



N.E.C.I.S. SPORTS COUNCIL BY-LAWS.

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	9 March 1989
	15 March 1990
	7 March 1991
	31 August 1991
	11 March 1993
	9 September 1994
	8 November 1995
	30 August 1996
	22 May 1997
	May 1998, 1999, 2000
	May 2001, 2002, 2003
	May 2004, 2005, 2006
	May 2007
	June 2008

TRACK AND FIELD MEET PROCEDURES AND REGULATIONS.

A. ENTRY REGULATIONS.

- a. A school's team shall be limited to **60 athletes**. Only NECIS member schools will be permitted to compete at the NECIS Meet.
- b. Each school may enter up to four (4) athletes in each event at the Under 12 age level; and up to three (3) athletes at the and Under 14, Under 16 and 16+ age levels.
- c. The Meet will be run following I.A.A.F. Rules and Regulations.
- d. Competitors in the Under 12 section will be allowed to compete in a maximum of four (4) individual events **to include any additional events that the Tournament Director may organise**. They may also compete in a relay in addition to their individual events.
- e. Competitors in the Under 14 years, Under 16 years and 16+ years sections will be allowed to compete in a maximum of five (5) individual events. They may also compete in a relay in addition to these individual events.
- f. Competitors will be allowed to compete in a higher age group (but not lower) for all their individual events. Once they have been entered in a higher age group, they must remain in that group for all their individual events.
- g. Competitors will be allowed to compete in a higher age group (but not lower) for a relay only, i.e. they may compete in one age group for their individual events and move up to a higher age group for the relay.
- h. It is not permissible for boys to compete in girls' races and vice-versa.
- i. **4 x 100m and 4 x 400m Relay Events:** Schools may only enter a B team for a relay event at the discretion of the Meet Director and only if lane space permits, up to a maximum of 6 teams per race. A Meet Director should not add an additional race to the meet schedule in order to accommodate B teams. Nor shall the Meet Director stage more than two timed finals per age section per sex. **B teams will not be allowed to place (compete for medals) in the relay event and must be clearly identifiable as B teams by wearing coloured vests with their competitors' numbers clearly visible.**
- j. Entry Deadlines.

The Meet Director will set an appropriate deadline (**the Entry Deadline**) for receiving the entry forms from each participating school.

It is compulsory for all schools to rank their athletes in an event A, B, C and D (best athlete in that event to be ranked A). In this way the Meet Director will be able to seed any heats in an appropriate manner.

The Meet Director will send an **Initial Entry Report** to each participating school for the purpose of checking their entries. The Meet Director will also set an appropriate deadline for making changes (**Changes Deadline**). Once

this deadline has passed, no more changes will be allowed, only scratches. The only exception to this rule is in the case of an athlete who is ill/injured or who does not travel to the meet – changes will be allowed in this instance. The Meet Director should ensure that he/she sends the **Initial Entry Report** after the **Entry Deadline** but before the **Changes Deadline**.

B. AWARDS.

The NECIS Organization invites athletes to compete at the Track and Field Meet on an individual basis. There will be no team scoring and no team trophies will be awarded. Each athlete will receive a NECIS Track and Field patch as a memento of his/her participation. In addition, those athletes/relay teams finishing in 1st, 2nd or 3rd positions in a final event will be presented with a medal. Those students finishing in 4th, 5th and 6th positions in a final event will be presented with a ribbon (athletes finishing in 7th and 8th positions in the 100m or Hurdles events will also be awarded a ribbon). Athletes breaking a NECIS record in an event will be presented with a certificate.

C. AGE GROUPS AND EVENTS.

The age taken is that on 1st September of the current school year. For example, an athlete who turned 12 years of age by or on September 1st must compete at the Under 14 age level. No exceptions to this rule except as stipulated in points f and g above.

