

**ORANGE COUNTY INTERSCHOLASTIC
ATHLETIC ASSOCIATION
INDOOR TRACK BY-LAWS
Adopted June 7, 2006 Revised May 2008**

1. Rules: The current year National Federation Track & Field Rules for Boys & Girls and the NYSPHSAA Handbook shall apply.
2. Postponements: It is the duty of the Athletic Coordinator to postpone meets and to reschedule at the earliest possible date. The Athletic Coordinator will inform each Athletic Director fielding a team of any postponements and rescheduling.
3. Fees: Cost of staging meets at West Point will be divided equally amongst the schools participating in the OCIAA Indoor Track Program.
4. The OCIAA will conduct a championship meet each year. If there is a tie for the league and/or division champion (boys or girls), those teams will be declared co-champions.
5. All 7th & 8th graders participating in this program must be evaluated through the Selection Classification procedures for placement at the varsity level. **There will be no junior varsity program conducted in Indoor Track.**
6. Unsportsmanlike Conduct:
 - a. When a coach is ejected from a meet please refer to NYSPHSAA Handbook # 27 Sportsmanship.
 - b. When a runner(s) is ejected or disqualified from a meet for unsportsmanlike conduct or fighting, the following action will be taken:
 - (1) First ejection - that runner(s) cannot attend or participate in the next scheduled OCIAA meet.
 - (2) Second ejection - that runner(s) cannot attend or participate in the next two scheduled OCIAA meets.
 - (3) Third ejection - that runner(s) cannot attend or participate in any remaining scheduled OCIAA meets including sectionals or any higher level of competition.
 - c. The coach of the runner(s) who was ejected will notify his/her Athletic Director. The Athletic Director will then contact the OCIAA Athletic Coordinator's Office to confirm that the individual(s) will not be allowed to participate in that school's next scheduled meet or meets as required above.
 - d. A runner(s) that is ejected from a meet, will not be allowed to be present at the site of any meet that individual(s) has been disqualified from participating in (home or away).
 - e. For unsportsmanlike violation that occur during the OCIAA season, penalties will carry over into sectional play. Once penalties are served, sectional unsportsmanlike conduct rules apply.
7. Participation limitations per team for all OCIAA Developmental Meets will be based upon time constraints of the facility and type of meet (Individual vs. Relay).

7a. The OCIAA Indoor Track League will consist of 5 divisions as follows:

OCIAA TRACK 2008-2009

5 Divisions

Division I	Division II	Division III	Division IV	Division V
NFA	Valley Central	Wallkill	Onteora	Liberty
Kingston	Warwick	Monticello	Marlboro	Sullivan West
Monroe-Woodbury	Washingtonville	Port Jervis	Burke Catholic	Pine Plains
Middletown	Minisink Valley	Cornwall	O'Neill	Millbrook
Pine Bush	FDR	Goshen	Spackenkill	Tri-Valley
			Ellenville	Chester
				Eldred

Division Champions will be determined by team scored division meet as follows:

6 meets Division I, II, III, IV, V Scored meets (up to 16 schools) per meet

Entries limited in scored events to 2 entries per school in the 55m dash and 2 entries per school in the 55m hurdles. All other events will have 3 entries per event in scored meets. (Note: Non-scored events may be added if time permits.)

Scoring will be 10-8-6-4-2-1 for division meets with the top school in each meet receiving 3 wins and 0 losses. The 2nd place school receiving 2 wins and 1 loss, the 3rd place school receiving 1 win and 2 losses and the 4th place school receiving 0 wins and 3 losses. One division school will receive a bye in each scored division meet.

The combined results of the 6 conference meets for the season will determine division champions. Ties will result in co-champions on the division level.

The events for the scored division meets are:

The scored division meets must conduct a minimum of 11 events for boys and girls. These 11 events must be OCIAA championship meet events (see awards 8a & 8b for list of events)

Additional OCIAA meets will be non-scored and considered developmental. They will consist of Relay meets, Crossover meets and Frosh, Soph meets and will be conducted prior to the County meet, when possible.

8. Awards

a. Boys

Plaques: 1 Plaque for each Division Champion (5)
 1 OCIAA Meet Champion

NOTE: The OCIAA Championship will have limited entries as per the following qualifying standards:
"Qualifying Standards for OCIAA Championships"

1. No more than 3 entries per school per event as per following:
 - A. 1 auto qualifier per school, per event
 - B. Up to 2 more entries per individual event if qualifying standard is met.

NOTE: 1 relay team per school only.

