

PRSSAA TRACK & FIELD PLAYING REGULATIONS

(Revised in April 2022)

PREAMBLE

The PRSSAA Track & Field Playing Regulations shall be in effect for the PRSSAA Track & Field Championship Meet. Amendments to these Playing Regulations may be made by circulating written notice of motion to all PRSSAA member schools at least 7 days prior to the June Annual PRSSAA General Meeting, at which time the motion shall be voted upon. Otherwise, notices of motion presented at the June Annual PRSSAA General Meeting will be subject to approval by the PRSSAA Members at its next December meeting. This will allow adequate time for PRSSAA member schools to consider the motion.

1. DATE OF THE COMPETITION

The PRSSAA Track & Field Championship Meet shall be held on the Tuesday of the week preceding the EOSSAA Meet. There will be no rain date. The PRSSAA Track & Field convenor will email to all PRSSAA member schools the pertinent meet information regarding time, location, entry fees, etc., at least one month before the date of the PRSSAA Meet.

2. AGE DIVISIONS (as per OFSAA)

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.

Novice: 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 in grade 9.

3. ELIGIBILITY

To represent a school in any activity co-ordinated by the Federation a student must:

(i) be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of the Association to which his/her school belongs;

(ii) be certified as eligible by the Principal of the school and the teacher coach of the school;

(iii) meet the age requirements as listed in Section 3;

(iv) be in Grades 9-12;

(v) be eligible under the OFSAA Transfer Policy (By-Law 5, Section 4(f));

(vi) be eligible for no more than five (5) consecutive years from date of entry into Grade 9 (By-Law 5, Section 4(g));

(vii) Any athlete participating in an OFSAA Championship or 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 (ten (10)), 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.

4. ENTRIES

- a) All entries from league track & field convenors will be due at the host convenor's school and the timing team by Sunday immediately preceding the PRSSAA Championship Meet. Any exceptions to this deadline must be approved, in writing, by the PRSSAA Track & Field convenor.
- b) Each PRSSAA school must submit a cheque or money order for the PRSSAA Meet Convener fee, plus completed EOSSAA Eligibility Forms at the PRSSAA Meet.
- c) No changes to the entries submitted on the PRSSAA Meet entry forms will be permitted. Athletes who are present at the meet and wish to scratch from an event the day of the meet (ie. injury, sickness) must inform the official in charge of the event (ie. track umpire or event official). If the athlete is not present at the meet, the teacher-coach must inform the timing team at the latest, before the meet starts. In the event that an athlete is present and scratches from a final, the athlete will be disqualified from the Meet.
- d) The PRSSAA Track & Field convenor is responsible to set a school fee so that all meet expenses (ie. facility, First Aid, timing team and ribbons) can be met. The PRSSAA treasurer will send out all invoices to each school or school board.
A fee of \$2.00 per athlete per school will be disbursed, which pays the honorarium to the PRSSAA Track & Field convenor.
- e) The number of entrants from each school in each individual event will be as follows;
 - i) 6-lane track - 3 in all events up to and including 400m.
- 4 in all track events 800m and longer and all field events
 - ii) 8-lane track - 4 in all events
- f) Relay teams will qualify for EOSSAA as follows;
 - i) 6-lane track - top 2 teams
 - ii) 8-lane track - top 2 teams
- g) An athlete may compete in no more than 3 individual events, plus one age class relay (4 x 100m.) and one Open relay (4 x 400m.)
- h) There are no limits on the number of athletes per individual event, per age division. A school is limited to 1 relay team per age category as well as 1 team in each of the Open relays.**
- i) *** SCHOOL TOPS MUST BE WORN BY ALL COMPETITORS IN ALL EVENTS ***
*** RELAY TEAM MEMBERS MUST WEAR IDENTICAL SCHOOL TOPS ***

5. SEEDING

All track and field events are based on a random draw.

6. FALSE START

The IAAF false start Rule will NOT be used in PRSSAA competition. The following will be the PRSSAA rule: one false start for the field and then each subsequent false start will be charged to the individual resulting in their disqualification.

FIELD EVENTS

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.