Under 12 years

(2 groups - boys and girls)
 100m 200g Ball Throw
 200m Long Jump
 400m High Jump
 800m
 1500m
Relays: 4 x 100m
 4 x 400m

Under 14 years

(2 groups - boys and girls)
 100m Long Jump
 200m High Jump
 400m Shot - 3 kg
 800m Discus - 1 kg
 1500m
 3000m
Hurdles: See table below.
Relays: 4 x 100m
 4 x 400m

Under 16 years

(2 groups boys and girls)
 100m Long Jump
 200m High Jump
 400m Triple Jump
 800m Shot: 5 kg - boys
 1500m 4 kg - girls
 3000m Discus: 1.5 kg - boys
 1 kg - girls
Hurdles: See table below.
Relays: 4 x 100m
 4 x 400m

16+ years

(2 groups - boys and girls)

Same as the
Under 16 age group

Additional Events for the Under 12 Age Group.

These **may** be included in the NECIS Meet but this is at the discretion of the Meet Director who is under no obligation to include them if, for example, he is unable to find a sufficient number of officials:

Turbo Javelin (only for those athletes not competing in the Ball Throw event) – 68cm and 300g. This event should be staged at the same time as the Ball Throw event for that age group.

Mini-Hurdles (only for those students not competing in the 100m Sprint) – 60m race over (x6) 60cm high hurdles. This event should be staged on the back straight of the track at the same time as the 100m Heats are being staged on the home straight.

‘B’ Competition for Long Jump or Standing Long Jump (only for those students not competing in the main Long Jump event). Only if a second pit is available. This event should be staged at the same time as the main Long Jump event for that group.

D. ORGANISATION OF EVENTS.

TRACK EVENTS.

- As a general rule, track events have precedence over field events. The starter will not wait for a track athlete competing in a field event. The athlete must inform the field event judge that he/she will be competing and then report for the track event.
- 100m, 200m and 400m Races: if an event does not have enough competitors to justify heats and finals then the event will be run as a straight final at the time allotted to the final.
- Hurdles: if an event does not have enough competitors to justify heats and finals then the event will be run as a straight final at the time allotted to the heats on Day 1. A Hurdles Final will only be run on Day 2 if absolutely necessary i.e. heats for that event took place on Day 1.
- If a runner, having qualified from a heat or a semi-final for a final, is forced to scratch from that final (please scratch as early as possible), every effort must be made to find the next placed/next fastest runner from the heats in order that he/she may compete in the final. In particular, we should try to avoid empty lanes in a 100m, 200m or 400m final.
- The Meet Director will use the A, B, C and D ranking system to ensure an equal distribution of runners throughout the heats of the 100m, 200m 400m and Hurdles events, i.e. as far as possible, an even distribution of runners ranked ‘A’ in each heat; likewise with runners ranked ‘B’ and so on. Wherever possible, the Meet Director should avoid placing runners from the same school in the same heat. The lane assignments for the heats (not semi-finals and finals) for these events shall be drawn at random by the Meet Director. Likewise with the 4 x 100 m relay event (finals or timed finals).

Note: Schools will be compelled to enter times and distances for all athletes in all events if the Meet Director decides to employ the Hi-Tec software for organising the meet.

Hurdles Races.

NECIS Hurdles Specifications

Age group	Race distance	height of hurdle	no. of hurdles	distance start to 1 st hurdle	distance between hurdles	distance from last to finish
Under 14 Girls	60m	76.2cm	6	11.5m	7.5m	11m
Under 14 Boys	80m	76.2cm	8	12m	8m	12m
Under 16 Girls	80m	76.2cm	8	12m	8m	12m
Under 16 Boys	100m	84.0cm	10	13m	8.5m	10.5m
16+ Girls	100m	76.2cm	10	13m	8.5m	10.5m
16+ Boys	110m	91.4cm	10	13.72m	9.14m	14.02m

Order of Hurdles Events.

- U14 G
- U14 B
- U16 G
- 16+ G
- U16 B
- 16+ B

Under 12 Mini-Hurdles (if included): 60m race; 60cm hurdles; 11.75m to 1st hurdle; 7.5m between hurdles.

Advancement from Heats to Finals (for an 8-lane track).

