



Men's & Women's Outdoor Track and Field

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I. GENERAL REGULATIONS FOR NCCAA OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

- A. The NCCAA National Men's and Women's Track and Field Championships shall be held on the second full weekend of May.
- Future dates:
- | | |
|-----------------|------------------------------|
| May 13-14, 2016 | Shorter University, Rome, GA |
| May 12-13, 2017 | TBA |
| May 11-12, 2018 | TBA |
- B. Eligibility must be filed with the National Eligibility Chair before the first contest.
- C. All member colleges shall pay track and field statistics fee of \$60. This shall go toward recording times, distances, etc. according to the Track and Field Results Reporting System (TFRRS) for the NCCAA. All Championship event teams must pay this fee and report to TFRRS.
- D. All NCCAA member institutions must send to the National Office a completed Declaration of Intent to Participate form by September 15 for all varsity sports. Amendments for Winter sports must be submitted by January 15 and Spring sports by March 1.
- E. The Championship Director shall have the entry forms and pertinent information about the championship postmarked by April 1.
- F. National Championship entries:
1. Entries are due on the Monday prior to the championship no later than midnight EST via Direct Athletics. Coaches shall enter all participating athletes, including their right of membership entries, on Direct Athletics using the Track and Field Results Reporting System (TFRRS) performances from the NCCAA Outdoor List. Teams that do not appear on the list shall not be able to participate.
 2. Coaches shall email the National Track & Field Chair their list of right of entries.
 3. Coaches should print out a confirmation email from Direct Athletics after the close of entries. This shall serve as your proof of entries if any discrepancies arise.
 4. After the close of entries, **no additions** shall be allowed. Only scratches and spelling errors are correctable. **If a student-athlete is inadvertently not entered into the meet and his/her coach catches the error prior to the scratch deadline (10:00 p.m. EST on Tuesday), the coach may enter the student-athlete by emailing the National Track & Field Chair and shall be charged a \$50 penalty, per mistake, to be paid to the host institution Christian Service Project (CSP).**
 5. A performance list shall be published by 3:00 p.m. EST on Wednesday.
 6. Communication shall be sent by 10:00 a.m. EST Tuesday concerning entries in the decathlon/heptathlon. It is advised that if you enter a student-athlete in the decathlon/heptathlon with no mark or a low score that you also enter them in other events. They can be scratched by Tuesday before 10:00 p.m. EST. This shall help with meet management.
 7. If all or any part of a scheduled outdoor meet, during the outdoor season, has to be moved indoors because of weather, the indoor mark shall be allowed for qualifying.
 8. Marks from the Monday following the last NAIA, NCAA I or NCAA II National Indoor Championship shall be used. Official outdoor marks obtained before this must be mailed to the games committee before the 10:00 p.m. Tuesday deadline. Correspondence must include athlete, college, meet name, meet date, and performance.
 9. Each school shall pay \$50 for the Christian Service Project (CSP) which shall be organized and selected by the host institution.
- G. Qualifying standards
1. The qualifying standards shall be established by the standards committee.
 2. The standards committee shall consist of four individuals of which the National Chair and Vice-Chair are included. The National Chair shall appoint the other two individuals, who must be from different regions and not from the regions of the National Chair or Vice-Chair. The standards committee shall post the standards one week after the final declaration of spring sports participation to the NCCAA (March 1). The standards committee shall strike a balance between meet management, participation, and meet integrity.
 3. The standards shall not be more demanding than the average eighth place finish of the preceding three years. (The next highest place finisher or eighth place finisher in the prelims may be used under extenuating

circumstances. Example: A student-athlete pulls a muscle in the 100M; student-athlete false starts in the finals or sprints leaving only seven runners; student-athlete falls in hurdles but finishes with very slow time.)

4. There is no qualifying standard for relays, thus a right of entry is not charged in relay events.
- H. A student-athlete is permitted to compete in the National Championship only if properly entered and confirmed by his/her coach or representative. Teams are limited to a total of three non-qualifying entries per team. These entries may be used in any event (except relays, see Item G.4 above), even if a qualifying student-athlete is also in that event.
- I. Both the men's and women's NCCAA Track and Field Championships shall be conducted under the NCAA Track and Field rules, except as modified by this document and other NCCAA guidelines.
- J. The annual track and field coaches' meeting shall be held at a time determined by the Tournament Host and National Track and Field Chair.
- K. The decathlon and heptathlon entries shall be treated like all other national events, where a coach can use a right-of-membership entry for these events without a person having established a performance mark. However, if the field is more than 12 student-athletes, all "no mark" student-athletes shall be deleted from the decathlon and heptathlon competition. All marks that are entered for the decathlon and heptathlon competition must have been obtained by student-athletes who competed in the multi-event format.

