



CPSAL HS Track & Field Rules & Regulations

1. *Uniforms*

- 1.1. All teams must be in matching uniform tops and bottoms, with unique numbers for each player.
- 1.2. Jersey numbers cannot switch from player to player. No exceptions.
- 1.3. Teams can bring extra jerseys to games that are not assigned to any other players. These are considered blood jerseys; in case someone gets blood on their jersey and needs to change.
- 1.4. If a team does not have matching uniforms before their first regular season game, they must inform the league beforehand.
- 1.5. All uniform issues will be discussed before the game with the coaches, Game Supervisor and referees. All reasonable attempts will be made to correct any violations.
- 1.6. All players must wear baseball appropriate footwear. Shoes with metal spikes are allowed.

2. Participation

- 2.1. Students in 8th grade may participate in Varsity competition.



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- 2.2. If a student in 8th grade participates in a track meet for a school that participates in Junior High School competition, that student is eligible to participate in Junior High School competition as long as the programs are not in the same season.
- 2.3. In order to be eligible to participate in CPSAL activities a student must be enrolled in and attend a member school.
- 2.4. Physical Examination is required for each athlete and is the responsibility of the school to confirm each athlete has an updated physical.
- 2.5. Transferring students cannot be added to rosters during a season.
- 2.6. Transferring students gain eligibility at the beginning of the next season. For example, if a student transfers during the middle of the fall season, they gain eligibility for the start of the winter season.
- 2.7. A student shall be eligible for High School competition in grades 9th, 10th, 11th, and 12th.
- 2.8. A student who is 20 years old or turns 20 during the school year, is not eligible for any sports.
- 2.9. A student is eligible to participate in the CPSAL interscholastic sports program immediately upon lawful registration and entry into a New York School that offers such a program, provided the student meets the standards as set forth by the Eligibility Rules and Regulations.
- 2.10. Any transferring student who was on an active roster at another school at any time during the year prior to the date of transfer, shall be ineligible to represent the school transferred to, in that sport, for a period of one year from the date of transfer, unless the student can demonstrate that the transfer is the result of an official change of residence by his/her parents or legal guardians or the result of a legal change in guardians.



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- 2.11. If a student was on a team's active roster in a sport in any high school (public, parochial or private), that student may not participate in the same sport during the same season, for any other team.
- 2.12. A student may participate on one or more teams but only for the school in which he/she is a full-time student..

3. Jewelry

- 3.1 No jewelry allowed. All earrings, facial piercings, body piercings, and bands must be removed before the start of the game.
 - a. If jewelry is for Religious reasons:
 - Child must have a letter from their school
 - Letter must have school letterhead and signed by principal
 - Child must have a letter from their parent as well
 - Letters must be brought with the child to every game throughout the season
 - If a child wears a religious band on wrist it can be worn but it must be covered with athletic tape and/or sweat band.

There are absolutely no exceptions to these rules, players will immediately not be allowed to run if caught violating these rules.

3. Rosters

- 4.1. Rosters are due by the team's 1st meet of the season. This will be strictly enforced.
- 4.2. If roster is not submitted, the team will be able to participate in any track meets. There is no roster maximum or minimum.



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4.3. All team rosters must contain the following

Information:

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Name of school

Names and telephone numbers of head coach and assistant coaches

Legal first and last name of each player

Grade, age, and year of birth (day not required)

Signature from Athletic Director.

4.4. It is responsibility of each member school to ensure the accuracy of the information provided on the league roster. The information provided on the submitted roster is considered official and will be the evidential basis of any eligibility challenges. Changes to the roster cannot be made after it is submitted to the league office without the written consent of the Director of Athletics.

4.5. League rosters should be emailed to league sports email or added to the league website cpsal.org before the 1st league meet. Rosters should also be added on milesplit.com

5. *Scheduling*

5.1. Cross Country will generally start Mid September. Indoor season will generally start the first week of December and continue through the Beginning of March. Outdoor Season will generally start at the end of march and continue through the beginning of June.

5.2. Meets will be scheduled on any day of the week except Sunday. Meets will not be scheduled on the following days:



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- Martin Luther King Jr. Day (3rd Monday of January) • President's Day
- Mid-winter Recess
- Christmas Day

5.3. There are no blackout dates for Track and field

6. *Filming*

- 6.1. Teams are allowed to film meets
- 6.2. CPSAL **will not permit or use any video or photo technology to determine a winner.**

7. *Cancellation of Meets*

- 7.1. Any cancellations on meet day will be made by CPSAL by 1pm.

8. *General Rules*

- 8.1. Boys and Girls compete separately.
- 8.2. All spectators must stay out of the middle of the track area during the running events.
- 8.3. Only coaches and participants in the current even or immediately upcoming event can be on the track
- 8.4. No one is allowed to run alongside participating runners. This will result in a disqualification.
- 8.5. Participants must wear school track uniforms, and colors.
- 8.6. SPIKES ARE ALLOWED

9. *Meet Day Policies*



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9..1 Developmental Meets

- a. There will be 5 developmental meets
- b. Athletes can compete in 3 events total at each meet. If an athlete competes in 2 running events, then that athlete can only do 1 field event. If the athlete does 2 field events, then the athlete can only do 1 running event.

