

CWOSSA Track and Field Playing Regulations

I. Date

The date will be the Wednesday and Thursday one week prior to the OFSAA Regionals. It will be named in the annual CWOSSA Calendar.

II. Start Times

The Wednesday will be 2:00 p.m. to 6:00 p.m. Thursday will start at 9:00 a.m.

III. Convenor & Location

The following rotation will be used to determine the district which will convene. The convenor and location will be announced in the annual CWOSSA Calendar.

Year	Districts	Responsibilities
Year 1	6/8/11	CWOSSA and WEST REGIONAL
Year 2	6/8/11	CWOSSA
Year 3	5/9	CWOSSA and WEST REGIONAL
Year 4	5/9	CWOSSA
Year 5	4/10	CWOSSA
Year 6	4/10	CWOSSA and WEST REGIONAL
Year 7	1/7	CWOSSA
Year 8	1/7	CWOSSA

IV. Championship Structure

1. Age Classifications

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.

2. Eligibility

- i) All coaches must complete and submit an **AELS** eligibility form for each age classification that must be dropped off when you pick up your package of numbers.
- ii) All athletes must meet eligibility requirements as stated in CWOSSA and OFSAA constitutions and bylaws.
- iii) Any athlete participating in an OFSAA qualifying event must have participated as a member of a bona fide high school program during the school season (April to June), in a minimum number of practices (sixteen (16)), 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.
- iv) For a competitor to be advanced as a relay competitor they must be registered in an event at their district meet.
- v) Relay athletes must be registered in the database in order to be on a relay team. Schools do not have to declare who is running or who is an alternate but the athlete must appear on the roster with or without an event.

3. Individual Entries

- i) Competitors may enter 3 individual events.
- ii) A competitor who competes in the relay event in his/her own age class may also compete in the open 1600m relay, but may not compete in an additional age class relay.
- iii) If a competitor does not compete in a relay event in his/her own age class, he/she may compete in a relay event in a higher age class.

4. Entries by Districts

District 1 and 7	4 entries/event/age/sex and 4-relay teams/event.
District 5	2 entries/event/age/sex and 2-relay teams/event.
District 9	2 entries/event/age/sex and 2-relay teams/event.
District 4/10	4 entries/event/age/sex and 4-relay teams/event.
District 6/11	4 entries/event/age/sex and 4-relay teams/event.
District 8	2 entries/event/age/sex and 2-relay teams/event.

When a district does not use their maximum number of entries for an event/age/gender in the vertical jumps, the CWOSSA meet convenor will allow those entries to be offered to athletes with the highest mark in other districts who have previously not qualified based on the total number of entries allotted to that district. The number of total entries may not exceed 18. Athletes will be notified after district scratches are processed and will appear on the CWOSSA performance list.

5. Entries and Numbers

- i) Entries will be done through the district convenor or designate..
- ii) **Post entries will not be allowed in any event.**
- iii) Numbers for your athletes will be picked up at the meet. Numbers will be assigned to each athlete. Athletes must wear the assigned number on the:
 - a) Front for all track events due to the use of photo-timing system
 - b) Front or back for field events
 - c) It is the responsibility of coaches to notify the convenor if an athlete cannot be **televised or photographed.**

6. Seeding and Qualifying for Finals

Field Events

- i) The order of competition shall be random.
- ii) Competitors in horizontal jumps and throws will receive 3 trials. The top 8 competitors, and ties for 8th place will receive 3 additional trials. **The order of the final three jumps/throws will be reordered at the conclusion of the preliminary jumps, best to jump last. The final round (6) the order will be again reordered so best to jump last.**

Track Events

- i) Runners are placed in heats or sections based on seeds(best time), submitted with the entry, so that the best runners will meet in the final. Competitors entered with no seed times will be considered to be the slowest in the race.
- ii) For races with heats advancing to a final, the entrants will be sorted from the fastest to the slowest on the basis of their seed times. The fastest runners are placed in different heats. Once seeded, lane assignments for the first round heats will be assigned at random and the order of running the heats will be at random. For lane assignments from Heats to Final, the top 4 seeds (four fastest times in heats) will be placed in lanes 3, 4, 5, 6 by random draw with the remaining four athletes in the final placed randomly in lanes 1, 2, 7, 8.
- iii) In the case of timed finals (relays, 400m, 300m and 400m hurdles), the top seeds will be placed in the final section. Lanes will be drawn with the fastest seeds randomly places in lanes 3, 4, 5, 6.

