

## N.C.S.S.A.A. TRACK AND FIELD BY-LAWS

### 1. Events

#### **Girls' Events - Midget, Junior, Senior:**

100 metres	400 metre hurdles
200 metres	(Senior 30")
400 metres	4 x 100 metre Relays
800 metres	High Jump
1500 metres	Pole Vault
3000 metres	(Midget/Junior & Senior)
80 metre hurdles	Long Jump
(Midget & Junior 30")	Triple Jump
100 metre hurdles	Shot - 4 kg (8 lb.,13 oz.)
(Senior 30")	Discus - 1 kg
300 metre hurdles	Javelin (600 gm)
(Midget & Junior 30")	

#### **Physically Disabled**

800 metre Blind	100 metre Ambulatory
800 metre Wheelchair	

#### **Open**

4 x 400 metre Relay	1500 metre Steeplechase
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#### **Boys' Events - Midget, Junior, Senior:**

100 metres	High Jump
200 metres	Pole Vault
400 metres	Long Jump
800 metres	Triple Jump
1500 metres	Shot: Midget/Junior - 4 kg (8 lb.,13 oz.)
3000 metres	Senior - 5.443 kg (12 lb.)
100 metre hurdles	Discus: Midget/Junior - 1 kg
(Midget 33"/Junior 36")	Senior - 1.613 kg
110 metre hurdles	(3 lb., 9 oz.)
(Senior 36")	Javelin: Midget/Junior - 600 gm
300 metre hurdles	Senior - 800 gm
(Midget & Junior 33")	
400 metre hurdles (Senior 36")	
4 x 100 metre Relays	

#### **Physically Challenged**

1500 metre Blind	100 metre Ambulatory
1500 metre Wheelchair	

#### **Open**

2000 metre Steeplechase	4 x 400 metre Relay
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2. Entries
- a) an athlete may enter any three (3) individual events and one (1) 4 x 100m relay (same age class or older) and one (1) 4 x 400m relay.
  - b) each school will be allowed to place 3 athletes per individual event .
  - c) each school will be allowed to enter 2 relay teams in each category, however, only the better team may qualify for the NCSSAA Meet (unless there is an open spot). Teams must remain intact from Meet to Meet. School points can be awarded to both teams.
3. Seeding
- a) coaches are asked to rate their track athletes honestly, according to the seed table provided, to ensure fairness to all.
  - b) seeding will be random based on seeds submitted. Any athlete not seeded will be seeded as 3 (slow) by the Meet Director(s).
  - c) every effort will be made to place runners from same school in different heats.
4. Scoring
- a) following point system will be used:  

<b>1st</b> - 10	<b>4th</b> - 4
<b>2nd</b> - 8	<b>5th</b> - 2
<b>3rd</b> - 6	<b>6th</b> - 1
  - b) points earned by athletes in open events (excluding relays) shall be assigned to their age category unless requested otherwise by the coach of the athlete
  - c) points earned by open relay teams shall be assigned to the senior category.
5. Uniforms
- a) competitors must compete in their school uniforms.
  - b) relay teams must have similar tops.
6. Protests
- A protest must be submitted in writing with a \$25.00 fee (refundable if the protest is upheld) within 30 (thirty) minutes of the incident which is being protested.

7. Awards
- a) ribbons will be presented to athletes for first through to eighth place.
  - b) medals will be presented to athlete(s) scoring the most points in each category. (relay points excluded).
  - c) a plaque will be presented to each school winning a category. This will be retained by the school.
  - d) plaques will also be presented to the school(s) who win aggregate championships in each division and to the grand aggregate champions. Again, these will be retained by the school(s).

8. Meet Rules

- a) General All events will be run according to rules laid out by:

- i) OFSAA Bylaws
- ii) IAAF/CTFA Regulations

- b) Age Classification

SENIOR: the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

JUNIOR: the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.

MIDGET: the individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only in Grade 9.

- c) Throwing Implements

The meet directors will provide at least two (2) certified throwing implements for each throw event. Coaches who wish to have an athlete use a particular implement, must bring the implement to the Meet Director for certification on the day prior to competition. The Meet Director will keep these for the day of competition and make it available to all competitors. Other than this, athletes will not be permitted to use their own implements. Old or new javelins may be used. Any implement used in a competition must remain at the site until the competition is over.

