

Suburban Parochial League – Track & Field By-Laws

Revised and Amended 2024-02-21

Unless otherwise noted, the provisions set forth apply to all track and field meets sponsored and/or sanctioned by the Suburban Parochial League - Track & Field (SPLTF).

A. ATHLETE ELIGIBILITY

1. Eligible participants: Any boy or girl in grades 5 – 8 and in regular attendance at a member school, in good academic standing as determined by their respective school.

SPLTF student-athletes compete by grade and gender. They may compete at a higher grade level than their own grade level but are limited to competing with their own gender. Athletes are, however, allowed to compete at either their own grade level or higher and at different meets. They may **not** compete at a grade-level level lower than their own.

2. Special Needs Student-athletes: Participation by special needs student-athletes, enrolled in a member school, are welcome and encouraged by the SPLTF. However, competing in meets is subject to the safety and well-being of all student-athletes which is of paramount importance most especially when starting and finishing a race and/or field event.

3. Ineligible participants:

- Fourth (4th) grade students are ineligible and not permitted to practice with SPLTF teams or compete in SPLTF meets.
- Any student-athletes who are not a member of a SPLTF member school's team are ineligible to compete in SPLTF meets.
- Students who are determined by their respective school to (a) be academically ineligible or suspended for behavior are unable to participate in practices and meets; and (b) disqualified for a specific event(s) or meets as a penalty for rules violations, described elsewhere in these By-Laws or other governing rules.
- Students attending a public school, who are enrolled in a parish's religious education program, are ineligible to participate in SPLTF meets or team practices.

B. SPLTF TRACK MEETS

1. SPLTF sponsored Track Meets:

a. The following three SPLTF sponsored and funded meets are administered under these "*General Program*" provisions AND by procedures developed by the Events Committee.

- i. Co-Ed Relay Meet and/or two simultaneously run Traditional Format Meets
- ii. Divisional A, AA and AAA Qualifying Championship Meets
- iii. Championship Meet (a/k/a League Finals Meet)

b. The Co-Ed Relay Meet and the two simultaneously run Traditional Meets are traditionally scheduled to occur in Week #3 before Divisional (Week #4) and League Final (Week #5) Meets, as long as the Illinois Science Fair does not fall on Divisional Meet weekend. If the Science Fair is held on the Week (#3) of the Divisional...

... Meet weekend, the Co-Ed and companion traditional meets will be switched; i.e. Co-Ed meet will be held on Week #4 and Divisional Meet on Week #3.

- c. The SPLTF Divisional A, AA and AAA Championship Meets and the SPLTF League Finals Meet (SPLTF Championship Meet) are hosted by SPLTF member schools. Hosting responsibilities will be determined at the League's post-season (Summer) meeting and can be singular or shared with a co-host and are either voluntary, or if no member school volunteers to host, assigned from the Universal List.

The hosting responsibilities will be for a two-year term. On a voluntary basis, host schools may choose to host for an additional two-year term.

2. SPLTF Sanctioned Track Meets:

- a. Other track meets may be approved for inclusion in the official SPLTF season schedule. These are typically meets held in Weeks #0, 1 and 2.
- b. Expense of these meets are generally funded from outside sources, e.g. K of C, school associations, etc. The SPLTF will pay the track rental fee, if any, for these and the other SPLTF sponsored meets. (Note: Effective the 2024 season, the Scheduling Committee will make arrangements for hiring IHSA officials as starters for all meets, with payment to be made by the SPLTF Treasurer.
- c. SPLTF sanctioned meets are expected to follow all provisions of the SPLTF By-Laws *General Program*, but have latitude in choice and sequence of events, individual and team awards and quantity of entries in events.

C. ATHLETE COMPETITION

- 1. Competition is by INDIVIDUAL athletes, except in running "relays" (which involve competition by TEAMS consisting of four individuals).
- 2. Track and Field competition is conducted within the following groups:

	<u>Morning</u>	<u>Afternoon</u>
a.	Grade 5 boys	Grade 7 boys
b.	Grade 6 boys	Grade 8 boys
c.	Grade 5 girls	Grade 7 girls
d.	Grade 6 girls	Grade 8 girls

D. INDIVIDUAL ATHLETE PARTICIPATION LIMITS

- 1. Athletes may compete in at their grade level or higher but may **not** compete in a lower grade level event.
- 2. An individual athlete is **NOT** allowed to compete in more than four (4) events at any SPLTF sponsored or sanctioned track meet; a track meet is the entire day/all groups. However, at the Co-Ed Relays Meet, a maximum of five (5) is recommended / allowed.
- 3. Participation: (i) All events are OPEN unless specified as closed. (ii) NO ONE may participate in the SAME INDIVIDUAL EVENT at two different grade levels. (iii) An athlete...