- iv) The 800m races will be run using a box start (two sections). Runners will be assigned to boxes on the basis of their times so that the faster runners are not together in the same box. Runners must stay within their "lane" or "box" until they reach the marked cut-in spot at the beginning of the back straight.
- v) For the 1500m and longer races, all runners will start from a curved line. The starting positions on the line will be drawn at random.

Heats to Finals

- i) There are a maximum of 18 competitors - 3 heats of 6.
- ii) On an 8-lane track the first 2 in each heat plus the next 2 fastest times qualify for the final.
- iii) On a 6-lane track the first place in each heat plus the next 3 fastest times qualify for the final.

Sections - are organized so that the top competitors are in the final section

7. Conflicts

- i) If a competitor is entered in both a track and field event, or in more than one field event taking place simultaneously, the judges may allow the competitor to take his/her trials in an order different from that decided upon prior to the start of the competition.
- ii) In a field event, no competitor is allowed to have more than one trial recorded in any one round of the competition.
- iii) In pole vault and high jump, any trial(s) so missed in any round will be recorded as a pass. (i.e. did not jump). If the bar has been raised, then it is not lowered for the returning athlete.
- iv) If a competitor is absent for a round and has not returned prior to the beginning of the next round, he/she may receive only his/her attempt in the round of competition in progress at the time of return.

8. Starts

- i) The 100m, 200m, 400m, and all hurdle races will run in lanes.
- ii) A box start will be used for the 800m race. Runners must stay in their boxes around the first curve until they reach the beginning of the back straight.
- iii) Curved starting lines will be used for the 1500m, 2000m SC, and 3000m races.
- iv) For the 4 x 400m relay, the first runners must stay in lanes all the way around the track. The second runners must stay in their lanes until they reach the cones marking the beginning of the back straight when they may cut in.
- v) The start for the 300m hurdles will be near the 1500m-start line.
- vi) The finish line is common for all races.
- vii) Starting blocks do not have to be used by competitors. Athletes must be in a four point stance if they do not use starting blocks in events that run in lanes.
- viii) **The false start rule is as follows:** The first false start will be charged to the field. The second false start and subsequent false starts will be charged against the athlete(s) making a false start.

9. Track & Field Events for Physical and Intellectual Disabilities

i) Events

- 100m - Visually Impaired; Intellectual Disability; Ambulatory (as per IPC Classification * minus 1, 2, 4 athletes with intellectual disability)
 - 200m - Wheelchair
 - 400m - Wheelchair
 - 800m - Visually Impaired; Ambulatory, Intellectually Impaired (as per IPC Classification * minus 1, 2, 4 athletes with intellectual disability.)
- In the visually impaired events, there will be an allowance for an athlete who requires a guide (thus two lanes).

- ii) If there is any question about what category an athlete fits in, please contact the OFSAA convenors. (see OFSAA website)
- iii) Athletes using a wheelchair for competition must use a 3 wheeled racing chair as outlined in IPC Rule 14 as well as a helmet.

10. Starting Heights

Age Categories	High Jump	Pole Vault
Midget Girls	1.30m	
Junior Girls	1.35m	1.60m
Senior Girls	1.35m	1.85m
Midget Boys	1.50m	2.45m
Junior Boys	1.60m	2.75m
Senior Boys	1.65m	2.80m

Increments are 5 cm in high jump, 20 cm in pole vault. With six or fewer competitors left, the increments will be 3 cm for high jump and 10 cm for pole vault. Any changes to these increments must be approved by the Field Official.

11. Steeplechase Races

- i) The standard distances shall be 1500m (F) and 2000m (m)
- ii) There shall be 18 hurdle jumps and 5 water jumps included in the 2000m event, and 13 hurdle jumps and 3 water jumps included in the 1500m event.
- iii) For the steeplechase events, there shall be 5 jumps in each lap once the finish line has been passed with the water jump as the fourth. The jumps shall be evenly distributed, so that the distance between the jumps is approximately one fifth the distance of each lap.
- iv) The placement of the steeples and the position of the starting line will vary depending on the location of the water jump. If the water jump is on the inside of the track each lap will be approximately 390m - 395m depending on the arc of the track. If the water jump is on the outside of the track, each lap constitutes approximately 420m depending on the arc of the track.
- v) The first hurdle in the 1500m event will be H5, whereas in the 2000m event the first hurdle will be H3. Hurdles are numbered from the finish line whereas the water jump is H4.
- vi) Each athlete shall go over or through the water. An athlete shall be disqualified, if (s)he:
 - 1. Does not jump any hurdle
 - 2. Steps on the one side or other of the water jump, or
 - 3. Trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance.

