



NCSSAA Track & Field Playing Regulations

Many events in Track and Field have been designated as a higher-risk sport by OPHEA. Please consult the Ontario Physical Activity Safety Standards in Education (OPASSE) for details regarding specific safety guidelines for Track and Field.

- Discus
- High Jump
- Hurdles
- Javelin
- Pole Vault
- Shot Put
- Steeplechase
- Track Events
- Triple Jump/Long Jump

1. Events and/or Classification

Girls' Events - Novice, 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	(Novice/Junior & Senior)
80 metre hurdles	Long Jump
(Novice & Junior 30")	Triple Jump
100 metre hurdles	Shot - Sr: 4 kg Novice/Junior - 3kg
(Senior 30")	Discus - 1 kg
300 metre hurdles	Javelin (600 gm)
(Novice & Junior 30")	

Paralympic Events

200m – Wheelchair	Shot - Wheelchair - 3 kg
100m - Visually Impaired	Shot - Ambulatory - 3 kg
800m – Visually Impaired	
100m – Intellectual Disability	
800m - Intellectual Disability	
100m – Ambulatory	
800m – Ambulatory	

Open

4 x 400 metre Relay	2000 metre Steeplechase
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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
3000 metres	Senior - 5.443 kg (12 lb.)
100 metre hurdles	Discus: Novice/Junior - 1 kg
(Novice 33"/Junior 36")	Senior - 1.613 kg (3 lb., 9 oz.)
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	

Paralympic Events

200m – Wheelchair	Shot - Wheelchair - 4 kg
100m - Visually Impaired	Shot - Ambulatory - 4kg
800m – Visually Impaired	
100m – Intellectual Disability	
800m - Intellectual Disability	
100m – Ambulatory	
800m – Ambulatory	

Open

2000 metre Steeplechase	4 x 400 metre Relay
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2. Structure and Procedure

a. General

- i. All events will be run according to rules laid out by:
 1. OFSAA Bylaws
 2. World Athletics Regulations

b. Age Classification

- i. **SENIOR:** the individual's birth certificate indicates that they have not reached their 19th birthday by January 1st prior to the start of the school year in which the competition is held.
- ii. **JUNIOR:** the individual's birth certificate indicates that they have not reached their 15th birthday by January 1st prior to the start of the school year in which the competition is held.
- iii. **NOVICE:** the individual's birth certificate indicates that they have not reached their 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 allocated location for certification during the posted times. 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.

3. Entry

- 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 only be allowed to enter 1 relay team in each category. Team members may be changed from meet to meet as long as they are registered team athletes.

4. Expenses

- a. The NCSSAA will invoice each school registered in the league in accordance with the dates found in our Operating Policies. A per participant fee will be added to the invoice.

5. Eligibility

To qualify for the OFSAA East Regional competition, a student must have participated in a minimum of twelve (12) practices by the start of the National Capital Championship meet. To count as a practice, it must be as a member of a bona fide high school program, during the high school season (March-June), be under the supervision of a teacher designated as a track and field coach by the Principal of the school, and be held at a location open to all members of the school's team.

6. Rules and Officials

- a. The Meet Director(s) reserves 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 Conference Meets, the Meet Director(s) shall have discretion to cancel high risk events such as high jump or pole vault due to unforeseen circumstances such as inclement weather. If this is the case, all competitors will advance to the National Capital Meet.
- b. At the Conference Meets, all lane assignments will be randomly assigned.
- 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. At the Conference Meets, the Meet Director(s) will have discretion to allow jumping or throwing attempts to be allowed out of turn to allow the athlete to compete in their other event. It is up to the coach and the athlete to notify the officials at each event.
- d. At the Conference Meets, the 800m race may be run with a waterfall start, At the National Capital Meet, the 800m will be run as Timed Sections, with the second heat being the faster one. It will be run in Lanes with a ONE TURN stagger.
- e. At the Conference Meets, the 4 x 400m Relay race may include a Waterfall Start. At the National Capital Meet, the 4 x 400m Relay will be run as a THREE TURN stagger, with the Lead Runner in the lane for the entire lap; the 2nd

runner in the lane until the 150 mark (after the first turn) which shall be clearly marked. The 3rd and 4th Runners will be lined up according to the 2nd runner's placement at the 200 m mark. Runners are no longer assigned lanes at this point.

- f. All attempts by competitors in any field event will be measured.
- 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. At the National Capital Meet and at the Meet Director(s) discretion, spots may be filled from the Conference Meets so that all events will have 16 competitors or relay teams.
- j. The top five (5) competitors and relay teams will qualify to the East 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 teams will qualify to the OFSAA Championship from East Regionals.

I. Hurdles

Description	80m	100m	110m	400m	300m
Number of Hurdles	8	10	10	10	8
Height of Hurdles	NG/JG 30"	SG-30" NB-33" JB-36"	SB-36"	SG-30" SB-36"	JG/NG-30" JB/NB-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: N-novice, J-junior, S-senior, B-boys, G-girls

- m. High Jump starting heights (May be changed at the discretion of the Meet Director(s)).

Category	Height (metres)	
	Girls	Boys
Novice	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 (May be changed at the discretion of the Meet Director(s)).

