

## TRACK & FIELD

Additional information can be found on the Track and Field page of the SSNS website:

<b>Track &amp; Field</b>	Start-up Date	March 3
	1st Competition	March 31
	Declaration Date	April 11
	Regionals completed by	May 24
	Provincial Championships	May 30/31
	Host Region	Western

Track and Field Competition Cap	12 Days of Competition
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Coaching Requirement	Making Headway
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SSNS sanctioned competition in the sport of Track and Field shall follow the rules and regulations as defined by Athletics Nova Scotia ([www.athleticsnovascotia.ca](http://www.athleticsnovascotia.ca)) with SSNS specific regulations as follows:

### 28.1 Age Classification

- Senior – second and third year high school
- Intermediate – Grade 9 and first year high school
- Junior – Grade 7 and Grade 8 students

### 28.2 Student Eligibility

All eligible student athletes as defined by rule 2.

### 28.3 Regional Representation –

- 28.3.1 At the District level, student-athletes are permitted to enter a maximum of six events, including relays.
- 28.3.2 A competitor must compete in the event at the Regional Level in order to qualify for the SSNS Championships.
- 28.2.3 If SSNS meet is on an eight-lane track:  
The first four placing in track events (including relays) and the first four in field events will advance to the provincial meet. Fifth-place finishers shall be listed as alternates.

### 28.4 Provincial Format – As determined per event unless altered as per rule 5.5.2.

### 28.5 Awards –

- 28.5.1 Championship Banner to winning schools in each classification as follows:  
(Total - six teams).  
Senior Girls      Intermediate Girls      Junior Girls  
Senior Boys      Intermediate Boys      Junior Boys  
SSNS Gold Medallions to members of championship team and coach.  
SSNS Silver Medallions to members of second place team and coach.  
SSNS Bronze Medallions to members of third place team and coach.
- 28.5.2 Championship banners to winning schools in each classification as follows:  
(Total - four teams).  
Senior Supported Athletes Girls      Junior Supported Athletes Girls  
Senior Supported Athletes Boys      Junior Supported Athletes Boys  
SSNS Gold Medallions to members of championship team and coach.  
SSNS Silver Medallions to members of second place team and coach.  
SSNS Bronze Medallions to members of third place team and coach.
- 28.5.3 SSNS Gold, Silver and Bronze medallions to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finishers in each event.
- 28.5.4 All Supported Athletes will receive a participation certificate.

## 28.6 General Rules of Play - World Athletics Rules

### 28.7 SSNS Specific Rules

28.7.1 Meet Manager be used as the standard for both Regional and Provincial Track and Field Meets.

28.7.2 Individual student athletes are permitted a false start each in all individual track events. Student athletes who are charged a 2<sup>nd</sup> false start in an individual event will be disqualified from that event.

28.7.3 SSNS Specific Event Parameters:

<b>SENIOR BOYS</b>	<b>INTERMEDIATE BOYS</b>	<b>JUNIOR BOYS</b>	<b>PARA BOYS</b>	<b>SENIOR SUPPORTED BOYS</b>	<b>JUNIOR SUPPORTED BOYS</b>
110m hurdles (36")	100m hurdles(33")	80m hurdles(30")	200m	Timed 100m	100m
100 m	100 m	100 m	800m	Shot Put (4kg)	Shot Put (4kg)
200 m	200 m	200 m	Shot Put (4kg)	Long Jump	Long Jump
400 m	400 m	400 m			
800 m	800 m	800 m			
1500 m	1500 m	1500 m			
3000 m	3000 m	3000 m			
4x100 m relay	4x100 m relay	4x100 m relay			
4x400 m relay	4x400 m relay	4x400 m relay			
Discus (1.75kg)	Discus (1.50kg)	Discus (1kg)			
Javelin (800g)	Javelin (700g)	Javelin (600g)			
Shot Put (6kg)	Shot Put (5kg)	Shot Put (4kg)			
Long Jump	Long Jump	Long Jump			
High Jump (start 1.45m)	High Jump (start 1.40m)	High Jump (start 1.25m)			
Triple Jump	Triple Jump	Triple Jump			

