

OFSAA CO-EDUCATIONAL TRACK AND FIELD CHAMPIONSHIP

The sole basis for the very existence of high school sport is the contribution it makes to the general educational experience of those students who participate.

PLAYING REGULATIONS

1. Date:

The OFSAA Co-educational Track and Field Championship shall be held on the Thursday, Friday and Saturday of the first week in June unless extraordinary circumstances dictate a change. This Championship is preceded by regional events which are part of the Championship.

2. Location:

The location of the Championship shall be decided not later than the OFSAA Annual Meeting held in April of the school year prior to the Championship.

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 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 in Grade 9.

Girls' Events - Midget, 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	(Midget/Junior & Senior)
80 metre hurdles	Long Jump
(Midget & Junior 30")	Triple Jump
100 metre hurdles	Shot - 4 kg (8 lb., 13 oz.)
(Senior 30")	Discus - 1 kg
300 metre hurdles	Javelin (600 gm)
(Midget & Junior 30")	

Physically Challenged - Any physically challenged athlete who is not eligible for the blind and wheelchair events. This would include CP and amputee athletes.

800 metre Blind
800 metre Wheelchair

100 metre Ambulatory

Open

4 x 400 metre Relay

1500 metre Steeplechase

Boys' Events - Midget, Junior, Senior:

100 metres
200 metres
400 metres
800 metres
1500 metres
3000 metres
100 metre hurdles
(Midget 33"/Junior 36")
110 metre hurdles
(Senior 36")
300 metre hurdles
(Midget & Junior 33")
400 metre hurdles (Senior 36")
4 x 100 metre Relays

High Jump
Pole Vault
Long Jump
Triple Jump
Shot: Midget/Junior - 4 kg (8 lb., 13 oz.)
Senior - 5.443 kg (12 lb.)
Discus: Midget/Junior - 1 kg
Senior - 1.613 kg
(3 lb., 9 oz.)
Javelin: Midget/Junior - 600 gm
Senior - 800 gm

Physically Challenged - Any physically challenged athlete who is not eligible for the blind and wheelchair events. This would include CP and amputee athletes.

1500 metre Blind
1500 metre Wheelchair

100 metre Ambulatory

Open

2000 metre Steeplechase

4 x 400 metre Relay

4. Meet Structure:

- (a) The meet shall be conducted over two and a half (2½) days. Events will begin on Thursday no earlier than 3:00 p.m. and will begin no earlier than 8:30 a.m. on Friday and Saturday. The schedule must be approved by the Chairperson of the OFSAA Sport Advisory Committee for Track and Field.

Regional Meet schedules should approximate the OFSAA Championship schedule.

Any exceptional changes to the order of events must be done prior to February 1st of the same year as the meet.

(b) **Qualification From Heats to Finals**

- (i) hurdles, 100m, 200m, 400m, 800m, 4 x 100m relay, 4 x 400m relay:
 - **6-Lane Track** - the winner in each of four (4) heats and the next two (2) fastest times qualify for final;
 - **8-Lane Track** - top two (2) finishers in each of three (3) heats and next two (2) fastest times qualify for final;
- (ii) 1500m and 2000m steeplechase - first four (4) finishers in each of two (2) heats and the next four (4) fastest times qualify for final.
- (iii) For lane designated events, a run-off for all competitors who are tied for the final qualifying position will be conducted.

(c) **Starts in Distance Races**

- (i) in 800m:
 - 6 Lane Track** - a box start shall be used in the heats and final;
 - 8 Lane Track** - a lane start shall be used in the heats and finals;
- (ii) in 1500m and 2000m races, a common start shall be used in heats and finals;
- (iii) for 3000m races, a box start shall be used (8-lane track - 4 boxes of 6; 6-lane track - 3 boxes of 8).

5. Entry:

- (a) Associations shall be divided into Regions for qualification to the OFSAA Championship as follows:

Central - GBSSA, LOSSA, YRAA
East - COSSA, EOSSAA, NCSSAA
Metro - TDCAA, TDSSAA, CISAA
North - NEOAA, NOSSA, NWOSSAA
South - GHAC, ROPSSAA, SOSSA
West - CWOSSA, SWOSSAA, WOSSAA

- (b) Entries will be accepted from Regional convenors or designates only.
- (c) Each Region shall be entitled to a maximum of four (4) entries per event in the OFSAA Track and Field Championship. If the number of participants for the latter is less than the maximum as the result of an incomplete entry from any of the Regional meets, the host

Association may fill the vacancy(ies) according to the official results of its Regional meet.