12. Time For Field Events

- i) In all field events, the one-minute rule will be used.
- ii) With 2 or 3 competitors left, three minutes will be used in the pole vault and two minutes in the high jump.
- iii) With one competitor left, six minutes will be used in the pole vault and five minutes in the high jump.

13. Hurdle Heights & Equipment

- i) Boys Hurdles
 - 100m Midget 33"; 100m Junior 36"; 110m Senior 36"; 300m Midget & Junior 33"; 400m Senior 36"
- ii) Girls Hurdles
 - 80m Midget & Junior 30"; 100m Senior 30"; 300m Midget & Junior 30"; 400m Senior 30"

- iii) Boys Equipment
 - Shot – Midget & Junior 4kg; Senior 5.443kg
 - Discus – Midget & Junior 1kg; Senior 1.613kg
 - Javelin – Midget & Junior 600gm; Senior 800gm
- iv) Girls Equipment
 - Shot – Midget & Junior 3kg; Senior 4kg
 - Discus – 1kg
 - Javelin – 600gm
- v) Per IAAF Technical regulation 107.3.3 personal implements must be available for use by the other participants until the end of the event.

14. Event Schedule

The schedule of events is such that it closely resembles the Regional and the Provincial Championship meets. It will be published in the CWOSAA Track & Field Information booklet.

V. Rules

Order of rule interpretation:

- i) Rules specific to venue
- ii) CWOSSA rules
- iii) OFSAA rules
- iv) IAAF rules

VI. Officials

A large number of officials are required to run the meet. Where possible numbers requested from a school will reflect the number of entries from the school.

VII. Scoring

- i) Team scoring and individual scoring 10, 8, 6, 4, 2, and 1.
- ii) Relays will count towards team scoring, but not individual points.
- iii) Open boys 2000m Steeplechase and Open girls 1500m Steeplechase will count towards combined school scores and towards individual points.
- iv) Open 4 x 400m relay counts toward overall school score only.

VIII. Awards:

- i) In each event, first place will receive a CWOSSA medallion.
- ii) Second through sixth will receive CWOSSA ribbons
- iii) Individual age class champions receive a CWOSSA medallion.
- iv) Age class champions receive a CWOSSA medallion.
- v) CWOSSA plaques are awarded to schools that have the highest total points in:
 - a) An age class division (6 plaques)
 - b) Overall Boys' and Girls' (2plaques)
 - c) Overall school (1 plaque)

IX. Qualifying for OFSAA West Regional

The top SIX from CWOSSA will advance to the regional championship in each event.

X. Protests and Jury of Appeal

- i) Protests must be made no later than 30 minutes after the result has been officially posted.
- ii) Protests must be made in writing and given to the meet director who will take the protest to the appropriate Referee (track or field).
- iii) The decision of the referee may be appealed to the Jury of Appeal. This appeal must be in writing and a \$50.00 deposit must be received. The decision of the Jury is final. Successful protests will have their fee returned.
- iv) The Jury of Appeal shall consist of three (3) individuals: the CWOSSA convenor or his designated representative, 2 representatives from the coaching pool (not involved in protest).
- v) The Jury of Appeal shall handle protests which fall within the realm of:
 - a) Tournament Structure and Procedure;
 - b) Rules and Officials;
 - c) Uniforms and Equipment;
 - d) Scoring.

XI. Sponsorship Policy and Uniforms at CWOSSA Championships

- 1. 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. Failure to do so may result in disqualification. Relay team members must wear identical tops during the relay competition
- 2. No sport club insignia on uniforms or equipment shall be permitted in the competitive area. 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.
- 3. Sponsorship recognition is permitted to be visible but must conform to the placement guidelines outlined in By-Law 6. Section 2(h) of the OFSAA By-laws. This criteria must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies.