

**TRACK BY-LAWS**  
**UPDATED October 2022**

1. Boys and girls meets will run together.
2. The order of boys and girls events will follow the MHSAA guidelines in both regular season and League meets.
3. In regular season meets, each contestant will be allowed four attempts in the long jump, shot put and discus. In the shot put and discus, the attempts shall be either two at a time or all four at once. In the League meet, attempts in these events will be determined by following National Federation guidelines.
4. In regular season meets, the starting heights for jumping events will be as follows, unless there is mutual agreement to start higher:
  - a. High Jump:      Girls - 4 feet                      Boys - 5 feet
  - b. Pole Vault:      Girls - 6 feet                      Boys - 8 feet
  - i. In all regular season meets and the Final League Meet, the first 2 raises in the High Jump shall be 3" each with all subsequent raises being 2".
5. In regular season meets with three teams, team scoring will be kept as three dual meets. All Metro League meets with FAT timing will be pre-seeded, allowing athletes in any heat (or flight) to score.
6. The League does not recognize junior varsity meets. Junior varsity competition at dual meets will be in conjunction with varsity competition.
7. Each school is to send at least two competent workers to help at the League meet.
8. Qualifying for the League Meet: The MHSAA Division 3 Regional AQ Standards will be used as standards for additional qualifiers to the league meet. In addition, if an athlete is in the top 10 in their division on athletic.net at the time entries are due- they may be entered as well.
9. The League Meet will be conducted by MHSAA regulations, including all seeding and determination of number of heats.
  - i. At the Final League Track Meet, the top 6 individuals (10-8-6-4-2-1) and top 5 relays (10-8-6-4-2) PER division will score per National Federation Rules.
  - ii. Medals will be awarded to the first 3 places in each Division for individual races, top 2 places for relays per Division.
  - iii. In the Final League Meet, each team is allowed to enter 3 per individual event and scratch down to 2 on the day of the event. If entering more than 2, all athletes must have met one of the additional qualifying standards. Each school is allowed to enter no more than 1 relay team per event.

- iv. In those years where there are only 4 weeks of available competition (uncommon), use the option of having the last dual meet on the Monday/Tuesday of the Final League Meet with the Final League Meet being the Friday before the Regional Meet. In those years there are 5 weeks of available competition (common) hold 4 weeks of dual meet competition prior to the Final League Meet being the Friday before the Regional Meet.
- v. In the league meet, field events will begin at 3:00 PM. The running events will begin at 5:00 PM with no preliminary heats being conducted.

10. FAT (Fully Automatic Timing) will be used at the FML meet and costs incurred will be covered by the league.

- All entries for league contests will need to be entered on [www.athletic.net](http://www.athletic.net) by 7pm on the night before the meet.
- The FAT timer will score the meet and post the results on [www.athletic.net](http://www.athletic.net).

11. If a school wishes to host a League junior varsity meet, it is that school's responsibility. No trophies or awards of any type are to be awarded.

12. Athletes that compete in the Final League Meet are not allowed, under any circumstance, to compete in an individual event at the JV League Meet.

## MEET MANAGEMENT RECOMMENDATIONS

Push the high jump and pole vault to start first, using the first two judges available.

Have a sheet prepared with names of athletes entered prior to start of the meet. This will save time in signing in for field events or reporting names after running. Lineup is open to change during the meet.

Announce the closing time of an event (long jump) 15 minutes before it closes. When it is closed, it is final.

Once signed into an event, an athlete must scratch prior to the start of the event (first attempt) or it counts as an entry.

Advancing runners must go around lapped runners (regular season meets).

Use of numbered stakes in throwing events, numbered cards in running events, relay cards, and other time saving devices are encouraged.

Field event rules should be copied and given to field event judges.