<u>Declared Entries.</u>	<u>Number of Heats.</u>	<u>Qualification for Final From Heats.</u>
9-16	2	Top 3 from each heat Plus 2 fastest losers.
17-24	3	Top 2 from each heat plus 2 fastest losers.
25-32	4	Winner of each heat plus 4 fastest losers.
33-40	5	Winner of each heat plus 3 fastest losers.

Note: The Meet Director will need to make adjustments to the above table if a 6-lane track is in use. In this instance, the Meet Director should refer to the 200m schedule.

100m Races (Heats, Semi-Finals and Finals).

Advancement from Heats to Semi-Finals to Finals (for an 8-lane track).

<u>Declared Entries.</u>	<u>Number of Heats.</u>	<u>Qualification for S.F. From Heats.</u>	<u>Qualification for Final From S.F</u>
9-16	N/A	2 Semi-Finals	Top 3 from each S.F Plus 2 fastest losers.
17-24	3	Top 3 from each heat plus 7 fastest losers.	Top 3 from each S.F. Plus 2 fastest losers.
25-32	4	Top 3 from each heat plus 4 fastest losers.	Top 3 from each S.F. Plus 2 fastest losers.
33-40	5	Top 2 from each heat plus 6 fastest losers.	Top 3 from each S.F. Plus 2 fastest losers.

Allocation of Lanes.

Heats: The Meet Director will use the A, B, C and D ranking system to ensure an equal distribution of runners throughout the heats i.e. as far as possible, an even distribution of runners ranked 'A' in each heat; likewise with runners ranked 'B' and so on. Wherever possible, the Meet Director should avoid placing runners from the same school in the same heat. **The lane assignments shall be drawn at random by the Meet Director.**

Semi-Finals: After the heats have taken place the Meet Director will be able to rank the athletes as follows:

<u>Rank.</u>	<u>Qualified as:</u>
R1	- Fastest heat winner
R2	- 2 nd fastest heat winner
R3	- 3 rd fastest heat winner, etc.
R4	- Fastest 2 nd place
R5	- 2 nd fastest 2 nd place
R6	- 3 rd fastest 2 nd place, etc.
R7	- Fastest 3 rd place
R8	- 2 nd fastest 3 rd place
R9	- 3 rd fastest 3 rd place, etc.
R10	- Fastest time qualifier
R11	- 2 nd fastest time qualifier
R12	- 3 rd fastest time qualifier, etc.
R13 – R16 etc.	

The athletes shall then be placed in the semi-finals in the order of seeding in a zig-zag formation:

Lane Allocation:	L5	L4	L3	L6	L2	L7	L1	L8
Semi-Final 1:	R1	R4	R5	R8	R9	R12	R13	R16

Semi-Final 2:	R2	R3	R6	R7	R10	R11	R14	R15
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Finals: After the semi-finals have taken place the Meet Director will be able to rank the athletes as follows:

<u>Rank.</u>	<u>Qualified as:</u>
R1	- Fastest semi-final winner
R2	- 2 nd fastest semi-final winner
R3	- Fastest 2 nd place
R4	- 2 nd fastest 2 nd place
R5	- Fastest 3 rd place
R6	- 2nd fastest 3rd place, etc.
R7	- Fastest time qualifier
R8	- 2 nd fastest time qualifier

The athletes shall then be placed in the final as follows:

Lane Allocation:	L5	L4	L3	L6	L2	L7	L1	L8
Qualified for Final:	R1	R2	R3	R4	R5	R6	R7	R8

Note: The Meet Director will need to make adjustments to the above table if a 6-lane track is in use. In this instance, the Meet Director should refer to the 200m schedule.

200m Races (Heats, Semi-Finals and Finals).

Advancement from Heats to Semi-Finals to Finals (for a 6-lane track).