II. APPROVED EVENTS FOR THE MEN'S TRACK AND FIELD CHAMPIONSHIP

| | | | | |
|---------------|--------------|---------------|----------------------|-----------------|
| Shot-Put | Long Jump | 100 M Dash | 4 x 800 M Relay | 4 x 400 M Relay |
| Decathlon | Pole Vault | 200 M Dash | 10,000 M Run | 5,000 M Run |
| Discus Throw | High Jump | 400 M Dash | 4 x 100 M Relay | 1,500 M Run |
| Javelin Throw | Hammer Throw | 110 M Hurdles | 800 M Run | |
| Triple Jump | | 400 M Hurdles | 3,000 M Steeplechase | |

III. APPROVED EVENTS FOR THE WOMEN'S TRACK AND FIELD CHAMPIONSHIP

| | | | | |
|---------------|------------|---------------|----------------------|-----------------|
| Shot-Put | Long Jump | 100 M Dash | 4 x 800 M Relay | 1,500 M Run |
| Discus Throw | Pole Vault | 200 M Dash | 10,000 M Run | 5,000 M Run |
| Hammer Throw | High Jump | 400 M Dash | 4 x 100 M Relay | 4 x 400 M Relay |
| Javelin Throw | Heptathlon | 100 M Hurdles | 800 M Run | |
| Triple Jump | | 400 M Hurdles | 3,000 M Steeplechase | |

IV. NCCAA TRACK AND FIELD CHAMPIONSHIP POLICY AND PROCEDURE

- A. Dashes and Hurdles
 - 100 Meter, 200 Meter, 400 Meter, 400 M Relay, 1,600 M Relay, 100/110 M High Hurdles, 400 M Hurdles
 1. Preliminaries and semifinals shall be conducted in accordance with the NCAA Rulebook as needed. The order of events for both men and women in the semifinals (if needed, Saturday morning) shall be as follows: 100/110 meter high hurdles, 400 meters, 100 meters, 400 meter hurdles, and 200 meters.
 2. Lane assignments within heats of preliminaries shall be a random draw.
 3. The following are guidelines for the maximum participants in a "final" race only, before a second heat is to be run. This is subject to change by a decision of the Games Committee, pending the actual number of contestants, but should be used as a guide for the Championship Director in setting up sections to be run against time.
 - a. In the 5,000 meter run, there shall be a maximum of 24 athletes per heat.
 - b. In the 3,000 meter steeplechase, there shall be a maximum of 18 athletes per heat.
 - c. In the 1,500 meter run, there shall be a maximum of 16 athletes per heat.
 - d. In the 800 meter run, there shall be a maximum of 12 athletes per heat.
- B. Competitors must wear assigned numbers during the competition with an exception made in the pole vault and high jump. Competitors in the pole vault and high jump must have their numbers with them to show the field judge.
- C. The starting height for the pole vault shall be one increment of 15 centimeters below the qualifying standard (exception allowed for extenuating circumstances).

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- D. The starting height for the high jump shall be one increment of 5 centimeters below the qualifying standard (exception allowed for extenuating circumstances).
 - E. Proof of Performance: The qualifying performance of any individual must be verifiable by the coach of the individual's institution. The NAIA Proof of Performance system shall be followed. A coach who challenges the performance must pay a \$25 challenge fee to the Championship Director prior to the first event at the National Championship. The challenged coach must then provide acceptable documentation that verifies the qualified student-athlete's performance as entered on the official entry. The fee shall be refunded if the appeal is upheld. If the challenge fails, the \$25 fee shall go to the Championship Director to help cover championship expenses. A successful challenge shall be reported to the NCCAA National Office and shall result in supervisory probation. A coach who submits an inaccurate entry shall be assessed a fee of \$100 per team that goes toward the benefit of the charity of that year's championship.
 - F. A \$10 fee shall apply for protest, appeal of referee decision and photo review. An additional \$25 fee shall apply if the coach wants to see the photo. The fee shall be refunded if the appeal is upheld. Only a Head Coach may file an official protest.
 - G. Field events shall be measured using the metric system. However, printed results shall include both English and metric.