11. Suspension /Ejection of Student/Coaches

- 11.1. Any player ejected from a game must leave the immediate playing area.
- 11.2. Players ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.
- 11.3. Any coach ejected from a game must leave the immediate playing area.
- 11.4. If a coach is ejected from the game and there is no other coach to handle the coaching duties, the game will be called and awarded to the opposing team.
- 11.5. Coaches ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.
- 12.8. All interscholastic high school baseball games played in New York City must use solid wood

13. Protests Protocol

- 13.1. Protests may only be made if a rule is alleged to have been applied incorrectly, or not applied.
- 13.4. All protests of rules interpretations/athlete eligibility/scorebook keeping must be made in writing and emailed to the Director of Athletics within 24 hours of completion of the game.



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13.5. All protests must be completed on the proper Protest form or via email to Commissioner.

13.6. All protest forms are on CPSAL website (cpsal.org) under documents.

13.7. The league will investigate all protests and will deliver a ruling within 24 hours of receipt of protest. If a ruling cannot be made within 48 hours, the protesting coach will be notified of the delay and informed of when to expect a ruling.

13.8. A coach can only protest the age and grade of two (2) players within 48 hours of a regular season game and 24 hours of a play-off game.

14. Sportsmanship Policy

14.1. All teams are expected to show sportsmanship before, during, and after each meet

14.2. Only coaches, players, and managers are allowed on the track.

14.3. Coaches and managers must be in team apparel/colors and players must be in uniform.

14.4. No spectators are allowed on the track during the meet.

14.5. All teams are responsible for removing their trash from their area after the meet.

14.6. Coaches and ADs are responsible for the actions of their players and spectators on and off the track.

14.7. Players and coaches heard using profanity towards the officials will be disqualified. Any parent heard swearing, cursing or harassing the officials, the coach will be given a warning. If this request is ignored, the parent will be asked to leave the park, and if they refuse, the team will be disqualified.



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14.8. Offensive or confrontational language will not be tolerated. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the officials have the right to disqualify the team.

14.9. Athletes may not physically or verbally abuse an opponent, coach or official.

14.10. Any athlete or coach ejected from a meet must immediately leave the park area. If a coach is ejected from the meet and there is no other coach to handle the coaching duties, the team will be disqualified.

14.11. Athletes ejected from a meet for unsportsmanlike behavior will face a minimum one (1) meet suspension. The minimum penalty imposed upon a student-athlete or coaches ejected from a meet by an official will be a one meet suspension.

14.12. Coaches ejected from a meet for unsportsmanlike behavior will face a minimum two (2) meet suspension.

14. Fighting/Altercations

15.1. Fighting of any kind will not be tolerated. Any player who throws a punch will be ejected for fighting and automatically suspended for their next 2 meets at minimum.

15.2. If more than one (1) athlete fights during or after a meet, it is considered a team fight.

15.4. If a team fight takes place a team can be suspended for one (1) meet or the entire season.

15.5. During a team fight if one (1) athlete is reported to be out of control, that athlete can serve a suspension longer than the team suspension.

15.6. After a review of the incident (which can include statements from the coaches, officials, meet Supervisor and/or any video footage), additional penalties can be assessed at the discretion of the league commissioner.



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15.7. CPSAL reserves the right to suspend an athlete for a minimum of one (1) game and maximum of the entire season.

16. Spectators Policies

16.1. A warning will be given to fans or parents who disrupt the flow of the meet at the official's or Game Supervisor's discretion. If the disruption continues, the fan or parent will be asked to leave the event. If he/she refuses to leave the park, the team that's being supported by the unruly fan will be disqualified.

18. Scorebooks and Scoreboards

18.1. results will be posted on Milesplit.com

19. GAMEPLAY RULES

19.1. Game Rules

- a) All rosters are final after meet #2
- b) All students must compete in at least 1/3 their season in order to qualify for championship.

19.2. Exchange Zones

Recent changes within multiple track and field rules codes regarding the definition of relay exchange zones prompted the rules committee to adjust

NFHS exchange zone rules.

The rule change does not require that tracks be repainted or resurfaced in order to be in



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compliance with NFHS rules. There is no immediate cost to schools as the current track markings can be utilized with minor modifications.

The acceleration zone is now incorporated into the exchange zone, thus creating a 30-meter exchange zone. Existing acceleration zone markings (triangles, squares) or colored tape placed at that location, may be used to denote the beginning of the exchange zones on a track.

In sprint relays such as the 4x100 meter and 4x200 meter, and other relays with legs of 200 meters or less, the outgoing runner, while waiting for the baton, must be positioned entirely inside the 30-meter exchange zone.

The exchange zones for relay races with legs more than 200 meters are not impacted by this rule change.

19.3. Assisting Injured Athletes

NFHS rules in track and field and cross country outline that it is an unfair act when a competitor receives any assistance.

Previous changes to NFHS cross country rules created the exception that allows a competitor to assist an injured or ill competitor without being disqualified when medical staff is not present at the event because, in a clear majority of these types of situations, the action is intended to be an act of good sportsmanship and not an attempt to circumvent the rules. This same rule now applies to both sports and has been modified to include those situations in which medical assistance may be at the event but is not readily available to assist the injured or ill competitor.

The competitor who receives aid will be disqualified, but when no advantage is gained the competitor assisting should not be penalized for exhibiting good sportsmanship.

The final decision in these situations' rests with the meet referee who has sole authority to rule on infractions, irregularities and disqualifications in a meet.