<u>Declared Entries.</u>	<u>Number of Heats.</u>	<u>Qualification for S.F. From Heats.</u>	<u>Qualification for Final From S.F</u>
7-12	N/A	2 Semi-Finals	Top 2 from each S.F Plus 2 fastest losers.
13-18	3	Top 2 from each heat plus 6 fastest losers.	Top 2 from each S.F. Plus 2 fastest losers.
19-24	4	Top 2 from each heat plus 4 fastest losers.	Top 2 from each S.F. Plus 2 fastest losers.
25-30	5	Top 2 from each heat plus 2 fastest losers.	Top 2 from each S.F. Plus 2 fastest loser.
31-36	6	Winner of each heat plus 6 fastest losers.	Top 2 from each S.F. Plus 2 fastest losers.
37-40	7	Winner of each heat plus 5 fastest losers.	Top 2 from each S.F. Plus 2 fastest losers.

Allocation of Lanes.

Heats: The Meet Director will use the A, B, C and D ranking system to ensure an equal distribution of runners throughout the heats i.e. as far as possible, an even distribution of runners ranked 'A' in each heat; likewise with runners ranked 'B' and so on. Wherever possible, the Meet Director should avoid placing runners from the same school in the same heat. **The lane assignments shall be drawn at random by the Meet Director.**

Semi-Finals: After the heats have taken place the Meet Director will be able to rank the athletes as follows:

<u>Rank.</u>	<u>Qualified as:</u>
R1	- Fastest heat winner
R2	- 2 nd fastest heat winner
R3	- 3 rd fastest heat winner, etc.
R4	- Fastest 2 nd place
R5	- 2 nd fastest 2 nd place
R6	- 3 rd fastest 2 nd place, etc.
R7	- Fastest time qualifier
R8	- 2 nd fastest time qualifier
R9	- 3 rd fastest time qualifier
R10 – R12	- etc.

The athletes shall then be placed in the semi-finals in the order of seeding in a zig-zag formation:

Lane Allocation:	L3	L4	L2	L5	L1	L6
Semi-Final 1:	R1	R4	R5	R8	R9	R12
Semi-Final 2:	R2	R3	R6	R7	R10	R11

Finals: After the semi-finals have taken place the Meet Director will be able to rank the athletes as follows:

<u>Rank.</u>	<u>Qualified as:</u>
R1	- Fastest semi-final winner
R2	- 2 nd fastest semi-final winner
R3	- Fastest 2 nd place
R4	- 2 nd fastest 2 nd place
R5	- Fastest time qualifier
R6	- 2 nd fastest time qualifier

The athletes shall then be placed in the final as follows:

Lane Allocation:	L3	L4	L2	L5	L1	L6
Qualified for Final:	R1	R2	R3	R4	R5	R6

400m Races (Heats and Finals).

Advancement from Heats to Finals (for a 6-lane track).

<u>Declared Entries.</u>	<u>Number of Heats.</u>	<u>Qualification for Final From Heats.</u>
7-12	2	Top 2 from each heat Plus 2 fastest losers.
13-18	3	Winner of each heat plus 3 fastest losers.
19-24	4	Winner of each heat plus 2 fastest losers.
25-30	5	Top 6 times.
31-36	6	Top 6 times.
37-40	7	Top 6 times.

Allocation of Lanes.

Heats: The Meet Director will use the A, B, C and D ranking system to ensure an equal distribution of runners throughout the heats i.e. as far as possible, an even distribution of runners ranked 'A' in each heat; likewise with runners ranked 'B' and so on. Wherever possible, the Meet Director should avoid placing runners from the same school in the same heat. **The lane assignments shall be drawn at random by the Meet Director.**

Finals: After the heats have taken place the Meet Director will be able to rank the athletes as follows:

<u>Rank.</u>	<u>Qualified as:</u>
R1	- Fastest heat winner
R2	- 2 nd fastest heat winner, etc.
R3	- Fastest 2 nd place
R4	- 2 nd fastest 2 nd place, etc.
R5	- Fastest time qualifier
R6	- 2 nd fastest time qualifier

**** Depending on the number of heats, the Meet Director will have to modify the above system ****

The athletes shall then be placed in the final as follows:

Lane Allocation:	L3	L4	L2	L5	L1	L6
Qualified for Final:	R1	R2	R3	R4	R5	R6

800m Races (Finals).

