

**TRACK & FIELD REGULATIONS**  
(Updated August 2009)

## **DAKOTA ATHLETIC CONFERENCE TRACK & FIELD REGULATIONS**

### Section 1. Participation Requirements.

- (a) All Conference members are required to participate in men's outdoor track and field or men's baseball and either women's outdoor track and field or women's softball. Men's and women's indoor track is considered an optional sport.

### Section 2. Conduct of Participants.

- (a) The highest standards of sportsmanship and conduct are expected of players, coaches, and others associated with the game.
- (b) It is the duty of the coach to be in control of his players at all times in order to prevent any unsportsmanlike act towards opponents, officials, or spectators.
- (c) Coaches are expected to comply wholeheartedly with the intent and spirit of the rules.

### Section 3. Letters of Intent and Recruitment

- (a) All incoming student athletes receiving aid as defined by the NAIA shall be required to sign the Dakota Athletic Conference Letter of Intent. Student athletes may be released from a letter of Intent only by the institution's Athletic Director. A copy of the signed Letter of Intent shall be forwarded to the Conference Commissioner within 14 days after signing. September 1 is the first date an athlete may be signed to a letter for the next academic year.
- (b) This policy applies to all sports and to all athletes. All coaches are required to follow this policy.
- (c) A weekly list of Conference signee's will be distributed to all member Institutions.
- (d) Schools are responsible for releasing the names of their signees to the media. Schools are not to use the names or number of signees to other institutions in any publication or release to the media.
- (e) If, during the school year or summer vacation period, the Athletic Director, or Coach of a member institution is contacted or becomes aware of contact by an athlete who is enrolled or signed a letter of intent at another institution, it shall become the responsibility of the contacted (Athletic Director) to notify in writing the institution where the athlete is enrolled or signed within 10 days following the first contact.
- (f) A coach or another representative of a member institution may respond to a contact by an athlete only after the enrolled athlete's institution (Athletic Director) has been notified.
- (g) A coach or another representative of a member institution shall not initiate contact with an athlete who has enrolled or signed a letter of Intent at another institution.
- (h) Violation of any part of the recruitment policy shall cause an immediate investigation by the National Conduct and Ethics Committee for appropriate action.

### Section 4. Disciplinary Authority of the Commissioner.

- (a) The Commissioner shall have the authority to take disciplinary action, short of expulsion, against Conference members for violation of Conference or NAIA rules. Any appeal of a decision by the Commissioner shall be made to the Executive Committee of the Board of Directors.

### Section 5. Sports Committees.

- (1) There shall be a committee for each sport which the Conference sponsors. The members of the committee shall be all the head coaches in each sport. For each such committee, the members shall elect a Chair, Vice Chair and a Secretary. Each officer shall be limited to two years in one position. After two years the Chair Elect Vice Chair will move up to the Chair position and the Secretary will move up to the Vice Chair and the Committee shall select a new Secretary. Effective fall of 2005. The Chairperson has the authority to call meetings providing two weeks notice is given. Notice of the meeting shall be given to the Athletic Director in charge of the sports portfolio and the Commissioner. Each Athletic Director will be assigned a sports portfolio and will serve as the liaison between the sports committee and the Athletic Director's Council. The Chair or his designee may appear before the Athletic Director's Council to present the views of the committee on matters related to their sport and to make recommendations for change. The Secretary is charged with the responsibility of preparing and distributing the minutes of all meetings. Copies are to be sent to all committee members, the Athletic Director in charge of that portfolio and the Commissioner.

### Section 6. Practices.

- (a) Practice is defined in the NAIA Bylaws in Article I, Section E6 as an activity organized and/or directed by an identified member of the coaching staff of that sport in which appropriate equipment

is used or instruction and/or evaluation of the athlete takes place.

- (b) The starting IN-SEASON PRACTICE date for all fall sports will be the date established by the Council of Athletic Directors. The starting IN-SEASON PRACTICE date for all winter sports is October 1. The starting IN-SEASON PRACTICE date for all spring sports is February 1.
  - (c) IN-SEASON PRACTICE and competition for all sports shall end on the last date of the NAIA competition for each sport.
  - (d) Baseball and softball will be allowed 25 out-of-season practices days. All other sports will be allowed 10 OUT-OF-SEASON PRACTICE DAYS. The term in which each sport may conduct out of season practices follows: (no scrimmage games will be allowed)
- | <u>FALL</u>                      | <u>SPRING</u> | <u>SPRING OR FALL</u> |
|----------------------------------|---------------|-----------------------|
| Baseball                         | Football      | Basketball            |
| Softball                         | Volleyball    | Wrestling             |
| Tennis                           | Soccer        |                       |
| Track & Field (Indoor & Outdoor) | Golf          |                       |