9. Supervision and Department

- a) A staff member or adult supervisor designated in writing by the Principal must be present and responsible for the behaviour of his/her athletes during the meet. This individual should not have any officiating responsibilities. As well, a school will provide at least one official as needed by the Meet Director.

- b) Coaches are asked to ensure that athletes behave properly and do not interfere with the meet. This includes keeping athletes out of the infield area. Any rudeness or obscenities and/or unsportsmanlike conduct e.g. throwing baton; towards officials, fellow athletes or coaches, will entail automatic disqualification and a written report to the Principal of the school concerned. (Ref: OFSAA Code of Conduct).
- c) The Meet Directors will arrange for qualified first-aid personnel to be present, but **coaches must provide ice and first-aid supplies for their team**

#### 10. Competition Information

- a) The Meet Director(s) reserve the right to combine heats; and to modify the schedule should the number of entries in an event warrant such change. Should this be the case, the Meet Director(s) will make every effort to notify the coaches and the competitors. At the Meet Director's discretion high risk events (e.g. high jump/pole vault) may be cancelled and competitors moved onto the NCSSAA meet.
- b) In track events all lane assignments will be randomly chosen.
- c) Track events take precedence over field events if there is a conflict. The athlete will be given the opportunity to compete in a field event, as long as the preliminary rounds have not been completed.
- d) \*800m will be run as timed sections, with the second section being the faster one. It will be run IN LANES with a ONE TURN stagger with cutting it at 150m (red cone). Due to inclement weather conditions the 800 m may be run in boxes with an one turn stagger as opposed to lanes.
- e) 4 x 400m relay will be run as a THREE TURN stagger, with the 1st runner in the lane, the 2nd runner in the lane until 150m mark (red cone). Runners #3 and #4 will run in the inside lane.
- f) All attempts by competitors in any field event will be measured; however, only competitors who make or exceed the minimum standards at the Conference Meet will be eligible to compete at the NCSSAA Championships.
- g) Advice to competitors will be permitted as long as the coach/advisor is outside the competition area as defined by the Meet Directors and given in a non-distracting manner.
- h) The top eight (8) competitors in each event, and the top eight (8) relay teams will advance from the Conference Meet to the NCSSAA Championship.
- i) For the N.C.S.S.A.A. Championships, Conferences will be able to fill places so that all events will have 16 competitors.

- j) The top five (5) competitors and relay teams will qualify to the Eastern Regional Championship from the NCSSAA championships. When the East Regional Meet is hosted by NCSSAA, the top 6 competitors and relay teams qualify.
- k) The top four (4) competitors and relay team will qualify to the OFSAA Championship from Eastern Regionals.

l) Hurdles

Description	80m	100m	110m	400m	300m
Number of Hurdles	8	10	10	10	8
Height of Hurdles	M./J. G 30"	S.G -30" M.B-33" J.B-36"	S.B.-36"	S.G-30" S.B.-36"	J./M.G-30" J./M.B-33"
Distance to 1st hurdle	12m	13m	13.72m	45m	45m
Distance between hurdles	8m	8.5m	9.14m	34m	35m
Distance to finish line from last hurdle	12m	10.5m	14.02m	40m	40m

\*please note: M-midget, J-junior, S-senior, B-boys, G-girls

m) High Jump (starting heights)

Category	Height (metres)	
	Ladies	Men
Midget	1.25	1.40
Junior	1.30	1.60
Senior	1.30	1.60

Increments every 5 cm until the final 3 (three) competitors; increments then become 3 cm.

n) Pole Vault (starting heights)

Category	Height (metres)	
	Ladies	Men
Midget		2.00
Junior		2.30
Senior	1.40 (open)	2.30

o) Long Jump

In horizontal jumps, the top 8 competitors after 3 attempts will receive 3 more attempts. Final placing is determined by the best jump in any round.

p) Throws

Event

Mass of Implement Used

Event	Midget		Junior		Senior	
	Ladies	Men	Ladies	Men	Ladies	Men
Shot Put	4.0 kg	4.0 kg	4.0 kg	4.0 kg	4.0 kg	5.45 kg (12 lbs.)
Discus	1.0 kg	1.0 kg	1.0 kg	1.0 kg	1.0 kg	1.6 kg
Javelin	600 g	600 g	600 g	600 g	600 g	800 g

In throwing events, the top 8 competitors after 3 attempts will receive 3 more attempts. Final place is determined by the best throw in any round.