- a. To be run as straight finals (1 race per age group per sex). It is not permissible to run more than one race at the same time.
- b. Curved line start; no lanes.
- c. Runners ranked A and B (and only those runners) from each school will be allowed on the first curved line. All other runners will be lined up on a second curved line positioned 2 meters behind the first line. The only exception to this rule is if a race has fewer than 12 competitors on the first line in which case other runners (ranked C and D) may be allowed on the first line. Once a runner has a full stride on another he/she may cut in.

1500m and 3000m Races (Finals).

- a. To be run as straight finals (1 race per age group per sex). It is permissible to run two races at the same time if those races have fewer than 12 competitors each; in this case, one set of athletes must be clearly identifiable by wearing a colored vest with their competitors' numbers clearly visible.
- a. Curved line start; no lanes.
- b. Runners ranked A and B (and only those runners) from each school will be allowed on the first curved line. All other runners will be lined up on a second curved line positioned 2 meters behind the first line. The only exception to this rule is if a race has fewer than 12 competitors on the first line in which case other runners (ranked C and D) may be allowed on the first line. Once a runner has a full stride on another he/she may cut in.

4 x 100m and 4 x 400m Relay Races (Finals / Timed Finals).

- a. Schools may only enter a B team for the relay event at the discretion of the Meet Director and only if lane space permits, up to a maximum of 6 teams per race. A Meet Director should not add an additional race to the meet schedule in order to accommodate B teams. Nor shall the Meet Director stage more than two timed finals per age section per sex. **B teams will not be allowed to place (compete for medals) in the relay event and must be clearly identifiable as B teams by wearing coloured vests with their competitors' numbers clearly visible.**
- b. A race with 6 or fewer teams entered shall be run as a straight final. A race with 7 or more teams entered shall be run as two timed finals with overall positions decided by times; this should be made clear to all athletes before the start.
- c. The usual I.A.A.F. rules for relays will apply including the 20m changeover boxes and the 10m acceleration zone (from the fly line). The race shall be run in lanes and a staggered start should be in operation. **All coaches and officials should be aware that the staggered starts for the 4 x 400m event are not the same as for the 4 x 100 event, nor for the 400m individual event – they are located further forward as the first 500m of a 4 x 400m event have to be run in lanes.**
- d. The Meet Director should position at least two changeover officials at each changeover zone in order to observe any possible infringements of the rules.

FIELD EVENTS.

- As a general rule, track events have precedence over field events in so far as the starter will not wait for a track athlete whereas a field event judge will wait for a field event athlete who is also competing in a track event providing that the athlete informs the field event judge that he/she will be competing at a later time. However, the athlete must complete his field event during the time scheduled for that event.
- The field event judge must keep their event open for the full length of time scheduled for that event unless all the listed athletes have completed the event.

Long Jump, Triple Jump, Ball Throw (Turbo Jav), Discus and Shot Put.

- a. The order of competition is as listed on the result sheet.
- b. Each athlete shall be allowed one official practice jump in the Long-Jump and Triple Jump events but this jump should not be measured. Athletes in the Ball Throw, Discus and Shot Put (*and Turbo Jav*) events shall be allowed one official practice attempt but this attempt should not be measured.
- c. Each athlete will be allowed three (3) attempts, the best attempt to count. After each attempt, the throw or jump must be measured with a tape measure **EVEN IF IT IS NOT THE LONGEST MEASURE. In the event of a tie, the second best attempt will decide the placing and so on.** A foul should be counted as one of the three attempts but should not be measured.
- d. These events should be run under I.A.A.F. rules. In particular, officials are reminded that:
 - **Long Jump/Triple Jump:** each jump must be measured at right angles from the scratch line to the nearest break in the sand made by **any part of the body**. Put the zero end of the tape on the nearest break in the landing area and read off the distance at the scratch line to the nearest 1 cm below the distance jumped. Each athlete must take-off from behind the scratch line – no part of the foot should be in front. The Triple Jump must be a distinct “hop, step and jump” – it is a foul if the athlete drags the “sleeping foot.”
 - **200g Ball Throw (Turbo Jav):** the ball/javelin must be held in one hand and thrown from behind the arc (scratch line) and between the run-up lines. The ball/javelin must land within the marked 29 degree sector. The athlete should not step on or over the scratch line even after the ball/javelin has landed. The throw is measured by placing the zero of the tape on the place where the ball/javelin first touched the ground and measuring to the inside of the throwing arc with the tape on a line through the centre of the arc. The throw is measured to the nearest 1cm below the actual distance thrown.
 - **Discus:** all throws must land within the inner edge of the lines marking the 40 degree sector to be valid. The throw is measured by placing the zero of the tape on the nearer edge of the mark first made on the ground to the inner edge of the circle along a line drawn to the centre of the circle. The throw is measured to the nearest 1cm below the actual distance thrown. It is a foul if the athlete, once he/she has entered the circle and started to throw, touches with any part of his/her body the top of the circle or the

