



NORTH COAST SECTION, CIF

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UNIFIED TRACK & FIELD

Unified Track & Field Program

Units of two competitors team up to form a Unified track & field pair. The unit consists of:

- One special education student (“Unified Sport Athlete”) and one general education student (“Unified Sport Partner”).
- Both students are from the same school.
- The Unified Sport Partner must be eligible for competition per all CIF eligibility rules.
- The Unified Sport Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes.
- Each student within the unit competes in the assigned event establishing a time or distance. Events for NCS Championships are the long jump, 100-meter dash and possibly the 400-meter relay. Leagues and member schools are welcome to offer additional events.
- If 4 X 100-meter relay unified teams are offered NCS staff are suggesting that the relay consist of two unified units.
- Each established time or distance is combined for each unit or unified pair. Relay events are based on overall time/finish.
- Each unit or unified pair would qualify per the same procedures used for CIF and NCS track & field competition based on their total combined distance or time.
- Each event will be scored no differently than other track & field competition and Unified points will be included in the final overall team scores.
- All NFHS Track & Field rules must be followed.

Participation and Qualification

- Each NCS member school would decide if they wish to offer a Unified track & field opportunity at their school.
- One or more competition units would be established and the school would decide which competitions and events units would participate.
- It is recommended that practice start approximately three to four weeks prior to competition, possibly two days a week for around 45 minutes, to prepare for Unified events at league dual meets and the league championship competition.
- A minimum of six practices are recommended for participation in the league championship.
- If a Unified Sport Partner participates on a Unified team, the athlete may not compete in the same event in league or NCS Championship competition with general education students. For example, a general education student who participates in league competition in the 100-meter dash may not compete in the Unified 100-meter dash. The general education competitor would be eligible for the Unified long jump, if they are not an entry in the league long jump competition.
A Unified Athlete is allowed to have a different Unified Partner for the long jump and the 100 so long as the unit remains intact throughout the regular and post season. A Unified Partner dropping out of Unified competition during the post season or to focus on another individual event after the unit has been established is not allowed.

- During running competition unified units would compete in the same race with lane assignments determined by meet management.
- Unified units would be entered by a school in their league's championship meet.
- Unified units would qualify the same as other CIF track & field competition. If a league has four entries to the NCS Area/Class A Track & Field Championships, then the league would be eligible to have four unified units qualify by unit time or distance to the next competition.
- From the NCS Area/Class A Track & Field Championships the unified units would qualify no differently than the CIF track & field competition. If the NCS Area/Class A Track & Field Championships qualify seven entries, then the Area/Class A meet may qualify seven unified entries to the NCS Meet of Champions.
- The NCS Meet of Champions would be the final competition for the unified units, with medals presented to the top six unified units.
- Unified events would be forwarded from league, to Class A/Area competition, to the NCS Meet of Champions via Hy-Tek. Event numbers are as follows:
 - Event 35 – Girls 100-meter Unified – Trials
 - Event 36 – Boys 100-meter Unified – Trials
 - Event 37 – Girls Long Jump Unified
 - Event 38 – Boys Long Jump Unified
 - Event 39 – Girls 100-meter Unified – Finals
 - Event 40 – Boys 100-meter Unified – Finals
 - Event 41 – Girls 4 x 100-meter relay
 - Event 42 – Boys 4 x 100-meter relay
- Unified events are separated by gender. If, in any Unified competition, the Unified team is a mixture of genders, the competing team participates in the boys' event, per CIF Bylaw 300.B – Student Team.
- For Unified competition, some accommodations may be implemented to assist with the conduct of competition. Examples are: adjustment of the take-off boards or markings on the long jump runway to have a shorter distance from the take-off board/mark to the sand, person standing behind a competitor assisting them in the start of a race, and other accommodations as they may arise.
- Entry fees will be assessed for unified competition since the events will be scored competition.
- The NCS Track & Field Management Committee would have the opportunity to allow additional entries by a league if the field of unified units is not filled by another league, or Class A/Area competition.
- The NCS Meet of Champions would be the final competition unless the CIF offer Unified competition at the State Championships.
- The NCS Commissioner and Special Olympics would work together to provide field event workers, supervision, event distance and time calculations, etc., limiting the burden on current officials at the NCS Meet of Champions.

EVENTS

100 Meter Dash

1. Two teammates will combine their times for a total time.
 - a. Unified teams will be placed next to each other in lanes. (i.e. Team A runs Lane 1 and Lane 2, Team B runs Lane 3 and 4, etc.)
 - b. Starting blocks and running spikes are optional.

Long Jump

1. Two teammates will combine their distance for final score.
 - a. Unified teams complete three jumps. Any order of competition is determined by meet management.

SCORING/AWARDS

Times/Distances will be combined for a total unit time/ distance to establish placing. Unified teams will receive individual awards and Unified competition would be scored no differently than currently established NCS Championship competition, with individual points contributing to the overall team competition.

POSTSEASON ADVANCEMENT

Unified entries should be included in the electronic Hy-Tek entries forwarded from each league to the Class A/Area Championships meet director. Unified entries declared at the league championship must remain intact for the remainder of postseason competition. Substitutions are not allowed.

*Entries to the NCS Class A/Area meets will be as follows:

NCS Class A and 2A/3A Area Meets			
Class A ⁵	Redwood Empire ⁵	Bay Shore ⁵	Tri-Valley ⁵
Bay Counties 8 (4 Relays) Coastal Mountain 8 (4 Relays) Humboldt-Del Norte (Little 5) 4 (2 Relays) ⁴ Branson, Berean Christian	Humboldt-Del Norte (Big 5) 6 Marin County 6 ¹ North Bay 6 Sonoma County 6 ² Lower Lake	Mission Valley 6 TCAL-9 WACC-9	Bay Valley 4 Diablo Athletic 6 East Bay 6 ⁵ Next 8 best marks from all 3 league championships.

*Entries to the NCS Meet of Champions will be as follows:

The top seven finishers in the Area meets will advance to the NCS Meet of Champions. The top three finishers in the Class A meet will advance to the NCS Meet of Champions.

*In order to fully promote the maximum number of entries from leagues to the Class A/Area competition, and from the Class A/Area competition to the NCS Meet of Champions, if a specific competition does not have Unified entries, or has less Unified entries than allowed for advancement to the next level, other league or NCS Championship competitions may be allowed additional entries beyond the entries provided above. Each meet director will evaluate and ultimately determine any additional entries to maintain fairness to all qualifying leagues and Class A/Area competitions.