<u>EVENT</u>		<u>BOYS</u>	
55M Dash	7.6	High Jump	5-3
300M Dash	42.0	Pole Vault	8-6
600M	1:38.0	Long Jump	16-0
1000M Run	3:15.0	Triple Jump	33-0
1500M Run	N/A	Shot Put	34-0
1600M Run	5:11.0	Weight Throw	No Standard
3000M Run	N/A		
3200M Run	11:28.0		
1500 Walk	N/A		
55M Hurdles	10.30		

OCIAA Patches: Each individual school will purchase their own patches if they choose to do so.

Medals: 1 Gold 1 Silver 4 Bronze (3rd, 4th, 5th, 6th place)

In each of the following events (except for Relays - 4 each)

Long Jump (6)	55 Meter Dash (6)	3200 Meter Run (6)
Triple Jump (6)	300 Meter Dash (6)	55 Meter Hurdles (6)
Shot Put (6)	600 Meter Run (6)	800 Meter Relay (24)
Pole Vault (6)	1000 Meter Run (6)	1600 Meter Relay (24)
High Jump (6)	1600 Meter Run (6)	3200 Meter Relay (24)

b. Girls

Plaques: 1 Plaque for each Division Champion (5)
1 OCIAA Meet Champion

NOTE: The OCIAA Championship will have limited entries as per the following qualifying standards:
“Qualifying Standards for OCIAA Championships”

1. No more than 3 entries per school per event as per following:
 - A. 1 auto qualifier per school, per event
 - B. Up to 2 more entries per individual event if qualifying standard is met.

NOTE: 1 relay team per school only.

<u>EVENT</u>		<u>GIRLS</u>	
55M Dash	8.8	High Jump	4-3
300M Dash	50.0	Pole Vault	6-6
600M	2:03.0	Long Jump	12-0
1000M Run	3:37.0	Triple Jump	27-0
1500M Run	5:51.0	Shot Put	22-0
1600M Run	N/A	Weight Throw	No Standard
3000M Run	12:41.0		
3200M Run	N/A		
1500 Walk	10.30.0		
55M Hurdles	11.0		

OCIAA Patches: Each individual school may purchase their own patches if they choose to do so.

Medals: 1 Gold 1 Silver 4 Bronze (3rd, 4th, 5th, 6th place)

In each of the following events (except for Relays - 4 each)

Long Jump (6)	55 Meter Dash (6)	1500 Meter Run (6)
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High Jump (6)	1500 Meter Walk (6)	3000 Meter Run (6)
Shot Put (6)	300 Meter Dash (6)	800 Meter Relay (24)
Triple Jump (6)	600 Meter Run (6)	1600 Meter Relay (24)
55 M. Hurdles (6)	1000 Meter Run (6)	3200 Meter Relay (24)
Pole Vault (6)		

9. All teams will abide by the rules of any facilities used to conduct these meets. Copies of these rules will be sent to each school by the Athletic Coordinator. All participants when not participating or have finished their event(s), should remain seated in the stands.

WEST POINT FIELD HOUSE GENERAL INFORMATION AND RULES

- a. All track and runway surfaces are tartan.
- b. Shot circle is wood. 40 inch fan. Lines at 16, 17, 18, 19 meters.
- c. The long jump take off board is 12 ft from the pit. The pit is 8 ft wide and 17 ft long. The runway is 150 ft (plus) long.
- d. The weight training area is off limits during all competitions.
- e. Pole vault runway is 130 ft.
- f. Triple jump boards are 36 ft and 41 ft from the pit.
- g. Starting blocks for use on the tartan track require 1/4 inch pyramid spikes.
- h. No tape may be placed on the track. Tape in the Long Jump, Pole Vault and High Jump areas must be removed after competitions.
- i. No smoking, no spitting, no pets in the field house. Use trash cans for refuse.
- j. Secure all valuables. The Army Athletic Association cannot assume responsibility.
- k. Locker rooms are available only for visiting collegiate teams. There are no locker rooms available for high school teams.
- l. High schools must provide cross bars, weights, starting clocks, tapes, poles, standards, etc.

NOTE: Foam rubber pits are wider than normal high school pits. For this reason cross bars or standards must be found to accommodate this set up.
- m. **No food or drink may be brought into the building.**
- n. A representative from the OCIAA must be present at all times when the field house is in use.
- o. No spikes may be worn in the Fieldhouse.
- p. All spectators will be in the stands.
- q. All athletes not competing or warming up will be in the stands.
- r. No one will be allowed onto the basketball courts.