

UOVHSAA
TRACK AND FIELD
PLAYING REGULATIONS

Revised January 2014

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Playing Regulations

1. **Date:**

The UOVHSAA co-educational Track and Field Championships shall be held on the Wednesday the week prior to EOSSAA unless extraordinary circumstances dictate a change.

2. **Location:**

The location of the Championship will be at Arnprior District High School with the rotation of convenors until another suitable venue becomes available in Renfrew County.

3. **Events and Classifications:**

Competition shall be conducted in three (3) age classifications:

SENIOR: The individual's birth certificate indicates that he/she has not yet 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 yet 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 yet 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, their grade 9 year.

Girls' and Boys' Events:

80/100/400 meter hurdles

High Jump

100 meters	Long Jump
200 meters	Triple Jump
400 meters	Shot Put
800 meters	Discus
1500 meters	Disabled
3000 meters	100m ambulatory
4x100 meter relays	800m wheelchair (girls)
4x400 meter relays (open)	800m blind (girls)
1500 meter steeple chase (girls open)	1500 m blind (boys)
2000 meter steeple chase (boys open)	1500m wheelchair (boys)
Javelin Throw	

4. **Meet Structure:**

(a) **The meet** shall be conducted over one day, beginning no earlier than 9:00am. The schedule is attached and any changes must be approved by UOVHSAA through a motion made after the coaches meeting prior to the June UOVHSAA final meeting.

(b) **Qualification From Heats to Finals:**

- i) Sprint hurdles, 100m, 200m – Heats will be run for more than 6 competitors. If there are 3 heats or less, the top 2 in each heat will advance to the final. If there are 4 or more heats than semi's and finals will be run.
- ii) For lane designated events, a run-off for all competitors who are tied for the final qualifying position will be conducted.

(c) **Starts in Distance Races**

- i) 800m – a box start shall be used

- ii) 1500m – a waterfall start shall be used
- iii) 3000m – a waterfall start shall be used

***Boys and girls events of the same distance, ie 3000m **may** be combined.

5. **Entry:**

- a) Each school is permitted the following entries;
 - In both male and female midget / junior / senior individual events schools may enter four (4) competitors.
 - In open male and female 4 x 400 schools may enter 2 teams.
 - In open male and female steeple chase schools may enter 4 competitors
 - In the 4 x 100 m relay schools may enter 2 teams
 - In the male and female open categories of physical disability schools may enter 6 individuals.

- b) A competitor may enter any three (3) individual events in the same age class or open class. In addition, a competitor may enter one (1) open relay and one (1) age-class relay provided he/she is not over-age for the age-class relay in which he/she is competing (e.g. a 16 year old may compete in the junior or senior relays.)

- c) Entries must be received by the designated Entry Coordinator one week prior to the competition.

6. **Expenses:**

An Entry Fee shall be charged which shall be sufficient to cover the operating costs of the meet. Schools are responsible for the entry fee of all athletes they have entered by the conclusion of the coaches meeting on the morning of the meet. Any school that does not meet its entry fee commitment after it has declared an entry into the Championship will be required to submit the entry

fee including a late fee of \$50.00. Those school having entries are responsible for arranging and financing their own travel, meals and accommodation for the event.

7. **Eligibility:**

To represent a school in any activity coordinated by the Federation a student must:

- i) Be eligible for competition under the Constitution, By-Laws and Playing Regulations of UOVHSAA.
- ii) Be certified as eligible by the Principal of the school.
- iii) Meet the age requirements as listed in Section 3.
- iv) Be in Grades 9-12 (including 5th year).
- v) Be eligible under the OFSAA Transfer Policy.
- vi) Be eligible for no more than five (5) consecutive years from date of entry into grade nine.

8. **Rules and Officials:**

- a) In order to clarify rules of competition the following order of interpretation will be used:
 - i) UOVHSAA, EOSSAA, OFSAA rules,
 - ii) IAAF Handbook
- b) Starting blocks do not have to be used by competitors, however a 4 point start **MUST** be used at EOSSAA.
- c) Infractions, whether of a technical nature or related to the behaviour of participants, shall be reported to the head referee who shall make a decision, if of a technical nature or if related to behaviour, shall be directed to the Jury of Appeal.

- d) For relay races a school may list (5) runners for any relay team. A school must declare four (4) relay runners in the marshalling area prior to the final.
 - e) Athletes who scratch from a final event after qualifying in a heat shall be ineligible to compete for the remainder of the day in any other events including relays.
- ** This rule **does apply** to athletes who run heats of the 100m, 200m, or sprint hurdles and then scratch from the final of that event.
- **This rule **does not apply** to athletes who advance automatically to a final due to scratches or 'no shows' at the heats.
- **This rule **does not apply** to events run in a timed section finals or straight finals.
- f) Field event athletes must report before the final athlete competes in the third round to be eligible to compete in the event.
 - g) Once officials assemble to determine the final eight in a field event, the third round is over and no further throws/jumps shall be allowed.
 - h) The starting heights for high jump shall be determined by the Head official running the event.
 - i) All school administrators are responsible for allowing competent **teacher** officials for the meet. At least one official at each and every event **MUST** be a teacher, the remainder of the crew may be made up of competent students.

9. Referees:

The UOVHSAA Championship meet will have three referees with the authority to disqualify competitors from their event. The three referees will consist of the UOVHSAA Championship Convenor, the Track referee and the Field Referee. Any decision by a referee to disqualify an athlete will be communicated to the Head Coach of the School of the disqualified athlete and to the results and scoring area.

Any disputes with the decision of a referee should be forwarded to the Jury of Appeal through the convenor.

10. **Jury of Appeal:**

The Jury of Appeal shall consist of three (3) individuals from different UOVHSAA School appointed by the Championship Convenor. The Jury of Appeal shall handle disputes which fall within the realm of:

- a) Meet structure and procedure
- b) Rules and officials
- c) Uniforms and equipment
- d) Scoring

A dispute must be submitted in writing to the Convenor within thirty (30) minutes of the conclusion of the event in which the incident under dispute occurred. Decisions of the Jury of Appeal shall be final for the duration of the meet.

The Jury may call witnesses and view video tape evidence of the incident as deemed appropriate by the members of the Jury.

A report of the Jury of Appeal decisions shall be forwarded to the UOVHSAA executive.

11. **Uniforms:**

- a) Competitors must compete in their school uniforms. All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's name, colours and logos. No sport club insignia on uniforms shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi-sport programs. No bare midriff's or sports bras.
- b) The tops of all four (4) relay competitors **MUST** be identical.

12. **Scoring:**

To determine division winners and overall school Champions, the following point system shall be used:

1st – 10 points 2nd – 8 points 3rd – 6 points 4th – 4 points 5th – 2 points 6th – 1 point

13. **Awards:**

Individual: UOVHSAA medallions shall be presented to the first place finishers in each event. UOVHSAA ribbons shall be presented to the second through sixth place finishers in each event.

The individual overall top point achiever in each gender in Midget, in Junior and in Senior will receive a medallion engraved on the back with the category overall winner.

Team: the overall winning school team will receive the Championship Trophy to be retained by their school until the subsequent Championship.

The overall single 'A' school will also receive a Championship Trophy.

January, 2014