



**Indoor Track and Field**

# Indoor Track and Field

## I. GENERAL REGULATIONS FOR NCCAA INDOOR TRACK AND FIELD CHAMPIONSHIPS

- A. The NCCAA National Men's and Women's Indoor Track and Field Championships shall be held on a Friday or Saturday two weeks before the NAIA Indoor Track and Field National Meet and three weeks before NCAA II & III. The National Indoor Track & Field Chair is responsible for NCCAA Indoor Championship meet qualifying standards, records, and top 10 (all time) list.
- B. Eligibility must be filed with the Regional Chair before the first contest.
- C. 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. (See Forms & Procedures section.)
- D. The Championship Director shall have the entry forms and pertinent information about the championship postmarked (or sent by email or fax) by February 1.
- E. All entries must be received by the host school by Monday at 12:00 noon, the week of the National Championship. There shall be no changes after this time. Entries shall be posted on the host school's website and each school must check for errors then call to confirm the entries by 8:00 P.M. on Tuesday prior to the National Championship.
- F. The qualifying standards shall be established by the Standards Committee and shall not be more demanding than the average eighth place finish of the preceding three years. The starting height for the high jump shall be two inches below the qualifying standard; the pole vault shall be one increment, or three inches, below the qualifying standard; and the remainder of the field events shall be adjusted to the lower full inch. Entries are unlimited to the number of possible places scored within each event if the student-athletes make the standard or have right-of-entries. There are no qualifying standards for relay events, thus a right-of-entry is not charged in relay events.
- G. 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 six non-qualifying entries per team. These entries may be used in any event (except relays, see Item E above), even if a qualifying student-athlete is also in that event.
- H. Both the men's and women's NCCAA Indoor Track and Field Championships shall be conducted under the NCAA Indoor Track and Field rules, except as modified by this document and other NCCAA guidelines.
- I. The annual indoor track and field coaches' meeting shall be held at the NCCAA National Indoor Meet.

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

Shot-Put	55 M Dash	4 x 200 M Relay	Weight Throw
Triple Jump	200 M Dash	4 x 400 M Relay	Distance Medley Relay
Long Jump	3,000 M Run	4 x 800 M Relay	Mile Run
Pole Vault	5,000 M Run	400 M Dash	
High Jump	55 M Hurdles	800 M Run	

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

Shot-Put	55 M Dash	4 x 200 M Relay	Weight Throw
Triple Jump	200 M Dash	4 x 400 M Relay	Distance Medley Relay
Long Jump	3,000 M Run	4 x 800 M Relay	Mile Run
Pole Vault	5,000 M Run	400 M Dash	
High Jump	55 M Hurdles	800 M Run	

## IV. NCCAA INDOOR TRACK AND FIELD CHAMPIONSHIP POLICY AND PROCEDURE

- A. Dashes and Hurdles
  - 1. 55 meter dash and 55 meter hurdles will be run in a semi-final with the heat winners plus the number of lanes remaining on the track making up the finals.

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2. Timed final will be run for all other events, with the fastest seed times in the last heat.
- B. Competitors must wear assigned numbers during the competition with an exception made in the pole vault and high jump. Competitors in the high jump and pole vault must have their numbers with them to show the field judge.
  - C. The starting height for the pole vault shall be one increment of three inches below the qualifying standard (exception allowed for extenuating circumstances).
  - D. The starting height for the high jump shall be one increment two inches 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. 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. Any athlete and all relay members whose marks are challenged and confirmed to be inaccurate will be disqualified from competing at that year's current national meet.
  - 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.
  - G. Field Events shall be measured using the metric system. However, printed results shall have both the metric and English system.

## **V. OFFICIALS**

- A. 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 55 meter dash and the 55 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.
- B. 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.)
- C. Timers and Finish Judges

F.A.T. must be used. Proper backup timing shall be available in case of malfunction.
- D. 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.
- E. 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. Referees shall rotate each year as follows:

1 <sup>st</sup> year	Field referee
2 <sup>nd</sup> year	Running referee
3 <sup>rd</sup> year	Off

- F. Scorer and Announcers  
Computer software shall be used to score the championship. A backup system shall be available in case of computer malfunction.
- G. 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. They shall receive an All-American certificate and their institution shall also receive a certificate. Certificates will be mailed from the National Office after the list of All Americans are received from the National Chair. In addition, plaques shall be presented to each first place winner.
- B. Coaching Staff of the Year  
This award, for both men and women, shall be selected by a vote of the respective coaches immediately upon conclusion of the championship. The National Indoor Track and Field Chair shall present plaques immediately following the vote.
- 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 Indoor Track and Field Chair, and/or his/her designate, shall present plaques immediately following the vote.
- D. Awards
1. Team championship banner for first place shall be awarded.
  2. Team plaques for second, third and fourth places shall be awarded.
  3. Scholar-Athlete certificates shall be given to each qualified recipient (see Forms & Procedure section).
  4. A medallion shall be presented to each member on the championship team (up to 25 total). Teams may purchase additional awards if needed.

## VII. ORGANIZATION

The officers of the NCCAA Indoor 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 Indoor 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 indoor track and field coaches as expressed at the February indoor track and field coaches' meeting.

## VIII. FINANCES

- A. The entry fee for the National Indoor Track and Field Championship shall be \$150 per team or \$15 per individual (up to five).
- B. The championship banner, all trophies, All-American awards, the outstanding student-athletes and Coaching Staff of the Year awards shall be supplied by the National Office (see Awards Section).
- C. Any loss shall be absorbed by the host institution.

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## **IX. PICTURES**

- A. Separate high resolution digital photographs shall be taken of the NCCAA men's and women's champions. The photos shall be emailed to the NCCAA National Office (info@thenccaa.org) immediately following the championship. Arrangements for these photographs shall be made by the Championship Director.
- B. An article about the NCCAA National Indoor Track and Field Championship shall be written by the National Indoor Track and Field Chair and sent to the National Office along with the official results, championship reporting form and championship photos (see Forms & Procedures Section). The article may be published in the NCCAA *The Pursuit* or on the website.

## **X. HOST SCHOOL FOR THE CHAMPIONSHIP**

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

Presently, there are three NCCAA member institutions with an indoor facility. A two year rotation plan has been determined as follows:

- Plan A---Cedarville University
- Plan B---Indiana Wesleyan University
- Plan C---Taylor University

If there are date conflicts, then it rotates down to the next one in order until a date/schedule can be confirmed.

If other colleges build new facilities, or new member schools have facilities, or a member school wishes to rent a facility and host, they will be added to the rotation schedule or would have opportunities to bid using the official Bid Contract (see Forms and Procedures) one year prior to hosting the event.

## **XI. OFFICIAL RULEBOOK**

Track & Field, Indoor and Outdoor (Men and Women): National Collegiate Athletic Association (NCAA) Track and Field Rules with NAIA Track and Field Coaches Association modifications. The marathon and race walking shall comply with international rules. Rule books may be purchased by contacting: NCAA, PO Box 6222, Indianapolis, Indiana 46209-6222, telephone: (317) 917-6222.