<b>SENIOR GIRLS</b>	<b>INTERMEDIATE GIRLS</b>	<b>JUNIOR GIRLS</b>	<b>PARA GIRLS</b>	<b>SENIOR SUPPORTED GIRLS</b>	<b>JUNIORSUP PORT GIRLS</b>
100m hurdles(30")	80m hurdles(30")	80m hurdles(30")	200m	100m	100m
100 m	100 m	100 m	800m	Shot Put (3kg)	Shot Put (3kg)
200 m	200 m	200 m	Shot Put (3kg)	Long Jump	Long Jump
400 m	400 m	400 m			
800 m	800 m	800 m			
1500 m	1500 m	1500 m			
3000 m	3000 m	3000 m			
4x100 m relay	4x100 m relay	4x100 m relay			
4x400 m relay	4x400 m relay	4x400 m relay			
Discus (1kg)	Discus (1kg)	Discus (0.75kg)			
Javelin (600g)	Javelin (500g)	Javelin (400g)			
Shot Put (4kg)	Shot Put (4kg)	Shot Put (3kg)			
Long Jump	Long Jump	Long Jump			
High Jump (start 1.25m)	High Jump (start 1.25m)	High Jump (start 1.15m)			
Triple Jump	Triple Jump	Triple Jump			

### ***Provincial Championship Facility Requirements***

Track and field facilities as determined by Athletics Nova Scotia.

## **SAFETY PROTOCOLS**

### **DISCUS**

#### **Equipment**

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

Discus size must be appropriate for the size and sex of the student.

Discus must not be cracked, chipped or otherwise damaged and must be checked regularly.

**Clothing/Footwear**

Appropriate clothing and footwear must be worn.

The wearing of jewellery during practices and competitions must meet the rules of Athletics Nova Scotia.

**Facilities**

Determine that all facilities are safe for use.

Where running takes place off school site for a warm up or conditioning run and/or is an integral part of the activity:

- Prior to initial use of route or course, coaches must do a safety check 'walk through' in order to identify potential hazards and severely uneven surfaces which must be brought to the attention of the coaches, convenor, athletes, and officials.
- Before initial attempt, coaches must outline to athletes the route or course (e.g., notice of areas to approach with caution).

Playing surface and surrounding area must be free of all obstacles and must provide safe footing and traction.

The throwing area must be free of obstacles and completely closed to traffic (no other activity must be located in the area where discus is taking place).

The landing area must be well marked and void of people during the activity.

Students may wear 5mm spikes on rubberized or asphalt jumping surfaces.

Track shoes with spikes removed must not be worn.

## **HIGH JUMP**

**Equipment**

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

**Landing Mats:**

The landing area must be a minimum mat surface of 3m x 5m x .5m (10'X16.5'X20") as per IAAF Standards.

Checks mats regularly for damage and repair or replace as necessary.

Jumping pits used adjacent to one another must be of the same thickness and compaction rating and be covered to prevent an athlete from slipping between pits upon landing.

**Cross Bars:**

Fibreglass crossbars must be used in competition.

Regularly check crossbars for cracks.

Weighted rope or elastic may be used for warm-up or practice.

**High Jump Standards:**

Check standards regularly for damage. Repair or replace as needed.

**Clothing/Footwear**

Appropriate clothing and footwear must be worn.

No bare feet or socks without shoes.

The wearing of jewellery during practices and competitions must meet the rules of Athletics Nova Scotia.

**Facilities**

Determine that all facilities are safe for use.

