

UOVHSAA TRACK AND FIELD PLAYING REGULATIONS

Revised June 2025

Members of the UOVHSAA Track and Field Revision Committee:

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Playing Regulations

1. Date:

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

2. Location:

The location of the Championship will be at Bishop Smith Catholic High School (8-lane track, with water pit) with the rotation of convenors:

2025-2026, 2031-2032: ADHS, BSCHS, CSCJL, EQU, SJHS

2027-2028, 2033-2034: OHS, MVDHS, VAL

2029-2030, 2035-2036: FHS, MCS, RCI

Other sites with a 6-lane track are ADHS, FHS and SJHS.

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.

NOVICE: 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.

Events

i. Girls' Events -Novice, Junior, Senior:

100 metres	200 metres
400 metres	4 x 100 metre Relays
800 metres	High Jump
1500 metres	Pole Vault
3000 metres	Long Jump
80 metre hurdles	Triple Jump
(Novice & Junior 30")	Discus - 1 kg
100 metre hurdles	Shot – 3 kg
(Senior 30")	(Novice & Junior)
300 metre hurdles	Shot – 4 kg
(Novice & Junior 30")	(Senior)
400 metre hurdles	Javelin – (600gm)
(Senior 30")	

**** 50 m Para 100 m (not an official OFSAA event)**

ii. Boys' Events - Novice, Junior, Senior:

100 metres	High Jump
200 metres	Pole Vault
400 metres	Long Jump
800 metres	Triple Jump
1500 metres	Shot: Novice/Junior - 4 kg (8 lb.,13 oz.)
3000 metres	Senior - 5.443 kg (12 lb.)

100 metre hurdles

Discus: Novice/Junior - 1 kg

(Novice 33"/Junior 36")

Senior - 1.60 kg

110 metre hurdles

Javelin: Novice/Junior - 600 gm

(Senior 36")

Senior - 800 gm

300 metre hurdles

(Novice & Junior 33")

400 metre hurdles (Senior 36")

4 x 100 metre Relays

**** 50 m Para 200 (not an official OFSAA event)**

iii. Open Events

Open Girls 2000m Steeplechase (30")

Open Boys 2000m Steeplechase (36")

Open Girls 1600m Relay

Open Boys 1600m Relay

iv. Para Division & Physical and Intellectual Disabilities

a Chart # 1 - Classifications

Key: T = Track Events F = Field Events

Athletes with A Visual Impairment

T/F 11 – Blind

T/F 12 – Very Limited Vision

T/F 13 – Limited Vision

Athletes with an Intellectual Impairment

T/F 20 – IQ at or below 75

Athletes with Cerebral Palsy

F 32; F 33; T/F 34 – Wheelchair Athletes

T/F 35; T/F 36; T/F 37; T/F 38 – Ambulatory Athletes

Athletes with an amputation & Les Autres

F 40 & F 41 – Dwarfs

T/F 42; T/F 43; T/F 44 – Leg Amputees

T/F 45; T/F 46; T/F 47 – Arm Amputees

Athletes in a wheelchair

T/F 51; T/F 52 – Quadriplegic

T/F 53; T/F 54 – Paraplegic

F 55; F56; F 57; F58 – Seated Throwing (various disabilities)

b. Chart # 2 – Para Track & Field

Race	Divisions	Classification – (Chart # 1)
100m	Visually Impaired	T/F 11, 12, & 13
100m	Intellectually Impaired	T/F 20
100m	Ambulatory	T/F 35 – 38 & 40 - 47

Race	Division	Classification– (Chart # 1)
200m	Wheelchair	T/F 34 & 51 - 54

Race	Division	Classification (Chart # 1)
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800m	Visually Impaired	T/F 11,12,13
800m	Ambulatory	T/F 35 – 38 & 40- 46
800m	Intellectually Impaired	T/F 20

Where there are eight (8) or fewer competitors registered in total, the race will be run as a time-sectioned final.

Note: In visually impaired events, there will be an allowance for an athlete who requires a guide (thus two lanes).

