

**NATIONAL CHRISTIAN COLLEGE ATHLETIC ASSOCIATION**



**Track and Field**

## Track and Field

### 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 first full weekend of May.
- 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.
- D. The Championship Director shall have the entry forms and pertinent information about the championship postmarked by April 1.
- E. National Championship entries:
1. Entries are due on the Monday prior to the championship **no later than 9:00 p.m. EST** via Direct Athletics. **Coaches shall enter all participating athletes, including their right of membership entries, on Direct Athletics. Coaches shall also email the host a list of their right of membership entries.**
  2. The host shall be responsible to send, via email or a website, the individual team confirmation sheets as soon as possible, **and no later than noon EST**, on the Tuesday prior to the championship.
  3. Corrections **or adjustments** are due by Wednesday, **no later than noon EST**, via email to the host.
  4. No public information shall be released until after the correction deadline.
  5. **If the list of multi-event competitors is greater than 16, the host shall distribute the list to participating schools by noon EST on the Tuesday prior to the championship. In this case, there shall be no additions allowed to the multi-event entry list after this time.**
- F. Qualifying standards
1. The qualifying standards shall be established by the standards committee as appointed by the chair. The standards should not be more demanding than the average 8<sup>th</sup> place finish of the preceding three years.
  2. The starting height shall be 5 centimeters below the qualifying standard in the high jump and 15 centimeters below the starting height in the pole vault.
  3. There is no qualifying standard for relays, 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 three 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 Track and Field Championships shall be conducted under the NCAA Track and Field rules, except as modified by this document and other NCCAA guidelines.
- I. The annual track and field coaches' meeting shall be held at a time determined by the Tournament Host and National Track and Field Chair.
- J. 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 16 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 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	Decathlon	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 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. 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 Host Championship Director in setting up sections to be run against time.
  - a. In the 5,000 and 3,000 meter runs, there shall be a maximum of 24 athletes per heat.
  - b. In the 1,500 and 3,000 steeplechase, there shall be a maximum of 16 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 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 **eight centimeters** below the qualifying standard (exception allowed for extenuating circumstances).

##### D. The starting height for the high jump shall be one increment of **five 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. 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.

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- 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.
  - 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. 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
  - 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 by the entry deadline date.
    - 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 or senior student in good academic standing.
  - f. Be a participant in the National Championship the year of nomination.
  - g. 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 for first place shall be awarded (see Awards Section).
2. Team plaques for second, third and fourth places shall be awarded (see Awards Section).
3. NCCAA Certificates of Participation shall be presented to all student-athletes competing in the National Track and Field Championship.
4. 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 to the National Chair one week prior to the National Championship meet.**
5. An award shall be presented to each member on the championship team (up to 30 total). 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 \$150 per team or \$15 per individual (up to nine). 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 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.)

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## **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.

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**Appendix A**  
**The Wheeler Track and Field Award Nomination Form**

Nominee \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Year \_\_\_\_\_

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, witness, influence, etc.)

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**Appendix A - Wheeler Track and Field Award, page 2**

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

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Additional Comments

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Certification of Nomination Data

Coach \_\_\_\_\_ Date \_\_\_\_\_  
*Signature*

Athletics Director \_\_\_\_\_ Date \_\_\_\_\_  
*Signature*