V. OFFICIALS

- A. The host school shall provide a sufficient number of certified officials to assure a fair and well run meet. The minimum requirements are as follows:
 - 1) Certified Starter.
 - 2) Certified Assistant Starter.
 - 3) The high jump and pole vault shall have at least one certified official at the event.
 - 4) The long jump, triple jump, shot put, discus and hammer shall have at least two certified officials.
 - 5) The javelin shall have at least three certified officials at the event.
- B. Starter and Assistant Starter
 - 1. The starter shall be responsible to see that all contestants have an equal start according to the rule specifications.
 - 2. The start shall follow the time schedule according to the regular schedule of the events.
 - 3. The starter shall be stationed ahead of and to one side of the track when giving the commands for starting races, such as the 100 meter dash and the 100/110 meter high hurdles.
 - 4. In races around the curve with the staggered starts, the starter shall be stationed either in front of (preferable) or behind the row of contestants.
 - 5. The assistant starter shall be stationed on the opposite side of the runners relative to the starter.
 - 6. In races using a waterfall start, the starter and assistant starter shall follow the contestants for a few meters to insure a fair start. In the event of an infraction, they may recall the race.
 - 7. The starter shall give a signal by pistol or bell at the beginning of the last lap of all distance races. Finish line officials shall be very careful in the counting of laps in the distance events.
- C. Clerk of Course
 - 1. A clerk shall be appointed to assist the starter.
 - 2. The clerk shall be responsible for giving all necessary instructions concerning the race (number to qualify, lane number, heat number, etc.)
- D. Timers and Finish Judges

F.A.T. must be used. Proper backup timing shall be available in case of malfunction.
- E. Inspectors

There shall be a sufficient number of inspectors to judge proper lane observance and to judge relay exchanges. The head inspector shall be responsible for placing inspectors at the proper points for each race.
- F. Field Event Judges

Current coaches shall be elected referees for the National Championship. This enables more coaches to become involved in the leadership of the NCCAA and leads to better championship management.
- G. Scorer and Announcers

Computer software shall be used to score the championship. A backup system shall be available in case of computer malfunction.

H. The primary responsibility of the games committee is to give specialized assistance to the Championship Director. Major responsibilities shall include:

1. Approve time schedule and order of events.
2. Formation of heats and assignment of lanes.
3. Qualifying for next round (places versus time).
4. Direction of running (100, 200, and HH).
5. Starting height and increments of the high jump and pole vault.
6. Which runway to use.
7. Other responsibilities as listed in Rule 3, Section 2 in the NCCAA Handbook.

I. The Games Committee, Appeals Committee, Championship Referee, and F.A.T. personnel shall remain 15 minutes after the championship results are available, in the event there should be any disputes.

VI. AWARDS

A. All-American

The first three finishers in each individual event and the first three relay teams shall be named NCCAA All-Americans. He/she shall receive an All-American certificate (and their institution shall also receive a certificate if the institution requests an additional certificate). Plaques shall be presented to each winner and certificates presented to the next two All-American finishers.

B. Coaching Staff of the Year

The men's and women's Coaching Staff of the Year awards shall be decided by a vote of the respective coaches at the close of the championship and presented at the championship award ceremony. Four plaques will be provided to the Head Coach and his/her fellow Coaching Staff.

C. Division I Most Valuable Performer

This award for both men and women shall be selected by a vote of the respective coaches immediately upon the conclusion of the championship. The National Track and Field Chair, and/or his/her designate, shall present plaques immediately following the vote.

D. Wheeler Track and Field Awards (due April 25)

1. Sponsorship

The awards, for both men and women, are sponsored by John and Jody Wheeler who have been involved in athletic activities of Christian high schools and colleges for many years. The Wheelers continue to actively participate in the area of athletics and wish to promote athletics in Christian colleges. They have chosen to do this by a special individual award for excellence as outlined below.

2. Purpose of the Award

The awards were established in order to enhance excellence in Christian track and field competition and to perpetuate the Christian philosophy and faith as exemplified through Christ-like track and field participation in NCCAA member institutions.

3. Selection Procedure and Committee

- a. Candidates must be nominated by their coach on the Wheeler Track and Field Nomination Form (see [Appendix A](#)), which is to be mailed with national entry materials. Completed forms must be submitted to the Championship Director and the National Chair by the entry deadline date (with national entry materials).
- b. Final selection of the recipients shall be made by a selection committee composed of the National Track and Field Chair, Vice-Chair, National Championship Director, and the highest ranking National Office Representative present at the championship.
- c. Presentation of the awards shall be made at the National Track and Field Championship during the awards banquet by the donor, when possible, or the National Track and Field Chair.