#### Section 7. Unattached Athletes.

- (a) There are 7 criteria that MUST be met for a student to be considered “unattached”. If the student(s) meets criteria then they will not be charged a season of competition and the institution does not run the risk of allowing a possibly ineligible student to compete. The 7 criteria are as follows:
  1. A coach or representative of the athletic department cannot enter the student(s) in the event;
  2. The institution or its representative cannot provide transportation to the event, from the event, or at the event;
  3. The institution or its representative cannot provide meals or housing to the student(s) with regard to the event;
  4. The student(s) cannot wear an institutional uniform nor use the institution’s name in the event;
  5. Student(s) competing “unattached” are not covered by institutional athletic insurance;
  6. Student(s) must be made aware of the restriction of no athletic insurance;
  7. The competition and participation must conform to NAIA amateur status regulations.

#### Section 8. Alcohol and Tobacco Products.

- (a) The use of alcohol, tobacco or tobacco products is not permitted by participants, coaches, cheerleaders, trainers, game administrators, or officials in the playing areas during DAC or NAIA competition and practices for such competition. The coaching staff and the Athletic Director shall enforce this policy during practice sessions. The game administrator and/or the Umpire shall enforce this policy during competition. Enforcement of this policy shall follow the following steps: On the first offense, the individual(s) and team shall receive an official warning. A second offense will cause expulsion from practice or game.

#### Section 9. Conveying Information to Non-Conference Opponents.

- (a) Staff of member institutions shall not provide or exchange information in any form with representatives of non-conference opponents if such information could be used for scouting purposes or in some other way to the disadvantage of any member institution’s athletic teams.

#### Section 10. Pregame Information.

- (a) It is the responsibility of the Athletic Director or designee of the director at the host institution to provide information to the coach of the visiting team regarding access to the facilities, dressing room accommodations, starting time, officials assigned, and any special arrangements such as pregame or half-time ceremonies or other information important to the planning of the visiting team. This information shall be made available on arrival of the visiting team.

#### Section 11. Trainer and Training Room Services.

- (a) Each institution shall provide its own athletic trainer services, and the training room facilities of host institutions shall be made available to visiting teams for all contests.

#### Section 12. Conference Publicity and Statistics.

- (a) The Conference shall maintain a Conference Sports Information Director and all releases regarding official business of the Conference shall be released at the direction of the Commissioner. For each Intra Conference contest, host institutions shall have the responsibility to file statistical reports;

for each contest with non-conference opponents, the member institution shall file the reports. All reports shall be filed immediately following each contest.

**Section 13. DAC Policy on Delaying, Postponing and Rescheduling Contests.**

- (a) **Delay or Termination of Conference Events.** The Dakota Athletic Conference recognizes four legitimate cause for delay or termination of a contest:
1. Obstruction of any type that cannot be removed from the playing facility.
  2. Failure of electrical power or other services necessary to continue a contest.
  3. Weather conditions that make it impossible to play or continue to play.
  4. Misconduct, by any persons, that jeopardizes the safety of persons playing or spectating. If the apparent cause is 1, 2 or 3 above, the referee or chief official shall determine when a contest is to be delayed, terminated, or resumed. For cause 4, the Athletic Director of the host institution, or the director's appointed representative, shall determine whether the contest is to be delayed, terminated, or resumed. Whenever a contest is delayed or terminated, a written report to the Commissioner explaining the circumstances shall be filed by the host Athletic Director immediately after the event. Rescheduling, if appropriate, shall be accomplished as soon as possible by the Athletic Director's of the involved institutions and the Commissioner.
- (b) **Weather Postponements.** The Athletic Director of the traveling institution is to determine if weather and/or road conditions require a postponement of a scheduled contest. Rescheduling, if appropriate, shall be accomplished as soon as possible by the Athletic Directors of the involved institutions and the Commissioner.
- (c) When rescheduling a meet, the following order is recommended:
1. Following day at the schedule site.
  2. Moved to the closest possible site that will accept the event to be held on the day following the scheduled meet.
  3. Reschedule the meet two (2) days following the scheduled date at the original site.
  4. Meet is canceled if the above options are not acceptable.

**Section 14. DAKOTA ATHLETIC CONFERENCE Meet Manual.**

**GENERAL POLICY:**

- (a) The DAC indoor meet will be scheduled each year at Spearfish. The indoor meet will be held the Friday-Saturday two weeks prior to the indoor national meet.
- (b) The DAC outdoor meet will be scheduled the second weekend in May, with preference given to the Friday date, and will rotate sites in the following order: Minot, Black Hills, Dickinson, Jamestown, SD Mines, Dakota State, Valley City and Mayville. If a school does not sponsor track & field that school will be passed over in the rotation. The outdoor meet date will be set by the Athletic Directors.
- (c) The outdoor multi-event competition will rotate between Dickinson, Black Hills, Minot and Jamestown and will be held on the Sunday/Monday two weeks prior to the DAC championship.
- (d) The suggested starting time for the Hammer Throw is 10:00 AM, field events is 11:00 and 12:00 for running events (host time).
- (e) The indoor and outdoor meets shall be conducted in accordance with the current NCAA Track and Field Guide unless deviations appear in this manual and/or are approved by the majority of the coaches.
- (f) A starter, a recall starter and a referee shall be appointed by the host school for the DAC indoor and outdoor meets and must attend the Coaches Meeting. The referee cannot be a current coach in the DAC.
- (g) Electronic timing shall be used at the indoor and outdoor meets. In the event of timing system failure, only Fully Automatic Times in races of 200 meters or less (including hurdles) will be considered for meet records. Hand timed races for distances above 200 meters will be considered for records after applying proper automatic timing adjustments as per the NCAA rulebook.
- (h) The host school may specify the type of spikes and starting block that may be used.
- (i) Scoring will be in accordance with the NCAA rulebook for eight places.
- (j) Host school for DAC Cross Country, Indoor and Outdoor Track & Field must send out meet information (entry information, schedule, instructions, maps, Motel/restaurant information) at least 30 days prior to the championship.
- (k) The host site may establish designated areas for video-taping field events; however athletes may not consult with personnel conducting the video-taping.

**UNIFORMS:**

- (a) The athlete's meet top may be any school issue and must have school identification; except for relay events where all runners must have the same primary color top (may be a combination of speed suits and singlets). Any color of tights and tights/shorts/pants combination may be worn. Undershirts are not a part of the uniform and when worn, do not need to match nor do all relay members need to wear one.

**ENTRIES:**

- (a) Number of entries: Each school will receive three automatic entries per event. If a school has more than three athletes that have met or exceed a qualification standard, established by the DAC track coaches, that school may enter those additional athletes, up to a total of six athletes per event. Each school will also receive two optional entries for men and two optional entries for women, to enter a non-qualifying athlete into an event.
- (b) Establishing Standards:
1. Event standards are to be set at the beginning of the school year.
  2. Event standards are to be based upon the average third place performance over the previous three years. The standard in the bar events is to be rounded down to the nearest inch.
  3. The DAC standard for new events will be the NAIA provisional qualifying standard for the initial year. In subsequent years it will be the average third place at the DAC Championship until it has been contested for three years, at which time the standard will be established in the same manner as all other events. **Exception:** When the DAC qualifying standard exceeds the NAIA provisional standard, the NAIA provisional standard becomes the DAC standard for that event.
- (c)
  1. Coaches are to submit performance updates through Direct Athletics within seven days of competition. Updates must be submitted to have times and distances considered for seeding purposes in the DAC indoor and outdoor meet. Hand held times should be submitted in tenths-FAT times in 1/100ths.
  2. Entry marks will be taken from the final DAC performance list prior to the meet. All performance updates are to be submitted within seven days of a competition. Updates for the final performance list prior to the conference meet must be submitted by noon, the Monday prior to the Championship.
  3. Times submitted for seeding must be times achieved in OPEN events (not relay splits) during the current season. Hand held times should be submitted in tenths-FAT times in 1/100ths.
- (d) Entries must be declared through Direct Athletics by 4:00 p.m. (host school time) two days prior to the meet. A coach may not add or substitute in an event after this time. An athlete that is scratched from an event will also be scratched from all other events. The host school is to confirm that they have or have not received the entries. All scratches must be turned in at the coaches meeting to be held ninety minutes prior to the start of the second day of the indoor meet and ninety minutes prior to the start of the first event in the outdoor meet. All entries on the entry form will be indicated by an "X" (automatic) or an "R" (optional).
- (e) Coaches must declare their right of membership entries into Direct Athletics prior to the 4:00 PM deadline. Following the 4:00 PM deadline, coaches must E-mail which athletes and events they have selected for their right of membership.

**RUNNING EVENTS:**

- (a) The meet director will provide a performance list to the coaches before the conference meet. Races run in timed sections will use this list for seeding purposes.
- (b) In events with heats run against time, the fast heats will be contested last. All timed final heats are seeded by times into heats and preferred lanes. Times submitted for seeding must be times achieved in OPEN events (not relay splits) during the current season. [covered in c-3 of entries].
1. Preferred lanes will be set by the meet manager.
  2. Women's events are to precede the men's'
  3. Relay cards will be provided by the host school and will be completed and turned in when the relay team checks in for the event.
- (c) Athletes must choose between the 3,000 meter run and the 5000 Meter run in the indoor meet

and between the 5,000 meter run and the 10,000 meter run in the outdoor meet.

- (d) It is recommended that the host school have a back up timing system.

#### FIELD EVENTS:

- (a) Time limits, flights, flight order, scoring, and permission to change performance order, will be established by the rulebook. Athletes may be excused for a conflicting running event, but must return immediately after the conclusion of that event. The athlete may be moved to a different preliminary flight to avoid conflicts. During finals, other finalist may choose to wait for the return of an excused athlete before taking their attempts.
- (b) The top nine performers in the preliminaries will qualify for the finals.
- (c) All implements must be certified and marked prior to the start of the indoor and outdoor meet.
- (d) Event sites and landing sectors will be chosen by the referee and meet director.
- (e) Lifts in high jump will be two inches and six inches in the pole vault until the rulebook permits a change. Opening bar heights shall be one lift below the tenth performance of the declared athlete list and adjusted downward to coincide with the national provisional qualifying mark. The last performance shall be used if there are less than ten performances on the list. The "Five Alive" system will be used for these two events.
- (f) Field events will be measured in metric.

#### SCHEDULES:

- (a) DAC INDOOR TRACK & FIELD SCHEDULE

##### FRIDAY

10:00 AM	<u>WOMEN'S PENTATHLON</u> 60 meter hurdles High Jump Shot Put Long Jump 800 meter run	<u>MEN'S HEPTATHLON</u> 60 meter dash Long Jump Shot Put High Jump
4:00 PM	WOMEN'S Pole Vault WOMEN'S Weight Throw (MEN to follow) MEN'S Triple Jump	
6:00 PM	MEN'S Pole Vault WOMEN'S 5,000m WOMEN'S Triple Jump	
6:30 PM	MEN'S 5,000m	

##### SATURDAY - FIELD EVENTS

8:30 AM	Hept. 60m hurdles
9:15 AM	Hept. Pole Vault
9:30 AM	Long Jump (W/M) Triple Jump (W/M) Follows men's long jump Shot Put (W/M) High Jump (M/W)

\*Heptathlon 1000m (30 min after conclusion of Heptathlon PV)

##### RUNNING EVENTS

11:10	4 X 200 relay	Final
11:25	4 X 800 relay	Final
11:55	60 meter hurdles	Semi

12:10	60 meter dash	Semi
12:45	3000 meter run	Final
1:10	60 meter hurdles	Final
1:20	400 meter dash	Final
1:40	60 meter dash	
1:55	800 meter run	
2:20	200 meter dash	
2:30	3000 meter run	
2:50	4 X 400 meter relay (one heat)	

\* If heptathlon 1K falls within running event schedule, start times will be revised from that point.

(b) DAC OUTDOOR TRACK & FIELD SCHEDULE

9:30	Scratch Meeting
FIELD EVENTS	
10:00	Hammer Throw
11:00	Long Jump – men High Jump – women Pole Vault – men Shot Put – women Hammer Throw - men
12:30	Long Jump – women High Jump – men Shot Put - men Hammer Throw - women
1:00	Pole Vault – women
2:00	Triple Jump – men (follows women's long jump) Discus - women (follows women's Hammer Throw)
3:30	Triple Jump – women (follows men) Discus - men (follows women) Javelin – women (men follow)
TRACK EVENTS	
11:00	10,000 Meter Run (held as a combined event)
12:00	100m/110m HH (trials) – women/men
12:10	4 x 800m Relays – women/men
12:35	100m Dash (trials) – women/men
12:55	3000m Steeplechase – women/men
1:40	4 x 100m Relay – women/men
1:55	1500m – women/men
2:15	100m HH (final) – women
2:20	110m HH (final) – men
2:30	400m – women/men
2:45	100m (final) – women/men
3:00	800m – women/men
3:25	400m IH – women/men
3:45	200m – women/men
4:05	5000m – women/men
4:45	4 x 400m Relay – women/men

(c) HEAT AND LANE ASSIGNMENTS:

Timed Finals-seeded into heats by times from the final Performance list.

