)

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 NCAA 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 NCAA RULE 3, SECTION 4.

Games Committee

A games committee shall oversee the conduct of the meet and resolve any dispute per NCAA 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 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
- 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' Meetings

- **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 3 (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

Week of the Meet

- Final updates are due to TFRRS by Monday at noon (Pacific Time).
- Declarations must be submitted to Direct Athletics by Monday at 8 p.m. (Pacific Time).
- Athletes scratched after this time will be eliminated from any participation in the meet.
- **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)**
- Up to the top 20 individuals in each event, as of 8 a.m. (Pacific Time) Sunday prior to the meet will qualify for the outdoor championships. In addition, anyone not in the top-20 but who hits the GNAC automatic qualifying mark will also qualify. A coach may declare individuals, not in the top-20 who can be moved into the top-20 after scratches. In the event there is a tie for the 20th spot for qualification, it will be broken based on the tied individuals second-best mark (and descending until the tie is broken, if necessary). In the heptathlon and decathlon, the top 12 individuals will qualify along with wild cards. **(Revised 6/18)**
 - The automatic qualifying standard will be based on the best sixth-place performance at the conference meet over the previous five championship meets.
 - Marks for the GNAC meet must be posted during the NCAA qualifying period.
 - Coaches are allowed to give athlete entry preferences with declarations. Coaches will list in order the events athletes should be entered in based on preferences.
 - The number of entries for relay events shall be limited to the number of available lanes. In each relay event, a qualifying mark is required.
 - Each institution is also allowed two additional unrestricted free entries (wild card) in each gender. Unrestricted free entries can be used in the combined events.
 - Hand-held times cannot be used for meet qualification except for the combined events.
 - For qualification and record purposes all marks must have a wind-legal mark 4.0+ or below. No wind indicated (NWI) does not count as a wind-legal mark. (06/16)
 - There is no limit on the number of athletes per team that can be in a single event. **(Revised 6/18)**

OUTDOOR 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 sport 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 any and all events of the meet.

Re-Ordering Heats/Flights: Heats and flights will be reordered at the championship after the coaches' daily meeting if there are scratches.

Combined Event Scratches: Combined event participants that do not start the combined events will not be scratched from the entire meet since the competition is held 10 days prior to the championship meet.

Ties for Seeding: If there is a tie for seeding it should be broken comparing the tied individuals using the second-best mark (and descending until the tie is broken if necessary).

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).

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

Advancement: In Lanes – Heat winners and next fastest times. **Start but don't finish in lanes** – First two in each heat and next fastest times. In the 100 meters, 200 meters, 400 meters, 100/110-meter hurdles and 400-meter hurdles heat winners plus next fastest times advance to finals (total of 8 to finals); in the 800 top 9 advance to finals. For the 800 a double waterfall (6 on back, 3 in front) one-turn stagger will be used.

Preliminaries: If there are nine or more qualifiers in the 100 meters, 200 meters, 400 meters, 100/110-meter hurdles and 400-meter hurdles (10 or more for the 800 meters), preliminary heats shall be held. Two heats shall be held if there are **9 to 16 competitors**. Three heats shall be held if there are **17 or more competitors**.

Preliminary heats shall be organized per NCAA Rule 5.11 (i.e., athletes will be assigned to heats in the order their names are listed on the ranked performance list, working alternatively from left to right and right to left).

Examples

2 Heats (16 Competitors)

Heat 1 - #1, #4, #5, #8, #9, #12, #13, #16

Heat 2 - #2, #3, #6, #7, #10, #11, #14, #15

3 Heats (16 Competitors)

Heat 1 - #1, #6, #7, #12, #13

Heat 2 - #2, #5, #8, #11, #14

Heat 3 - #3, #4, #9, #10, #15

Within each heat, lane assignments **will be drawn randomly**. The order that the heats will be run will also be **drawn randomly**.

Finals (with prelims): Lane assignments will be based on preliminary results. Lane preferences will be determined by the games committee.

Finals (Races With No Preliminary Rounds):

1500 Meters

16 Or Fewer Competitors: One section, lanes, and alleys drawn randomly.

17 To 19 Competitors: Two sections, 10 fastest qualifiers placed in second heat; remainder in first heat; lanes and alleys drawn randomly.

20 Or More Competitors: Two sections, 12 fastest qualifiers placed in second heat; remainder in first heat; lanes and alleys drawn randomly.

Steeplechase

18 Or Fewer Competitors: One section; lanes and alleys drawn randomly.

19 Or More Competitors: Two sections, first section shall include a minimum of three qualifiers.

5,000 Meters/10,000 Meters

One section; lanes and alleys drawn randomly.

4x100 Relay/4x400 Relay

Teams seeded in lanes, with the lane preference determined by the games committee. Only one heat shall be held. Number of qualifiers in relays is limited to number of available lanes. Relays must have a top-8 (or 9, if a 9-lane track is used) best mark to qualify. No more than one relay may be entered per team.

All Throwing and Jumping Events (Except Pole Vault and High Jump)

13 Or Fewer Competitors: One section.

14 Or More Competitors: Two sections, with the top-nine qualifiers placed in the final flight and the rest in the first flight. Within each flight, the order shall be randomly drawn. The top nine competitors following the preliminaries shall advance to the finals.

Pole Vault and High Jump

One section randomly drawn. Competition shall 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.