4. Recipient Qualifications

Recipients of these awards must each:

- a. Be a team member of a Christian institution recognized by the NCCAA.
- b. Possess a vital Christian testimony both on and off the course.
- c. Exhibit outstanding leadership qualities, including Christian service activities.
- d. Be highly skilled in track and field.

- e. Be a junior, senior or graduate student in good academic standing.
 - f. Though the race walk is an exhibition event, participants may be nominated for the Wheeler Award.
5. Plaque
- a. A plaque descriptive of the honor shall be awarded to each recipient recognizing the honor.
 - b. A similar plaque shall be awarded each recipient's institution recognizing the honor.

E. Awards

- 1. Team championship banner and a championship plaque shall be awarded for first place (see Awards Section).
- 2. Team plaques for second, third and fourth places shall be awarded (see Awards Section).
- 3. Scholar-Athlete certificates shall be given to each qualified recipient. The ballot found in the Forms and Procedures section of the Handbook must be sent by mail, fax, or PDF to the National Chair **one week prior** to the National Championship meet.
- 4. An award shall be presented to each member on the championship team (up to 35 total) as well as National Championship t-shirts. Teams may purchase additional awards if needed.

VII. ORGANIZATION

The officers of the NCCAA Track and Field Coaches shall be the National Track & Field Chair and Vice-Chair. The Vice-Chair shall be elected every three years and shall succeed the National Track and Field Chair after serving three years as Vice-Chair. The National Track & Field Chair shall be present at the NCCAA Annual Convention to represent the interests of the track and field coaches as expressed at the May track and field coaches' meeting.

VIII. FINANCES

- A. The entry fee for the National Track and Field Championship shall be **\$175 per team or \$20 per individual (up to eight)**. There shall be a \$5 adult and \$1 student admission fee for the championship. All monies collected will go toward paying expenses of conducting the championship.
- B. The championship banner, All-American awards, the special awards for outstanding student-athletes, and Coaching Staff of the Year awards shall be supplied by the National Office (see Awards Section). The Wheeler Awards shall be the expense of the host institution.
- C. Money shall be collected by promoting event sponsorships at \$50 each. Money generated shall be used for travel reimbursement for teams outside a 500-mile radius of the championship site and based on the number of student-athletes competing from each team.
- D. Any loss shall be absorbed by the host institution.

IX. PICTURES

- A. A high resolution color photograph shall be taken of any NCCAA championship team. The photo shall be emailed to info@thenccaa.org at the NCCAA National Office immediately following the championship. Arrangements for these photographs shall be made by the Championship Director.
- B. An article about the NCCAA National Track and Field Championship shall be written by the National Track and Field Chair and sent to the National Office along with the official results and championship photos. The article may be published in the NCCAA newsletter or on the website.

X. HOST SCHOOL FOR THE CHAMPIONSHIP

The host school shall be required to submit an official Bid Contract to the National Office one year prior to hosting the event. (See Forms and Procedures section.)

XI. OFFICIAL RULEBOOK

Official National Collegiate Athletic Association (NCAA) Track and Field/Cross Country Rules with NAIA-Track and Field Coaches Association approved modifications. To obtain rules, contact: NCAA, P.O. Box 6222, Indianapolis, IN 46206-6222.

Appendix A
The Wheeler Track and Field Award Nomination Form
Send copies to: Championship Director and National Chair. Due: April 25

Nominee _____ Age _____ Gender _____ Year in school _____
Home Address _____ City _____ Zip _____
Institution _____ Coach _____

Personal Record by Events

| Event | Personal Best | Year | Comments |
|----------|---------------|------|----------|
| 1. _____ | | | |
| 2. _____ | | | |
| 3. _____ | | | |
| 4. _____ | | | |
| 5. _____ | | | |

Event(s) in which nominee is entered in this year's National Meet

Performances in previous NCCAA National Meets

Leadership (comment as to the student-athlete's contribution to the team's success)

Scholarship _____ Academic Honors _____

Academic Major _____ GPA _____

Christian character and service (comment regarding involvement, faith, witness, influence, etc.)



Appendix A - Wheeler Track and Field Award, page 2

Athletic Honors Received (institutional, All-Conference, All-Regional, All-American, etc.)

Additional Comments

Certification of Nomination Data

Coach _____ Date _____
Signature

Athletics Director _____ Date _____
Signature