- (d) 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 (e.g. a 16-year old may compete in the junior or senior relays). Schools are limited to one relay team per event at Regional meets and the OFSAA Championship.
- (e) To qualify for the OFSAA Regional meets a competitor or relay team must have participated successfully in that event at the Association meet.
- (f) Schools shall be limited to one relay team per event at Regional meets and the OFSAA Championship. When entering a relay team from the regionals to the OFSAA Championship, a coach may enter a maximum of six competitors. However, if the relay team finishes in the top eight, medals/ribbons will be presented to only five members.
- (g) Any suspensions or disciplinary actions in Association play shall be carried forward into OFSAA competitions. The Association convenor shall be responsible for reporting such players and the nature of the disciplinary action on the OFSAA entry form.
- (h) Entries must be received by the OFSAA Convenor no later than the Saturday prior to the start of the Championship. Late entries will only be accepted if they can be accommodated and shall be subject to a penalty of an additional entry fee.
- (i) For associations withdrawing a team(s) after the commitment deadline the minimum sanction imposed will be a fine equal to the entry fee. Further, if the withdrawal takes place at a time that impacts on the convener, financially or logistically, a further fine may be issued. This fine may encompass costs incurred by the convenor for entry fee, banquet meals, banners, etc. as reviewed and approved by OFSAA. The association and/or school may also be brought forward to the Board of Reference sanctions.

6. Expenses:

An Entry Fee shall be charged which shall be sufficient to cover the operating costs of the meet. Any Association that does not meet its entry commitment after it has declared an entry into the Championship will be required to submit the entry fee and a report will be made to the Board of Reference - Sanctions.

Those schools having entries are responsible for arranging and financing their own travel, meals and accommodation for the event.

7. 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;
- (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) have signed the Rules of Behaviour signature form for the competition.
- (viii) 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 (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.

8. Rules and Officials:

Revisions to rulebooks governing play at the OFSAA Championship shall be reviewed by the Sport Advisory Committee and approved by the Board of Directors prior to implementation at any Championship.

- (a) In order to clarify rules of competition the following order of interpretation will be used:
 - (i) OFSAA Rules;
 - (ii) IAAF Handbook.
- (b) Starting blocks do not have to be used by competitors.
- (c) **Beginning in 2011, the new false start rule is in effect as follows:-**
Midget Division: The first false start is charged to the field. Additional false starts will be charged against the individual committing the false start.
Junior and Senior Division: All false starts will be charged against the athlete committing the false start.
- (d) The weights of shot, discus and javelin implements will be as set out in Regulation 3, Events and Classifications.
- (e) Infractions, whether of a technical nature or related to the behaviour of participants, shall be reported to the head referee who shall make a decision. Appeals to that decision, if of a technical nature, shall be directed to the Jury of Appeal. Appeals, if related to behaviour, shall be directed to the Competition Committee.
- (f) 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.
- (g) Field event athletes must report before the final trial in the third round to be eligible to compete in the event.
- (h) 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.

- (i) The starting heights for high jump and pole vault shall be determined by the meet Director based on Regional results.
- (j) The Convenor shall be responsible for supplying competent officials for the meet.
- (k) Steeplechase Races:-
 - i) The standard distances shall be 1500m and 2000m
 - 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.

9. Seeding:

- (a) Seeding will be done in order to spread the fastest qualifying times evenly throughout the heats and shall be done randomly in lane designated events from lanes one to eight.
- (b) Seeding for the finals will be done from heat times with the four fastest qualifiers being drawn in lanes 3, 4, 5 and 6 and the remaining qualifiers being drawn in lanes 1, 2, 7 and 8.
- (c) A free draw shall be made by the organizing committee to determine lane assignments for **heats** in track events and order of competition in field events.
- (d) Two (2) free draws shall be made to determine lane assignments for the **finals**: the four (4) best times from the qualifying heats shall draw for placement in lanes 3, 4, 5 and 6; and the remaining four (4) times shall draw for placement in lanes 1, 2, 7 and 8.