**Indoor**

200-400m-	4 fastest competitors in the fastest heat, next fastest times seeded evenly into subsequent heats.
800m-	1-9 fastest competitors in one heat, alley start with a one turn stagger.  10-12 competitors, six fastest competitors in the fast heat, next fastest times seeded second heat.  13 or more competitors, nine in the fast heat, subsequent heats seeded by time and divided evenly.
1500m-3K-	1-12 competitors, one heat, waterfall start.  13 or more competitors, nine in the fast heat, subsequent heats seeded by time and divided evenly.
4x200 relay-	1-4 team's one heat and 5 or more teams divided evenly into two heats, with the fastest qualifying teams seeded into the fast heat.
4x400 relay-	1-6 teams run in one heat. Seven or more teams, heats to be divided evenly with the fastest qualifying teams seeded into the fast heat.

**Outdoor**

200-400-IH-	1-8 competitors in the fastest heat (nine if the track will allow). 9-12 competitors, six fastest in the fast heat. 13 or more competitors, eight fastest (or nine) in the fast heat, subsequent heats seeded by time and divided evenly.
800m-	1-12 fastest competitors in one heat, lanes or alley start with a one turn stagger.  13 or more competitors, nine in the fast heat, subsequent heats seeded by time and divided evenly.
1500m-	1-12 competitors, one heat, waterfall start.  13 or more competitors, nine fastest competitors in the fast heat, subsequent heats seeded by time and divided evenly.
4x400m relay-	1-6 teams, one heat. 7 or more teams, heats to be divided evenly with the fastest qualifying team seeded into the fast heat.
Steeplechase-5k-	1-15 competitors, one heat, waterfall start. 16 or more competitors, heats seeded by time and divided evenly.
10k-	Men and women shall run together if the total number of competitors does not exceed twenty. If the total number of competitors exceeds twenty then the race shall be divided into heats by gender.
Field Events-	1-9 competitors, one flight. 10 or more competitors, divided evenly into flights with the best performances seeded into the last flight. Nine competitors advance to finals.

**Jury of Appeals and Protest:**

- (a) Protests that relate to matters that develop during the competition should be made at once and no later than 30 minutes after the result has been announced. Any such protest must be made in writing by the head coach and submitted to the referee. Decisions of the referee may be appealed to the Jury of Appeals. The Jury of Appeals will consist of three coaches not involved in the appeal selected from a random list of coaches. The referee also must be appointed in advance and is not

to be an active coach.

**Meet Results:**

- (a) The host school will provide a copy of complete results with all places (not just scoring places) to each school and complete results will also be posted on the conference web site.
- (b) Individual relay team members of the top three (3) teams will be listed when reporting meet results.

**Awards:**

- (a) Individual and team awards shall be given only when at least one-half or more of the Conference institutions participate in a sport for both indoor and outdoor track and field.
- (b) The Conference coaches shall select the following individual honors and voting will take place by noon, the Monday following the conference meet.
  1. Most Valuable Senior - vote of coaches by procedure under Awards – section (e) nominations are due one week prior to DAC Championship.
  2. Coach of the Year - vote of coaches – one vote for one coach
  3. Outstanding Track Athlete of the Meet - determined by most total points scored by an individual in track events (multi events points not counted)
  4. Outstanding Field Athletes of the Meet - determined by most total points scored by an individual in field events (multi event points not counted)
  5. Most Valuable Athlete of the meet (top scoring athlete) - determined by most total points scored by an individual in the conference meet (multi event points are included for this award)
- (c) Medals will be awarded to the top 6 finishers in individual events and to the top 3 relay teams members.
- (d) Athletes with high academic achievement are honored at the end of each term as DAC ACADEMIC HONOR SCHOLARS. Individual certificates are awarded to each athlete that qualifies (See Appendix G in the DAC manual for the qualification policy for this award).
- (e) Selection Policy on DAC Most Valuable Graduating Senior Award:
  1. The athletes should have contributed greatly to the success of his or her own team and served as a role model for other squad members.
  2. The Sports Chair of each sport is responsible for conducting the selection process.
  3. Only one athlete is to be selected for each award.
  4. Each school should be given the opportunity to nominate an athlete for each award. The most valuable graduating senior athlete must be in his or her final year of eligibility.
  5. All Coaches should be given the opportunity to vote by ranking all those nominated in order of preference. The points for each athlete nominated will then be calculated by using the following method:

#1 rank	10 points
#2 rank	9 points
#3 rank	8 points
#4 rank	7 points
#5 rank	6 points
#6 rank	5 points
#7 rank	4 points
#8 rank	3 points
#9 rank	2 points
#10 rank	1 point

Total the points from all ballots to determine the Most Valuable Graduating Senior and the Most Valuable Player.