Where running takes place off school site for a warm up or conditioning run and/or is an integral part of the activity:

- Prior to initial use of route or course, coaches must do a safety check 'walk through' in order to identify potential hazards and severely uneven surfaces which must be brought to the attention of the coaches, convenor, athletes, and officials.
- Before initial attempt, coaches must outline to athletes the route or course (e.g., notice of areas to approach with caution).

Indoor and outdoor approach areas must be smooth, traffic-free and provide safe footing and traction. Activity and surrounding area must be free of all obstacles (e.g., tables, chairs).

## HURDLES

### Equipment

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

Check for safety of hurdles (e.g., stable, no splinters, cracks or other hazards).

Check safety of starting blocks if they are used.

### Clothing/Footwear

Appropriate clothing and footwear must be worn.

No bare feet or socks without shoes.

The wearing of jewellery during practices and competitions must meet the rules of Athletics Nova Scotia.

Track spikes as allowed by competition facility or IAAF rules.

### Facilities

Determine that all facilities are safe for use.

Where running takes place off school site for a warm up or conditioning run and/or is an integral part of the activity:

- Prior to initial use of route or course, coaches must do a safety check 'walk through' in order to identify potential hazards and severely uneven surfaces which must be brought to the attention of the coaches, convenor, athletes, and officials.
- Before initial attempt, coaches must outline to athletes the route or course (e.g., notice of areas to approach with caution).

Indoor surface and surrounding area must be free of all obstacles (e.g., tables, chairs), and must provide safe footing and traction.

Activity in appropriate area, which provides a clear, flat surface.

All tracks must be inspected annually and maintained as necessary.

Run-out areas must be in place.

## JAVELIN

### Equipment

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

Javelin must be appropriate in size for the age, sex and strength of the athlete during practices. For competitions: Girls, 600g. Boys U18 and junior, 600g. Boys senior, 800g.

Javelin must not be cracked, bent or otherwise damaged and must be checked regularly.

Turbo javelins/turbojavs and other equivalent commercially made equipment may be used for practice. No homemade equipment.

Ensure equipment joints and noses are tight before throwing.

### Clothing/Footwear

Appropriate clothing and footwear must be worn.

The wearing of jewellery during practices and competitions must meet the rules of Athletics Nova Scotia.

### Facilities

Determine that all facilities are safe for use.

Where running takes place off school site for a warm up or conditioning run and/or is an integral part of the activity:

- Prior to initial use of route or course, coaches must do a safety check 'walk through' in order to identify potential hazards and severely uneven surfaces which must be brought to the attention of the coaches, convenor, athletes, and officials.
- Before initial attempt, coaches must outline to athletes the route or course (e.g., notice of areas to approach with caution).

The throwing area must be free of obstacles and completely closed to traffic (no other activity can be located in the area where javelin is taking place).

The landing area must be well marked and void of people during the activity.

The run up area must provide safe footing and traction.

## **SPRINTS/400M/800M/1500M/3000M/RELAYS**

### **Equipment**

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

Check batons for cracks or splinters.

Check safety of starting blocks, if they are used.

Starter pistol must be locked away safely when not in use.

### **Clothing/Footwear**

Appropriate clothing and footwear must be worn.

No turf shoes.

5mm spikes on rubberized or asphalt tracks or 9mm spikes on cinder tracks may be worn.

Track shoes without spikes may not be worn.

No bare feet or socks without shoes.

The wearing of jewellery during practices and competitions must meet the rules of Athletics Nova Scotia.

### **Facilities**

Determine that all facilities are safe for use.

Where running takes place off school site for a warm up or conditioning run and/or is an integral part of the activity:

- Prior to initial use of route or course, coaches must do a safety check 'walk through' in order to identify potential hazards and severely uneven surfaces which must be brought to the attention of the coaches, convenor, athletes, and officials.
- Before initial attempt, coaches must outline to athletes the route or course (e.g., notice of areas to approach with caution).

Practice surface and surrounding area must be free of all obstacles (e.g., tables, chairs), and must provide safe footing and traction.