7. MEET STRUCTURE

PRSSAA will conduct all of these following events:

i) For Girls and Boys in all three age divisions (Novice, Junior, and Senior);
100m., 200m., 400m., 800m., 1500m., 3000m., 4 x 100m. Relay, High Jump, Long Jump and Triple Jump.

ii) For Novice Girls and Junior Girls;
80 m. Hurdles (76cm height), 300m. Hurdles (76cm height), Shot Put (3 kg.), Discus (1 kg.), and Javelin (600 gm.)

iii) For Senior Girls; 100m. Hurdles (76cm height), 400m. Hurdles (76cm height) Shot Put (4 kg.), Discus (1 kg.), and Javelin (600 gm.)

iv) For Novice Boys; 100m. Hurdles (84cm height), 300m. Hurdles (84cm height), Shot Put (4 kg.), Discus (1 kg.), and Javelin (600 gm.)

v) For Junior Boys; 100 m. Hurdles (91cm height), 300m. Hurdles (84cm height), Shot Put (4 kg.), Discus (1 kg.), and Javelin (600 gm.)

vi) For Senior Boys; 110 m. Hurdles (91cm height), 400m. Hurdles (91cm height), Shot Put (5.4 kg.), Discus (1.616 kg.), and Javelin (800 gm.)

vii) The following "Open" division events;
(a) Girls; 4 x 400m. Relay, 1500m Steeplechase(76cm)
(b) Boys; 4 x 400m. Relay, 2000m. Steeplechase(91cm)

viii) Physically Challenged Events

Boys & Girls -

100m - Ambulatory (as per IPC Classification * minus 1,2,4 athletes with intellectual disability), Intellectual Disability, Visually Impaired, Wheelchair 200, Wheelchair 400,

200m – Wheelchair

400m – Wheelchair

800m - Ambulatory (as per IPC Classification * minus 1,2,4 athletes with intellectual disability), Visually Impaired

If there is any question about what category an athlete fits in, there will be a committee of three (OFSAA Association representative, SAC Chair, representative from a sport governing body) who will make the final decision

8. FACILITIES

- (a) The PRSSAA Meet site must include, as a minimum;
 - i) 6-lane all-weather track with markings for all running events contested at PRSSAA.
 - ii) 1 high jump areas, apart from the track, with all-weather aprons
 - iii) 2 long/triple jump pits with all-weather runways
- (b) The PRSSAA Meet site should include;
 - i) Seating area or bleachers to accommodate 400+ athletes, coaches, officials, and spectators.
 - ii) 1 shot put pad with level landing areas
 - iii) 1 discus pad with level landing areas
 - iv) 1 javelin area with level landing areas
- (c) The following equipment is required for the PRSSAA Meet;
 - i) Starting Line - starting blocks (twice the number of lanes plus 2 extras), 1 starting pistols, shells.
 - ii) Finish Line, a video camera and player or a phototimer, lap cards, bell, 8 relay batons.
 - iii) Hurdles - (10 times the number of lanes plus 6 extras), 4 steeplechase barriers (5 if no water jump is available).
 - iv) High Jump - 2 standards, 2 fiberglass cross bars, adequate foam landing pits with covers.
 - v) Long/Triple Jump - 4 rakes, 2 shovels, 2 leveling boards.
 - vi) Throwing Events - toe boards for shot put, at least 1 legal implement for each event; shot (3kg., 4kg. & 5.4 kg.), discus (1 kg. & 1.616 kg.) javelin (600 gm. & IAAF 800 gm.)
 - vii) Miscellaneous items - 6 tape measures, 12 clipboards, pens, 6 red/white relay flags, brooms, marking line, paint, or tape for throwing sectors.

9. RULES AND OFFICIALS

- (a) Rules will be used in the following order of precedence; PRSSAA, EOSSAA, then OFSAA, then IAAF.
- (b) Approximately 15 adult officials are required to conduct the PRSSAA Meet. Properly trained student officials may be used as timers and place judges, if necessary).
- (c) Any school that does not provide an adult official for its assigned position will not be allowed to compete in the PRSSAA Meet.
- (d) A jury of appeal will be convened in the event of any protests that are presented. The jury will be made up of 3 neutral members (teacher-coaches) of the PRSSAA league. The convenor will arrange for at least 5 members to be available during the meet in the event they are needed.
- (e) Each school will be assigned to fulfill specific adult officiating positions for the PRSSAA Meet.
 - The convenor must also provide; computer crew for entries, results and scoring, 1 Starter's assistant, 1 Announcer, 2 students at the results table, Track Crew for Hurdles and Starting Blocks.
 - *** Each adult official in field events is responsible for bringing a student officiating crew and the necessary small equipment (clipboards, tape measures, etc.) to the PRSSAA Meet. ***
 - ***There will be a coaches meeting 15 minutes prior to the scheduled first running event to answer any question and to consolidate how the competition will unfold.
- (f) Timing- Fully automated timing must be arranged for the meet. A video camera and player or electronic phototimer must be at the main finish line.