## **PERTINENT GENERAL BYLAWS FOR ALL F.M.L. SPORTS**

2. The site of conference championship meets is to be determined by the Flint Metro League Constitution.
3. Schools shall not be allowed to compete in League meets unless that school has played a League schedule in that sport.
4. Schools will not be allowed to add individuals to their athletic teams between the last League date and League meet dates for the purpose of competing in the meet.
5. Final scoring for all Flint Metro League sport offerings that combine season record with a season ending League tournament or League meet shall be as follows:  
  
2 points for Dual Meet wins (3 points in soccer) 1 point  
for Dual Meet tie  
No point awarded for loss  
  
Dual meets and the League meet(s) shall be weighted equally to determine the overall League champion.
12. In case of a school being closed due to inclement weather, all non-varsity events may be postponed or canceled. The playing of all varsity or combined varsity and JV matches will be determined by the athletic director and administration of the schools involved.
13. In case of inclement weather, the following criteria shall be met:
  - A. Contests postponed due to weather should be made up prior to final League tournaments, even if this necessitates a school canceling or postponing a non-League contest to do so.
  - B. When one or more schools cannot attend a multi-team League event (four or more schools) due to a weather related or act of God event, the event is to be postponed and rescheduled for the next available date, with the League picking up any costs for officials who show up to work the originally scheduled event.
15. Noise making devices, including the human voice, will not be allowed to be used in an unsportsmanlike manner. The home team management will have the right to remove any such object, or person, from the sporting activity.
16. The Flint Metro League takes the position that the practice of good sportsmanship is essential and that all members should adopt a common policy. Member schools are expected to implement a plan to promote responsible behavior by fans and all persons associated with athletics. It is suggested that schools use contest programs, the media, bulletins, and meetings as a means for promoting good sportsmanship. Member schools should also have plans for the monitoring of home and away contests and for dealing with those persons who violate the principles of responsible behavior.
17. During league competitions and tournaments, the host school administration, the sport administrator, and/or designee of either, is charged with the authority to act on any situation that might arise that is not covered herein.
18. Home school will contact league-approved media to report contest results.

19. Grievance and Protest Procedure:

- A. All protests must use the following procedure:
    - 1. The principal/designee of the protesting school will notify the League president and its opponent(s) by phone the following school day of the intent to protest.
    - 2. All violations and protests will be directed to the League president in writing. This protest must be done in writing by a school administrator within 72 hours of the event.
    - 3. The League president will appoint a three member committee of non-involved schools to determine whether the protest is valid and make a recommendation for a course of action to be voted on by the conference membership not involved in the protest.
  - B. Courses of action possible when a violation is determined and a protest is upheld include:
    - 1. Letter of censure (duplicate will be sent to each member school and any game official who may have been involved)
    - 2. Forfeiture of League contest(s)
    - 3. Probation for one year in the sport involved
    - 4. Ineligibility for championships (such ineligibility to be in the sport involved only, for one year only, and the year involved to be determined by the membership); no all-sports points awarded that year
    - 5. Other courses of action as deemed appropriate to the violation
  - C. All contests in which an ineligible player or players are used shall be forfeited and the score be that of a forfeited contest. This includes League championship tournaments.
  - D. If use of an ineligible player or players by a League champion is determined, and forfeitures under section C above prevent a team from maintaining its championship, the championship for that sport for that year will be awarded to the second-place team and All Sports Award points adjusted accordingly. In the event of co-championships, the remaining championship team would maintain its championship.
22. The only League awards to be made in any sport are the ones sanctioned by the League.
23. The FML will NOT recognize an MVP athlete for each sport.
24. Each varsity sport will be allowed a Coach of the Year selection. That coach will be presented a certificate.
26. To receive FML honors, an athlete has to finish the season in good standing. The definition of "good standing" is to finish the season on the team and meet minimum requirements for that sport's awards.

|              | DIV. 3   |          |
|--------------|----------|----------|
|              | B        | G        |
| Pole Vault   | 11'0     | 7'6      |
| Shot Put     | 41'6     | 30'1     |
| High Jump    | 5'8      | 4'8      |
| Long Jump    | 18'8     | 14'4     |
| Discus       | 117'6    | 87'8     |
| 3200 M Relay |          |          |
| 110 M 39' HH | 17.80    |          |
| 100 M 33' H  |          | 18.50    |
| 100 M Dash   | 12.0     | 13.80    |
| 800 M Relay  |          |          |
| 1600 M Run   | 4:56.00  | 6:05.00  |
| 400 M Relay  |          |          |
| 400 M Dash   | 54.80    | 1:06.50  |
| 300 M I.H.   | 45.20    |          |
| 300 M L.H.   |          | 54.80    |
| 800 M Run    | 2:10.00  | 2:40.00  |
| 200 M Dash   | 24.5     | 28.8     |
| 3200 M Run   | 10:55.00 | 13:00.00 |
| 1600 M Relay |          |          |