Athletes running off-site for practice must use approved route.

All tracks must be inspected annually and maintained as necessary.

"Blacktop" strips and open fields may be used if areas are suitable, smooth, clean, level and safe footing and traction.

Run-out areas must be in place for all running events, school hall and stairway running.

### **Indoor Running – Use of Hallways**

At turnaround or end points, designate a safety or slow down zone (e.g. using pylons).

Designate a safety zone (e.g. using pylons) for all doors that open out into the hall.

Where school hallways or stairways are used for training purposes, appropriate safety measures must be in place:

- all classroom doors that open out have to be secured open, flush with hall wall
- hallway protrusions must be clearly marked
- inform appropriate staff members of times and location of indoor practices
- no running to take place where showcases presents a hazard
- hall double doors have to be secured open
- monitors must be positioned at corners
- floor surface must be dry and provide good footing
- stairways must have a railing
- students must be instructed on safety procedures for running stairs (e.g. one step at a time, blind spots, spatial awareness, using railings for balance, maintaining body control, respect for personal space)

## **JUMPS**

## **Equipment**

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

Rake.

Shovel or spade.

Keep rake, shovel, and spade away from pit and run-up when not in use.

## **Clothing/Footwear**

Appropriate clothing and footwear must be worn.

No bare feet or socks without shoes.

Athletes may wear spikes up to 9mm (.25") on rubberized, asphalt, grass or gravel surfaces.

Track shoes without spikes may not be worn.

The wearing of jewellery during practices and competitions must meet the rules of Athletics Nova Scotia.

## **Facilities**

Determine that all facilities are safe for use.

Where running takes place off school site for a warm up or conditioning run and/or is an integral part of the activity:

- Prior to initial use of route or course, coaches must do a safety check 'walk through' in order to identify potential hazards and severely uneven surfaces which must be brought to the attention of the coaches, convenor, athletes, and officials.
- Before initial attempt, coaches must outline to athletes the route or course (e.g., notice of areas to approach with caution).

Surface and surrounding area must be free of all obstacles and must provide safe footing and traction.

Runway must be free from water puddles.

Pits must be filled with sand in accordance with International Federation (IAAF) rules (30 cm/12").

Determine landing area is well raked and free of foreign objects.

Determine take off area is firm and flat and swept if 'blacktop'. Boards must be level and firmly attached.

For the long jump, there must be a distance of 1m (3'4") to 3m (10') between take-off board and front edge of pit.

In triple jump determine that the take off areas are at an appropriate distance from the pit to allow for a safe landing on the second phase (step).

Dig pit at least once a season and after heavy rain.

Pits must not be located in high traffic areas or near other activity sites, (e.g., ball diamonds).

Pits must have a minimum width of 2.75m (9').

Refrain from jumping if there are slippery conditions.

Establish a procedure to initiate jumping (e.g., remove a cone from the take-off board when ready).

If athletes are rakers, they must be trained. As part of training, include rules such as:

- remove rake before next competitor begins approach and hold rake prongs downward
- begin raking after competitor is out of pit
- rake sand into the middle as opposed to out to the sides
- rakes not in use prongs down

Determine that spectators and participants stay back from pit and runway

## **Environmental Considerations**

Before involving athletes in outdoor activity, coaches must take into consideration:

- environmental conditions (temperature, weather, air quality, humidity, UV index, insects)
- accessibility to adequate liquid replacement (personal water bottles, water fountains) and athlete hydration before, during and after physical activity
- previous training and fitness level
- length of time and intensity of physical activity

Athletes must be made aware of ways to protect themselves from environmental conditions (e.g. use of hats, sunscreen, sunglasses, personal water bottles, insect repellent, appropriate clothing).

Athletes must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes [see Appendix F - Lightning Protocol]).

**Supervision**

Constant visual supervision during initial skill instruction.

On-site supervision after skills have been taught.