ARTICLE 29

TRACK

29.1 RULES

29.1.1 Official rules for track shall be those published in the current edition of the National Federation Track And Field and Cross Country Rules.

29.1.2 School athletic programs at all levels are subject to disciplinary action when a school team is removed from the floor or field prior to completion of the contest.

29.1.3 Schools shall qualify a relay team, not the individual runners on the team. Therefore, the names of runners on a relay team do not have to be submitted.

29.1.3.1 Being listed as a member of a relay team does not count as an event unless the individual actually runs in the event.

29.1.4 In each division, schools may enter four athletes per school per event provided they have met the qualifying mark for the state tournament.

29.2 SEASON OF SPORT

29.2.1 The AIA Standardized Calendar shall be used to identify the starting week for practice, competition and the conclusion of post-season competition.

29.2.2 The season of competition for a school shall conclude with that school's last AIA sanctioned competition.

29.2.3	Spring Season	Practice	no sooner than the	32nd week
		Competition	no sooner than Wednesday of the	34th week
		Championship	to be concluded by the	45th week

29.2.4 **Pre-Competition Practice** – Practice shall be conducted in a manner consistent with the guidelines set forth in Bylaw 14.17.2 – Heat Acclimatization Protocol, where applicable.

29.3 SCHEDULES

29.3.1 If scheduling difficulties occur, schedules may be increased by one match. The additional match shall be approved by the AIA Executive Board.

29.4 NUMBER OF GAMES IN SEASON

29.4.1 No school shall schedule more than **13** varsity meets.

29.4.2 No school shall schedule more than **10** junior varsity or **8** freshman matches per team.

29.4.3 No player may participate in more than **13** meets per season, excluding the state tournaments.

29.4.4 Schools may send individuals to only one non-scoring invitational without counting the meet as one of the 13 varsity meets.

DETERMINATION: A school sending a member or a relay team to a scoring track meet shall consider the meet as one of the school's allowable 13 varsity meets.

29.4.5 Freshman and junior varsity teams may schedule multiple school meets.

29.5 CONTEST PARTICIPATION

29.5.1 When a student enters an interscholastic contest, regardless of the length of time, it shall be considered participation in the interscholastic contest.

29.6 COACHES / COACHING

29.6.1 The AIA shall not have regulations concerning coaches coaching their own school teams outside of the AIA defined season of sport.

29.6.2 Coaches / Players - Match participation outside the season of sport between coaches and players of a single school for fund raising or entertainment purposes will not jeopardize the eligibility of any high school player.

29.7 SCHOOL EQUIPMENT

29.7.1 School Transportation - School provided transportation for activities is a local option.

29.7.2 High school athletes may wear school uniforms and use school equipment while participating in the following athletic competition:

- Meet of Champions (Track)
- State Decathlon Championship

29.8 POST-SEASON TOURNAMENTS

29.8.1 Post-Season Tournaments

NOTE: See Article 12 for additional post-season tournament rules.

29.8.1.1 The top 26 automatic and provisional qualifiers for each individual event will advance to the state tournament. The top 18/16 (based on venue) automatic and provisional relay teams will advance to the state meet. (Refer to rule 29.1.4)

29.8.1.2 Dates and Sites

29.8.1.2.1 The AIA Executive Board shall determine the dates and sites of post-season tournaments.

29.8.1.3 There shall be Individual Champions and Team Champions for both boys and girls.

29.8.1.4 Preliminaries shall be considered a part of the finals and any records set in the preliminaries shall be considered a state record.

29.8.2 Awards - The AIA shall be responsible for the purchase and standardization of all post-season tournament awards. *(See Article 13, Section 13.1)*.

29.8.3 Practice on Site - A practice or competition on the site of the Post-Season Championship Tournament, except for a regularly scheduled contest, is not permitted for seven calendar days prior to the Post-Season Championship, except in the case of the host school

DETERMINATION: The host school may participate at the site only if that is their regular practice site. (Ex. Bd. 10/24/77)

29.8.4 Protests

29.8.4.1 In the event of a question or a protest during a qualifying meet or post-season tournament, the decision of the Tournament Director and/or Tournament Games Committee shall be.

29.8.4.2 Regular season protests, if any, will be handled as indicated in the current edition of the National Federation Track And Field and Cross Country Rules.

29.9 **UNIFIED TRACK** and field is a joint effort between the AIA and SOAZ to incorporate Unified programs in AIA member schools recognizing and offering opportunities for SOAZ athletes and partners to compete in an AIA sanctioned activity. Unified track and field programs shall be administered by each participating member school and follow the requirements per AIA Bylaws for eligibility, rules and program administration.

29.9.1 Official rules for Unified track and field shall be those published by SOAZ and the AIA prior to each season, as approved by the AIA Executive Board.

29.9.2 All participants must have the appropriate pre-participation packet completed including the pre-participation physical per the AIA Executive Board as recommended by the AIA Sports Medicine advisory Committee for the respective participants (Article 15, Section 15.7).

29.9.3 In order to further participation in the Unified Sports initiative, participation by SOAZ athletes will have the following exceptions to AIA eligibility requirements:

29.9.3.1 Exception regarding enrollment and domicile (Article 15, Sections 15.3.1 and 15.5): SOAZ Athletes may participate in a cooperative program among member schools for the purpose of creating combined school teams.

29.9.3.2 Exception to the Academic Rule (Article 15, Section 15.4.1): SOAZ students participating will following the guidelines as set forth in their individual educational plans.

29.9.3.3 Exception to the age limit (Article 15, Section 15.3): SOAZ athletes will be eligible per age limitations of SOAZ and AIA rules for Unified Track and Field.