Para shot put will be offered to both the wheelchair and ambulatory categories of Para Athletics. (Girls' SP is 3 kg, Boys' SP is 4kg)

(from the OFSAA Track & Field Playing Regs - September 2024)

4. Meet Structure:

(a) The meet shall be conducted over one day, beginning no earlier than 9:00am. The schedule appears the last two pages of the playing regulations 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 8 competitors. If there are 3 heats or less, the top 2 in each heat will advance to the final. If there are 4 heats then the winner of heat advances to the final as well as the next 4 fastest times.

- ii) For lane designated events, a run-off for all competitors who are tied for the final qualifying position will be conducted.
- iii) If there are 8 competitors or less in an event, the event will be run as a timed final. If at a 6-lane track, the number of finalists will be 6.

(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, i.e. 3000 m **may** be combined.

5. Entry:

- a) Each school is permitted the following entries;

- In both male and female novice / junior / senior individual events schools may enter four (4) competitors.
- In open male and female 4 x 400 schools may enter 1 team.
- In open male and female steeplechase schools may enter 4 competitors.
- In the 4 x 100 m relay schools may enter 1 team.
- In the male and female open para categories schools may enter 4 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.

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

- d) The top 4 finishers in all track & field events , plus the top 2 relay teams in all relay events, will qualify for EOSSAA.

e) Athletes will be reminded to stay in the competition area if there is a tie for a qualifying position. UOVHSAAA will follow the IAAF rules for a jump-off immediately following the regular 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 after the review of entries deadline set out by the Entry Coordinator by the deadline set by the event coordinator. 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.

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 and teacher coach 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.
- (vii) have signed the Rules of Behaviour signature form(Waiver of Understanding) for the competition.

(viii) Any athlete participating in an UOVHSAA Championship must be a member of a bona fide high school program during the school season (March to June), in a minimum number of practices, at a location where the majority of their high school practices are held under the supervision of a teacher-coach as certified by the school principal.

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 (World Athletics Handbook - from OFSAA)
- b) Starting blocks do not have to be used by competitors, however a 4 point start **MUST** be used for sprints up to 400 m.
- c) Infractions, whether of a technical nature or related to the behaviour of participants, shall be reported to the Head Field Judge or Head Track Judge who shall make a decision of whether to direct the infraction to the Jury of Appeal.
- d) 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.

e) The IAAF false start Rule will NOT be used in UOVHSAA competition. The

following will be the UOVHSAA rule: one false start for the field and then each subsequent false start will be charged to the individual resulting in their disqualification.

IAAF Rule 140.3 - If a competitor is entered in both a track and a field event , or in more than one field event taking place simultaneously, the judges may allow a competitor to take his/her trials in an order different from that decided upon prior to the start of the competition.

IAAF Rule 142.3 - No competitor is allowed more than one trial recorded in any one round of the competition. If a competitor (or competitors) move(s) to the end of the order because of conflicting events and has not returned to the event site, the round ends 90 seconds after the last jump/throw was completed, or 2 minutes after the last vault was taken in the pole vault. In the case of the final round, the above conditions would constitute the end of the event.

- 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/adult** 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.
- j) Students cannot make an official decision that impacts the results of the competition (for example, calling a fault at a jump board or disqualifying a throw). Further, javelin and discus events should have two adult officials.

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 (one convenor from one of the convening schools), the Head Track Judge and the Head Field Judge. 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 Schools appointed by the Championship Convenor (s). 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 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 midriffs 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 ribbons shall be presented to the first through sixth place finishers in each event.

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

Team: the overall winning school team will receive the Championship Trophy to be retained by their school until the subsequent Championship. Trophies will also be awarded to the Overall Girls Aggregate School and the Overall Boys Aggregate School.

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

Debbie Walden Track & Field Dedication Award: Plaques will also be presented to a graduating male and female athlete who has been a member of their school's track & field team for 4 years (every year). These athletes have dedicated time and effort to the sport of track & field and through hard work and perseverance have excelled in the sport and have been a positive influence and role model to their school's team.

Larry Reynolds Award: A plaque will be presented annually to a track & field athlete who has overcome obstacles and has persevered in facing adversity.

A Google Form will be shared with one track & field coach from each UOVHSAA School. The coach will complete and submit the google form to nominate an athlete (s) to win one of these awards. The Meet Convernors will decide the award winners.

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