Category	Height (metres)	
	Girls	Boys
Novice	1.30	2.00
Junior	1.40	2.30
Senior	1.40	2.30

o. Horizontal Jumps

Conference Meets: All athletes in field events will receive 3 attempts. The top 8 competitors will receive **up to** an additional three attempts. If the allotted time for the event has been exceeded prior to the completion of the 6th round, the official will complete the current round in its entirety to end the competition. (Example: time expires in middle of round 5, the round will be completed and there will be no 6th attempt). Final placing is determined by the best attempt in any round.

National Capital Meet: The top 8 competitors after 3 attempts will receive 3 more attempts. Final placing is determined by the best attempt in any round.

p. Throws

Event	Mass of Implement Used					
	Novice		Junior		Senior	
	Girls	Boys	Girls	Boys	Girls	Boys
Shot Put	3.0 kg	4.0 kg	3.0 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

Conference Meets: All athletes in field events will receive 3 attempts. The top 8 competitors will receive **up to** an additional three attempts. If the allotted time for the event has been exceeded prior to the completion of the 6th round, the official will complete the current round in its entirety to end the competition. (Example: time expires in middle of round 5, the round will be completed and there will be no 6th attempt). Final placing is determined by the best attempt in any round.

National Capital Meet: The top 8 competitors after 3 attempts will receive 3 more attempts. Final placing is determined by the best attempt in any round.

7. Uniforms and Equipment

- competitors must compete in their school uniforms.
- Members of relay teams must wear identical (defined as “seen to be identical from the width of the track”) tops.

8. Awards

- the following point system will be used:

1st - 10	4th - 5	7th - 2
2nd - 8	5th - 4	8th - 1
3rd - 6	6th - 3	
- 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
- points earned by open relay teams shall be assigned to the senior category.
- Ribbons for Track events will be given out once the results have been posted. Ribbons for Field events will be given out directly at the event site once the event has concluded.

- e. medals will be presented to the athlete(s) scoring the most points in each age category (relay points excluded).

9. **Deportment**

- A staff member or adult supervisor designated in writing by the Principal must be present and responsible for the behaviour of their 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.
- 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.

It is the expectation that students participating in NCSSAA events:

- adhere to the school's code of behavior
- display good sportsmanship during games of competitions
- win or lose gracefully
- respect both teammates and opponents
- follow the rules and regulations of the sport
- show respect towards officials and their decisions

Coaches are expected to review the "[Season Start-Up Expectations Checklist](#)" with their team prior to the first competition and periodically throughout the season

The NCSSAA position on racial slurs and epithets

The NCSSAA strives to create an environment of safety and respect for all athletes, coaches and officials. To address reclamation, the NCSSAA appreciates that individuals may be in the process of reclaiming racial slurs. However, not all people follow the same path and racial slurs can cause harm and degradation. As such, racial slurs will be unacceptable at NCSSAA events.

***Repeat offenses will be subject to increased suspensions or possible Board of Reference.**

****Suspensions apply to regular season, playoffs and OFSAA games.**

*****It is strongly recommended that students not participate in exhibition and tournament games while serving a suspension, but it is the school's final decision.**

******Any unserved suspensions will carry over to the next sport/season.**

Description of Misconduct	Suggested Sanctions
Ejection, dismissal, disqualification, expulsion, banishment of an athlete or coach from a game by an official **henceforth referred to as "Disqualification" *responsibility of the coach/school to notify NCSSAA immediately following the game.	1 game suspension (minimum) for athletes, 2 game suspension (minimum) for coaches, until the case is reviewed by the Athletic Coordinators Repeat offenses will result in: 2 or more games suspension, and possible Board of Reference
Guidelines for Suspension The following suggested sanctions will be used to guide the Athletic Coordinators. The sanctions assessed may vary based on the information collected. Schools are to provide their account of events to the Athletic Coordinators within 24 hours.	
Physical altercation with an opponent [punches are thrown] during a game.	2 game suspension (minimum) and possible Board of Reference
Spitting at an opponent.	3 game suspension

Leaving the bench (without inciting further incident), or not reporting to the bench, or leaving the penalty box when a physical altercation breaks out.	2 games to 1 calendar year *some sports may have more severe disciplinary action (see sport specific rules and officials)
A coach, official or fan who strikes or verbally/physically threatens a player, official or coach prior to, during or after competition.	Suspension from all NCSSAA activities pending Board of Reference decision
A player who strikes or verbally/physically threatens a player, official or coach prior to or after competition.	Suspension from all NCSSAA activities pending a Board of Reference decision
Where it is determined there was an attempt to injure or complete disregard for the safety of an opponent.	3 games to 1 calendar year
Discriminatory comments.	3 games to 1 calendar year
Threatening, offensive, insulting or abusive language or gestures, not toward a game official.	2 game suspension (minimum)
Offensive, insulting or abusive language or gestures toward a game official; threatening or spitting at; and/or physical altercation with a game official.	3 games to 1 calendar year
Rudeness or obscenities and/or unsportsmanlike conduct in individual meets or events.	Automatic disqualification and a written report to the Principal of the school concerned (Ref: OFSAA Code of Conduct)

10. Medical

- a. 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.**

11. Protest Committee

- a. The protest committee will be assembled by the NCSSAA before each meet.
- b. A protest must be submitted in writing within 30 minutes after the results have been posted or made official, with a \$50.00 fee (refundable if the protest is upheld).