...may compete in DIFFERENT events at different grade levels; (d) An individual competitor may compete in both the 400m Major and 400m Minor relays at the same grade level.

The SPLTF Divisional Finals Meet Administration document specifies the maximum number of entrants from any one team in a specific event. **Coaches are responsible for knowing these limits.** The chart below specifies these limits:

Participation Limits – By Event

Level	Event	Maximum Entries / Team	Sequence
Jr. Varsity	Field: High Jump *See Notes (i) & (ii)	3	Combined 5 & 6
Jr. Varsity	Field: Long Jump	4	5,6
Jr. Varsity	Field: Triple Jump	4	6,5
Jr. Varsity	Field: Javelin	4	5,6
Jr. Varsity	Field: Shot Put (6 lbs or 2.72kg)	4	6,5
Jr. Varsity	Track: 75m Dash Prelim	2	5,6
Jr. Varsity	Track: 100m Dash Prelim	2	5,6
Jr. Varsity	Track: 200m Dash	2	5,6
Jr. Varsity	Track: 400m Dash	2	5,6
Jr. Varsity	Track: 600m Run	2	5,6
Jr. Varsity	Track: 800m Run* (See Note)	4	5,6
Jr. Varsity	Track: 400m Relay – Major	1 team/school	5,6
Jr. Varsity	Track: 400m Relay – Minor	1 team/school	5,6
Jr. Varsity	Track: 800m Relay	1 team/school	5,6
Jr. Varsity	Track: 800m Medley Relay	1 team/school	5,6
Varsity	Field: High Jump *See Notes (i) & (ii)	3	Combined 7 & 8
Varsity	Field: Long Jump	4	7,8
Varsity	Field: Triple Jump	4	8,7
Varsity	Field: Discus	4	7,8
Varsity	Field: Shot Put (8 lbs or 3.63kg)	4	8,7
Varsity	Track: 75m Dash Prelim	2	7,8
Varsity	Track: 75m Hurdles Prelim	2	7,8
Varsity	Track: 100m Dash Prelim	2	7,8
Varsity	Track: 200m Dash Prelim	2	7,8
Varsity	Track: 400m Dash	2	7,8
Varsity	Track: 800m Run* See Note (iii)	2	7,8
Varsity	Track: 1600m Run* See Note (iii)	Unlimited	7,8*
Varsity	Track: 400m Relay – Major	1 team/school	7,8
Varsity	Track: 400m Relay – Minor	1 team/school	7,8
Varsity	Track: 800m Relay	1 team/school	7,8
Varsity	Track: 1600m Relay	1 team/school	7,8

*Notes: (i) The maximum number of high jumpers for SPLTF sanctioned meets in Weeks #0, 1 & 2...

...and the sponsored meets in Week #3 is 3 contestants. The meet host will specify the allowable number of contestants in the meet letter. For the divisional championship / qualifying meets in Week #4 and the Championship Meet in Week #5, **the limit will remain 2 high jumpers per team.**

(ii) Effective the 2024 season, contestants in the high jump are to be combined with all contestants jumping at the same height before the bar is raised to the next height. i.e. In the morning session, 5th and 6th grade contestants will compete together with 5th jumping first followed by the 6th graders. Once all contestants have cleared or been eliminated, the bar will be raised to the next height. In the afternoon session the same procedure is to be followed for 7th and 8th grade contestants.

(iii) Meet officials may combine 7th and 8th grade contestants in a single race if there are 12 or less competitors. If 7th and 8th competitors are combined in a single race, they must be identifiable by grade for finish line judges.

4. Penalties & Disqualification - Exceeding event limits / Illegal participation

a. If an individual competitor exceeds the 4-event limit referenced in 3.a above,
(i) **all** finish places, award ribbons and team points earned by that individual(s) will be forfeited; (ii) If the individual competed in a relay event, the finish place, award ribbons and team points earned by the relay team shall be forfeited; and (iii) If the violation occurs during the divisional qualifying meet, he or she will be denied participation in the League Finals (Championship) Meet.

b. If an athlete or athletes exceed the maximum number of entries for a specific event referenced in 3.b above, all finish places, award ribbons and team points earned by the individual or individuals will be forfeited. If the violation occurs during the divisional qualifying meet, he or she or they will be denied participation in the League Finals (Championship) Meet for that specific event. Disqualification for exceeding the maximum number of entrants for a specific event will NOT disqualify the individual or individuals from competing in other events for which they have qualified, to include relay teams.

c. Any athlete running illegally in a relay at the divisional qualifying meet automatically disqualifies his/her relay team. While the offending athlete may not participate in the League Finals (Championship) Meet, including all Open Events, the remaining relay team members may compete in (i) all other events for which they have qualified; (ii) as substitutes in relays or in the extra races; (iii) as a substitute for an ill or injured qualifier within the parameters of the "substitution rule."

E. EVENT RULES & MEET ADMINISTRATION / ATHLETE CONFLICT RULES

1. Event rules and meet administration will conform to the standards published in the *National Federation of State High School Associations* (NFHS) "Track and Field And Cross Country Rules Book" except where specified differently within these By-Laws. The Equipment Subcommittee will annually purchase 3 of the updated NFHS Rules Books and place them in the League's meet equipment bags for easy availability by coaches or meet officials.

2. The SPLTF, unless other arrangements are made for paid IHSA licensed officials or third party individuals/vendors, is wholly dependent on volunteers from its member schools to

provide sufficient meet officials to run a meet. This includes, but is not limited to volunteers to run field events, relay judges, finish line judges and timers, etc. Consequently, each member school is asked to provide input annually as to its areas of expertise, from which a *Volunteer Worker Assignments* list is compiled. Host school meet managers in turn use this list to assign each participating school specific responsibilities in order to run a meet. (Note: Worker assignments come with a specified number of volunteers needed.)

Penalties: Member schools who fail to provide sufficient volunteers to complete their assigned responsibilities will be placed on probation for a period of one calendar year. Continued failure to meet their volunteer responsibilities will result in suspension from the League and will require they petition the League for re-entry.

3. SPLTF Specific Meet Administration Rules:

- a. Starting blocks are **prohibited**; no other forms of assistance are allowed.
- b. The SPLTF does NOT use Acceleration Zones; “out-going” relay runners must start within the marked exchange zone, i.e. their back foot must be positioned within the exchange zone.
- c. False start disqualification occurs upon the SECOND false start attributed to a competitor.
- d. Competitors in running (track) events will be allowed to compete in an event if they are present at the starting line when the starter or assistant starter has confirmed lane assignments and is giving instructions: i.e. competitors do not necessarily have to be in the staging area as they may be competing in back-to-back events.
- e. Coaches may stand in for a competitor at the starting line when the starter or assistant starter is confirming lane assignments and giving race instructions when the competitor is racing in back-to-back events. The competitor **IS** responsible for knowing all instructions when a coach stands in for them.
- f. For races of 800m or more, two grade levels may, at the option of meet officials, be run together if the total number of runners is 12 or less and can be done safely. Each grade’s competitors must be easily identified and there needs to be sufficient finish line judges for each grade.
- g. Competitor s will be disqualified (DQ) if they run outside of their assigned lane for 2 or more steps while gaining an advantage and/or impedes another competitor while doing so.
- h. Field event competitors do not have to personally sign-in for an event: a coach or teammate may sign-in for them.
- i. Field event competitors may **not** be changed or added after the first competitor begins the event with an “official” try.
- j. Field event tries by a competitor competing in two or more events being run at the same general time can be worked in at any time during that event’s competition,

provided that the request is made to the event official running the event at sign-in. A conflict occurs when an athlete is competing in two field events simultaneously. Note: Religious related activities are an acceptable conflict. A conflict does not exist as the result of an athlete participating in an event outside of a SPLTF track meet.

- k. Field event competitors in the long and triple jump are **NOT** allowed to move in the opposite direction on the runway during warm-ups and in competition, i.e. steps may **NOT** be determined by moving from the board backwards to an athlete's take-off point as NFHS Rule 6-2-6 was adopted by the SPLTF beginning with the 2023 season.
 - l. Once the high jump bar is raised in competition it may not be lowered for missing or late jumpers.
 - m. **No competitor is allowed to compete in an event after all competition is finished, unless he or she is physically present when the final competitor finishes. Once an event is declared closed; it is closed.**
- 4. No event will be re-run.
 - 5. Effective in the 2024 season, field events, to include High Jump, will begin 30 minutes prior to the start of running events, requiring the meet to start 30-minutes earlier than previously. Practice jumps / throws occur prior to the hurdle prelims being run when the event site is declared to be open and event officials are present. No practice jumps or throws may occur prior to the arrival of an event official and the site declared to be open.
 - 6. The Meet Director is directed to ensure that running events do not begin until involved track competitors have completed their field events and vice-versa. The Head Coach of each team present at the meet must approve any exceptions. NFHS Rule 6-2 Art 6 provides "Warm-ups shall not be allowed unless supervised by an event official or the contestant's coach and the venue declared open by the meet director."
 - 7. All head coaches, and SPLTF and meet officials must be always allowed access to ALL meet event areas during the entire day. However, access to the staging area by head coaches or their singular designate at both SPLTF sanctioned and sponsored meets is (a) at the discretion of the meet manager; and (b) provided they do not interfere with the orderly operation of the meet.

F. DISQUALIFICATION – RUNNING EVENTS

- 1. False start disqualifications (DQ) are **final** decisions and cannot be appealed when called by the starter or assistant starter. In SPLTF competitions, the competitor is disqualified on the **SECOND** false start.
- 2. Disqualification (DQ) for a running event, to include relays, is initially called by a witnessing meet official: e.g. lane judge, relay judge, starter, assistant starter, head finish line judge, head field judge.
- 3. With the exception of false starts, before the DQ is officially administered, the ruling official should explain the reasons for the DQ to the Meet Director and the offending team's coach.

The coach may appeal the ruling to the Games Committee which will ratify or deny the DQ. The intent is to ensure consistent, fair, and reasonable DQ decisions.

G. DISQUALIFICATIONS – BEHAVIOR AND SPORTSMANSHIP

1. Athletes and coaches are expected to compete fairly, to display good sportsmanship and to respectfully cooperate with meet officials.
2. The *Games Committee* has the authority to disqualify athletes, coaches or spectators from further participation at a meet when the offending action and/or language discredits SPLTF standards: i.e., use of profanity, criticism of a meet official or disrespect to an opponent, meet official, willful failure to follow a meet official's important directions, etc.
3. Coaches best serve the interest of the SPLTF and athletes by being positive role models of good sportsmanship. Coaches should avoid displays of anger and should not visibly or audibly protest the decisions of meet officials. Nor should Coaches risk injury to or the health of a physically unfit athlete.

H. UNIFORMS AND AUTHORIZED EQUIPMENT

1. Uniforms: All runners must wear a team issued or approved uniform consisting of a t-shirt, jersey, or singlet that identifies their school that is of the same design and color. In cold weather, under-garments or sweats can be worn but the uniform top must be worn on the outside to allow easy identification of the competitor. There is no specific restriction on the shorts and/or tights or undergarments worn by competitors. However, teams are encouraged to wear shorts and/or tights or under-garments that are identical, to complete / complement the uniform top and make identification easy.

2. Shoes: (a) Each competitor shall wear shoes on both feet that have an upper and recognizable sole and heel, which can be securely fastened to the foot. In track & field, the sole may contain grooves, ridges, or track spikes (pins). Except for "track spikes" or just "spikes" which are addressed separately in paragraphs below, permitted shoes for student-athletes in all grades include trainers, cross trainers, trail runners and racing shoes which include shoes with rubber nubby soles commonly known as flats or racing flats. Shoes worn in other athletic competitions with protrusions, such as soccer or football cleats, are prohibited in SPL competitions.

(b) For the purposes of the SPL, "**spikes**" are defined as racing shoes with sockets in the sole in which ceramic, plastic or metal spikes are inserted and designed to provide grip.

- Junior Varsity (5th/6th) competitors racing in SPL junior varsity races are **NOT** allowed to wear "spikes," whether the spikes (pins) or plugs have been inserted in the spike sockets. Shoes that do not have sockets into which spikes, pins or plugs are inserted, are legal and acceptable.
- Effective in the 2024 season, when competing in varsity events the JV contestants **are** allowed to wear spikes, so as to not put them at a disadvantage in varsity competitions.
- Competitors in Varsity (7th/8th) running or field events, and those Junior Varsity who are "competing up" in a varsity event, are allowed to wear "spikes".

- All contestants, whether junior varsity or varsity may wear spikes in varsity events subject to the following: (i) the length of the spike or pin shall be no longer than 1/4th inch (SPLTF By-Laws); (ii) ceramic, plastic or metal spikes or pins **must** be inserted into the sockets; i.e. spikes may **not** be worn with empty spike sockets; and (iii) the use of spikes, and their length, at any meet is subject to approval by the venue's host... ..organization and will be communicated to the competing teams in the meet letter provided by the meet host(s).

Note(s): (i) There are many types of "spikes", and it is suggested that the student-athlete and their parents purchase them from a specialty running store, as the staff will help guide you through the process, and make sure you end up with the best spike for your foot and your event. If purchasing via the Internet, be sure to discuss your needs before purchasing with your coach or another knowledgeable running-shoe person. (ii) Middle Distance track runners who compete in both cross-country and track can sometimes use the same spikes for all seasons. There are spikes designed specifically for cross-country, which tend to have a rubber sole with a better grip on rough or muddy cross-country surfaces vs. those for track & field."

3. Headsets / Ear buds / Cell phones: Competitors cannot wear headsets or ear buds of any kind nor possess a cell phone on the track or field event area. Possession of these items will be subject to warning and if continued use, disqualification of the offending athlete.

The starter and/or League officials will decide disputes about the validity of uniforms to include shoes within the uniform policy. It is strongly suggested that a coach (or parent) inquire prior to the start of a competition so as to not delay the race or field event and cause a competitor to miss their race or field event.

4. Javelin, Discus and Shots: Legal throwing implements are specifically described in the Event Procedure.

5. Team Tents / Shelters: Effective the 2020 season, the use of **team tents is prohibited** as a matter of safety for all athletes, coaches, and spectators. With the approval of the host site and the Meet Director, a tent may be used for scoring provided that a 10x10 tent is weighted with 40 lbs. weights on each leg secured to the tent. A concession tent may also be used, again provided the tent is secured with weights and approved by the site host and meet administration. Tents used for these purposes are subject to inspection by the League's safety officer.

I. MEET ADMINISTRATION

1. Procedures: Administering and judging events will be IDENTICAL for all SPLTF sponsored or sanctioned meets as outlined by the Events Committee.
2. Start Time: Effective the 2024 season, Field Events will begin 30-minutes prior to the running events, with the time for the coaches pre-meet meeting adjusted accordingly.
3. Variations: Event Procedures provided by the Events Committee can be found at the SPL website (www.s-p-l.org) under the heading "League Meet Administration" or in the NFHS Rules Book, except where provision has been made for an SPLTF variation.

4. These include:

(i) Calling Order of Events

(ii) Varsity Boys & Girls 75m Varsity Hurdles:

- Distance: 75m
- Number of hurdles: 6
- Hurdle Height: 30 inches
- Start: 75m start line, snapped by meet management, to 1st hurdle = 13.5m
- Distance between hurdles 1-6: 8.5m
- Last hurdle to common start/finish line = 19.0m

- Hurdle placement - High school girl's markings should be used, which are 8.5m between hurdles. The markings are normally color coded yellow on a black surfaced track, first yellow dashes in the lanes in the direction of the race. (ii) Meet managers may choose to use the 100m start line and snap a finish line that is 25m from the common start/finish line. Hurdle placement and spacing should adhere to the measurements referenced above.

(iii) Other allowable variations among different sponsored track meets occurring in Weeks #0 - #2. The following matters may be varied for any meet except for the [Divisional] Qualifying meets (Week #4), Championship meet (Week #5) and Co-Ed Relays (Week #3, if contested):

- Which events will be contested and their sequence,
- Quantity of allowed individual entries per event,
- Scoring; finish places, individual and team awards

4. Insurance

It shall be the responsibility of member schools to:

(a) Ascertain that each student from their school is covered by appropriate accident insurance to insure in the event of an accident, each student has access to appropriate medical facilities. Presently, school-time insurance covers students participating in track and field. The SPLTF will not separately insure students.

(b) Host schools shall obtain a certificate of insurance from their respective diocese via their parish's business office, naming the venue host as an "additional insured".

(c) The SPLTF will obtain liability insurance coverage for its officers, the cost of the premiums to be borne by all member schools as part of their annual dues.

3. Severe Weather Policy & Meet Cancellation

When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. **Take shelter immediately.**

Lightning is one of the most consistent and underrated causes of weather-related deaths or injury in the United States. Nearly all lightning-related injuries occur between the months of May and September and between the hours of 10:00 a.m. and 7:00 p.m. Therefore, the greatest concern for injuries in an outdoor contest appears to be during that time, though it can happen any time of year. It is essential that host schools, competing schools, and contest officials establish dialogue in advance of the contest or event to ensure that all involved are aware of what the plan will be in determining whether or when to suspend play. Host schools

are encouraged to share their plan with competing schools and officials prior to the start of the meet.

Advance Planning

Local Managers should have a documented plan in place, designated people who are responsible for monitoring the weather and a qualified person (typically a trained manager and/or officials) to make decision to suspend play. In Divisional and Championship meet competitions, the League's Executive Board (Executive officers and chairs of the 3 standing committees will make the decision to suspend the meet

Monitoring Weather

League Safety Officers during the contest should be aware of any potential thunderstorms that may form during the competition; if an evacuation is needed, managers should also know how long it would take teams to get to their safest location. Monitoring the weather with a weather alert radio, or with lightning detection systems, or any other available means, is recommended.

If competing schools have portable devices they will be bringing to a contest and have specific policy or directions from their administration that they must follow, the school must communicate those policies with the host school. Host schools must know the policies of each school assigned to their meet prior to its start.

Lightning Awareness

Generally, it is felt that anytime a cloud-to-ground strike of lightning can be seen, or thunder heard, risk is already present. **It is time for athletes, coaches, and spectators to seek shelter.**

Criteria for Suspending Play

If meet management does not have commercial weather warning equipment at the site or an efficient method of making an accurate, timely decision on location, listening for thunder is the best way to mitigate the danger. If thunder is heard, or lightning is seen hitting the ground, the thunderstorm is close enough to strike in your location. According to the National Weather Service, lightning can strike 10 miles away from the parent thunderstorm. When thunder roars, go indoors! It is important that local managers monitor not only how far away the lightning is but also how fast it is approaching. Thunderstorms can form and move quickly, and danger can arrive quickly.

Either host school administration or assigned contest officials have the authority to suspend or cancel interscholastic contests. It is recommended that those groups work together in making such determination and use any, and all available information in doing so. Participating schools with concerns at particular events should direct those to the host school management or assigned contest official. There are rules applicable to the suspension or cancellation of a Divisional or Finals meet as noted below.

The following guidelines should be followed in determining when to suspend an event: Anytime a cloud-to-ground strike of lightning can be seen, or thunder heard, risk is present, and a contest should be suspended. At that point, the 30-minute rule for resumption should go into effect.

Note: Due to the layout of some outdoor facilities, contest officials or tournament managers may not be able to see lightning actually "strike the ground." However, whenever lightning is seen moving out of clouds towards the ground, it can be assumed that the lightning is striking the ground somewhere, and as a result, the contest should be suspended.

If lightning or thunder is not present but the weather is starting to become ominous, tournament management and/or contest officials should use all available information to determine if and when a contest should be suspended. Care for both participants and spectators should be taken into account at this point. If in doubt, contest officials or tournament managers are encouraged to exercise caution and suspend play. Tournament officials should be ready to implement their emergency plans. However, competing schools who pull their teams or athletes off the field of competition prior to a contest or event suspension do so at the risk of forfeiture or disqualification from the game or event.

Suspended contests or events should be resumed at a time when the weather and/or field conditions allow for resumption.

Evacuation Plan

- **Safe Areas:** All personnel, athletes and spectators should be clearly informed of available safe structures or shelters in the event a thunderstorm approaches. A safe structure is any fully enclosed building frequently used by people. In the absence of that - athletes and spectators should go to any vehicle with a hard metal roof. Roll up the windows and do not touch the sides of the vehicle. If no safe structure or vehicle is available, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of your feet touching the ground. Wrap your arms around your knees and lower your head. Minimize contact to the ground since lightning often travels through the ground.
- **Avoid:** Tall trees or objects like light poles or flagpoles, individual trees, standing pools of water and open fields. Also avoid being the highest object on the field. Do not take shelter under trees. Avoid bathrooms if another building is available, and do not use a land-line telephone. A cellular phone or portable phone is a safe alternative if in a secure shelter or vehicle.

Resuming Activity

The NSSL (National Severe Storms Laboratory) recommends that everyone should wait at least **30 minutes** after the last flash of lightning or sound of thunder before returning to the field or activity.

Meet Suspension / Cancellation

(i) Meets cannot be declared "cancelled" before 8:00 a.m. on the day of the meet. In cancelling a meet, the health and well-being of the athletes, coaches and spectators will be taken into consideration, as well as the likelihood of the severe weather conditions continuing.

(ii) A majority vote of the Executive Board (executive officers and chairs of the 3 standing committees) will determine whether a meet should be canceled or suspended or specific events that are directly affected by the weather make them unsafe for the competitor.

(iii) If a meet (or specific events / session) is suspended the meet will continue, subject to track availability, the next day. If a qualifying or the championship meet cannot continue the next day because of adverse weather conditions, the meet will be run on the next two days without adverse weather conditions, with the junior varsity events being held on the first day and the varsity events on the second day.

The Scheduling Committee, with assistance from member schools, will find available dates and times for weekdays prior to the scheduled meet and preferably prior to the season. Upon unanimous agreement of the schools participating in a qualifying meet, other arrangements can be made, providing the qualifying meet is completed on or before the Thursday before the championship meet.

4. Records

League records may be made in all events at the Divisional Qualifying Meet(s) or League Finals (Championship) Meet. Running events need be officially timed while field event results are considered "official". All League running records will be recorded to the tenth of a second, while field events will be measured to the nearest 1/8 of an inch while using imperial measurement and millimeters (mm) for metric measurements.

Note: The IHSA has converted to metric measurements for all its contests, and shared equipment at a meet's venue may be metric. The SPLTF continues to utilize imperial measurement (inches & feet) for its contests.

5. Pets

All pets, including dogs, are prohibited at all SPLTF meets. This prohibition will be communicated by meet hosts to all participating teams, who in turn will inform their spectators of the prohibition. In the event that a pet is brought to the meet site, the owner will be asked to remove their pet by a meet official and/or coach and the meet suspended until the request is complied with. This prohibition is for the safety of all athletes, coaches, and spectators and is most likely a condition of use by the venue host organization.

Note: This prohibition does not apply to licensed service animals which are outfitted in the appropriate vest.

6. Assignment of Athlete Numbers

Each member school shall send a roster **on or before April 15** of its school's athletes in an electronic spreadsheet, in a format specified by the League, to the Scheduling Committee Chairperson for assignment of identification numbers that will be used to identify each athlete at the League divisional (qualifying) and final championship meets. Schools that submit rosters after this date will be assessed a \$50.00 surcharge on next year's dues.

7. Staging – Divisional Qualifying Meets

In order to facilitate the scheduling of events at the Divisional Qualifying Meets, each participating team shall inform the meet host and/or the meet's Staging Coordinator on or before the Thursday prior to the meet of any relay event in which they will NOT enter a team. Further, any additional changes shall be reported before 8:00 AM on the day of the meet for Jr. Varsity or 12:00 noon for Varsity competitors or relay teams.

J. Concussion Certification/ Education Requirements

The Suburban Parochial League (SPL) fully supports full compliance with [Illinois] SB-07 (Public Act 99-245), the Youth Sports Concussion Safety Act, which requires all youth sport coaches in the State of Illinois to complete a two-hour concussion education and receive a passing score on the exam of 80%. Beginning in 2016, concussion education and the re-certification must be complete every two-years. The SPL acknowledges that the initial training, successful test completion and certification of all SPLTF coaches is to be completed two weeks prior to the start of the season.

The League further acknowledges that the selection of the concussion education program and testing methodology in compliance with the Act. Compliance with the Act is the sole responsibility of each of the member schools.

Universal Member School Abbreviations

All Saints Catholic Academy	ASCA	St. Mary of Gostyn	SMG
Holy Trinity	HT	St. Mary of Mokena	SMM
Immaculate Conception	IC	St. Michael	MIKES
Notre Dame	ND	Sts. Peter and Paul	SSPP
St. Cletus	CLET	St. Petronille	PETS
St. Francis Xavier	SFX	St. Pius X	SPX
St. Isaac Jogues	SIJ	St. Raphael	RAP
St. Isidore/St John Baptist	SISJB	Ss. Scholastica	SS
St. James	JAMES	Visitation	VIS
St. Joan of Arc	ARC		
St. John of the Cross	SJC		
St. Joseph	JOES		

2024 Combined Teams

The following schools have petitioned, and been approved by the League for merged team status for the SPLTF 2024 season:

All Saints / Sts Peter & Paul	ASPP
Holy Trinity / Notre Dame	HTND
St. James / St. John Baptist / St. Isidore	JJBSI
St. Joseph / St. Mary of Gostyn	JSMG

Change Brief

- 2024-02-21 Updated Universal Member School Abbreviations (1) listing individual member schools, (2) deleting Kingwood Academy, expelled for non-participation, Sacred Heart due to closure and St. Matthew due to withdrawal from League, (3) added St. Mary of Mokena who completed its probation year after joining in 2023.
 Added Combined school teams approved for 2024 season.
 By-Law B.2(b): Scheduling Committee assumes responsibility for hiring all [IHSA] starters.
 Payment to IHSA officials hired for all meets to be borne by the SPLTF and made by the League Treasurer.
 By-Law D.3: Increased the number of high jump contestants from 2 to 3 in Weeks #0 – 3 and combined high jump contestants for both sessions to improve event efficiency. (see Notes).
 By-Law E.5: Field events to begin 30 minutes before running events. i.e. Meets to begin 30 minutes earlier than previously, with adjustment for the coaches meeting.
 By-Law E.6: Relabel previous By-Laws E.5 and E.6, and E.6 and E.7 with the addition of new By-Law E.5.
 By-Law H.2(a): Refine and clarify the definition of what constitutes “Spikes”.
 By-Law H.2(b): Authorize the use of spikes by JV contestants who are competing in a varsity event(s).
 By-Law I.2: Field events to begin 30-minutes prior to running events.
 By-Law I.4: Added Note about IHSA’s conversion to metric measurement and SPLTF’s continued use of imperial measurements.
 Non-material changes made for spelling, grammar and punctuation.
- 2023-06-09 Deleted Sacred Heart and Kingswood Academy from Universal School Abbreviations due to (a) school closure in 2023 and withdrawal from SPLTF and (b) expulsion for non-activity.

- 2021-03-25 Deleted Our Lady of Peace (OLP) and St. Irene (IRENE) from Universal School Abbreviations due to school closure and withdrawal from the SPLTF.
- 2020-02-12 Revise the By-Laws in its entirety, updating verbiage and re-organize various sections by activity in addition to adding new paragraphs and subparagraphs:
 By-law A.2: Makes provision for allowing special needs students to participate.
 By-law A.3: Defines and expands ineligible participants.
 By-Law E.3(j): Nullifies NFHS Rule 6-2-6, allowing long and triple jump competitors to move in the opposite direction on the runway; re-labels subparagraphs (j), (k) (l) and (m).
 By-Law H.2: Allows varsity 7th and 8th grade athletes to wear spikes.
 By-Law H3: Prohibits wearing headsets, ear buds and cell phones in the areas of competition.
 Re-labels existing Paragraph 3 (Shotput and Discus) as subparagraph 4
 By-Law H.5: Prohibits use of team tents / shelters at all meets
- 2019-04-15 Updated Universal School Abbreviations:
 Remove St. Luke; added St. Matthew (JAMAT with St. James) and Kingswood Academy (OLPKA with Our Lady of Peace).
 Change abbreviation for combined schools St. Raphael, St. Dominic & St. Scholastica (SSDR)
 By-law B.1(c): Add new meet hosting guidelines.
 By-law E.2: Add verbiage re: providing event volunteers and consequence of not providing volunteer workers.
 By-law E.13: Provides clarification re: coaches allowed in Staging Area.
- 2018-03-05 By-law I.9: Updated School Abbreviations adding St. Luke and St. Mary of Gostyn
 By-law B.2: Changed title from “Non-sanctioned” to “non-sponsored”.
 By-law B.2(b): Added SPL’s assumption of responsibility for paying track rental fees for sanctioned and sponsored meets.
 By-law I.4: Incorporated the IESA’s Severe Weather Policy in its entirety to Meet Cancellation policy.
 By-law I.9: Deleted duplicate “Lightening Policy” and replaced with School Abbreviations.
- 2017-05-12 By-law J: Added Concussion Education Requirements
- 2017-05-01 By-law D.3 & D.4: Revised to further clarify event participation, disqualification, and penalties provisions.
- 2016-03-01 By-law I.(b): (1) Updated for girl’s hurdle distance commonly used on high school tracks; and (2) Added 10-minute rest period between hurdle prelims and finals.
- 2016-03-01 By-law 1.10: Deleted St. Alexander (ALEX); replaced with Holy Ghost School (HG)
- 2015-04-08 By-law E.1: Included meet administration; provided for the annual purchase the of 3 NFHS Track & Field Rule Books for each meet equipment box.
- 2014-02-12 By-law H.1: Re-worded and added “spikeless shoes” as a prohibited shoe.
- 2013-04-11 By-law H.2: Adopted the identical SPL cross country uniform rule language for SPL track & field.
 By-law I.10: Added All Saints Catholic Academy and change the Sacred Heart abbreviation to SH from SH/CKS.
- 2012-06-13 By-law B.2(d): Struck the reference to a \$350 reimbursement for schools hosting the first two non-sanctioned meets of the season.
- 2009-02-11 By-law D.5: Added “including all open events” to Individual Athlete Participation Limits.

2007-02-11 By-law 1.5: Added last line.
By-law 1.7: Changed from May 1 to April 15