ground outside it. The athlete may not leave the circle until the discus has landed and then only from a standing position from the rear half of the circle.

- **Shot Put:** all puts must land within the inner edge of a sector measuring 40 degrees. The put is measured by placing the zero of the tape on the nearer edge of the mark first made on the ground by the shot and running it through the centre of the putting circle – the distance is read off at the inside edge of the circle line and measured to the nearest 1cm below the actual distance. It is a foul if, after an athlete has entered the circle and started to make the put, he/she touches the circle or the ground outside it with any part of his/her body. It is also a foul if he/she touches the top of the stop board although he/she may rest the feet against the inside of the stop board. The athlete may not leave the circle until the shot has landed and then only from a standing position from the rear half of the circle. **The shot must be put from the shoulder with one hand only. At the time the athlete takes up his/her putting stance, the shot must be touching or be in close proximity to the chin and the hand shall not be dropped below this position during the act of putting. The shot must not be brought behind the line of the shoulders.**

High Jump.

- a. The order of competition is as listed on the result sheet.
- b. The athletes are **NOT** entitled to an official practice attempt.
- c. This event should be run under I.A.A.F. rules. In particular, officials are reminded that:
 - An athlete may commence jumping at any height above the official starting height and elect to jump at any subsequent height. **He/she is eliminated from the competition after three consecutive failures irrespective of the height.** The effect of this rule is that an athlete may forego his second or third attempt at a particular height (after failing on the first or second attempt) and still jump at a subsequent height.
 - If an athlete forgoes an attempt at a certain height he/she may not return to that height for a subsequent attempt unless in the case of a tie for first place.
 - The bar should be only be raised in increments of 3cm for the Under 12 and Under 14 age groups and in increments of 2cm for the Under 16 and 16+ age groups unless an athlete has already won the competition at which time he/she may decide the increment.
 - An athlete is entitled to continue jumping even after all other athletes have failed until he/she has three consecutive failures.
 - The height of the bar should be measured perpendicularly and in whole cm from the ground to the upper side of the bar at its lowest point i.e. in the centre of the bar. **This is especially important if an athlete is attempting to break a NECIS Record.**
 - A failure is recorded if the athlete dislodges the bar even after he/she has landed; hits the upright and dislodges the bar; takes off from both feet; runs underneath the bar

without dislodging the bar; or touches the ground or the landing area beyond the plane of the uprights without first clearing the bar.

- A tie for a position is resolved as follows:
 - (i) The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
 - (ii) If the tie still remains, the athlete with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
 - (iii) If the tie still remains the athletes shall be awarded the same place unless the tie is for first place in which case the athletes tying shall have one more jump at the lowest height at which any of those involved in the tie have lost their right to continue jumping; if no decision is reached the bar shall be raised, if the tying athletes were successful, or lowered, if not, by 2cm (Under 16 and 16+ age groups) or 3cm (Under 12 and Under 14 age groups). They shall attempt one jump at each height until the tie is resolved. Athletes so jumping must jump on each occasion when resolving the tie.

High Jump Starting Heights.

Under 12 Boys and Girls – 95cm

Under 14 Boys and Girls – 1m15

Under 16Boys – 1m35 Under 16 Girls – 1m30

16+ Boys – 1m40 16+ Girls – 1m35