10. Uniform:

- (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/Association's name, colours and logos. All tops must have the school colour or crest or school name only. 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. Sponsorship recognition is permitted to be visible but must conform with the placement guidelines outlined in By-Law 6, Section 2(h). This criteria must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies.

- (b) The tops of all four (4) relay competitors must be **identical**.
- (c) Optional athletic footwear will be acceptable for grass javelin surfaces.
- (d) Student-athletes must remain fully clothed in the appropriate attire in the competition area, AND use the designated locker room or change area to change to and from competition attire. Incidents of non-compliance shall be forwarded to the Competition Committee for resolution.

11. **Facility and Equipment Specifications:**

The meet should be held on an 8-lane track to accommodate the number of entries in the allotted time.

12. **Scoring:**

- (a) To determine the overall school Champions, the following point system shall be used: All results for all athletes participating in events should be eligible and counted toward team totals.

1st - 10 points; 2nd - 8 points; 3rd - 6 points; 4th - 5 points; 5th - 4 points; 6th - 3 points; 7th - 2 points; 8th - 1 point.

- (b) Points earned by individuals in Open events shall be awarded to the school in the age category to which the individual belongs.
- (c) Points earned by the Open Relay teams shall be awarded to the school in the Senior division.

13. **Awards:**

Individual: OFSAA medallions shall be presented to the first three (3) finishers in each event. OFSAA ribbons shall be presented to the fourth through eighth place finishers in each event.

Team: A championship banner shall be presented to

- (i) Individual (divisional champions)
- (ii) Overall (Boys & Girls champions) current

OFSAA-ineligible athletes, who were permitted to compete at the local league or Association level, shall not receive OFSAA medals, either at the Championship or after the event.

Regional Meets: the top eight (8) finishers in each event at a Regional meet may receive OFSAA ribbons; the responsibility of purchasing ribbons will be that of the Regional convenors.

14. Supervision: (Reference By-Law 6, Section 1)

A teacher is defined as a member of the Ontario College of Teachers or a holder of an Ontario Teacher's Certificate or equivalent.

- (a) For team sports ("A team consists of all athletes from the same school who qualify for Federation competition as a unit..." {reference By-Law 5, Section 3}), a teacher from the same school, or a retired teacher, as approved by the principal of the school, must accompany and be responsible for the team.
- (b) For individual sports (those sports in which athletes from a school qualify for federation competition as individuals), the principal of the school may designate an adult who is not a teacher to accompany the athletes. In addition, a teacher, or a retired teacher, must be present and on site and designated by the principal to be responsible for the athlete(s).
- (c) For all sports, where the teacher, as indicated in (a) and (b) above, is not of the same sex as the athlete(s), and where the athlete(s) are required or might be required to stay overnight, a supervisory adult, as approved by the principal of the school, of the same sex as the athlete(s), must be present and available at the accommodation site for the duration of their stay in the accommodation.

15. Registration:

- a) Registration materials will only be given to the teacher, **whose name appears on the OFSAA Supervision Form accompanying the team/athlete(s), upon receipt of a completed Rules of Behaviour signature form and photo forms.**
The following forms must be received by the OFSAA Convenor before a school will receive its package at registration:-
 - a) OFSAA Supervision Form
 - b) OFSAA Rules of Behaviour
 - c) OFSAA Practice Eligibility Form
 - d) Photo Waiver Form
 - e) OFSAA Eligibility Form
- b) The OFSAA Convenor will inform coaches that coaches passes will be distributed according to the number of athletes that are competing from their school. There are no exceptions.

1 – 10 athletes – 1 pass (single gender) or 2 passes (both genders)

11 – 16 athletes – 2 passes (single gender) or 3 passes (both genders)

17 – 25 athletes – 3 passes (single gender) or 4 passes (both genders)
25 + athletes – 4 passes (single gender) or 5 passes (both genders)

- c) In the case that an entire association or region travels together to the OFSAA Championships, and a select group of teachers are supervising the athletes from the association, the number of passes available will be determined by the convenor.

16. Department: (Reference By-Law 6, Section 2)

- (a) A team is defined as, "All participants representing the same school at an OFSAA Championship event".
- (b) A participant is defined as, "Anyone who has been granted proper authorization to enter a restricted area. "Restricted area" includes "those areas occupied by athletes and to which access by the general public is restricted or prohibited."
- (c) All participants are expected to abide by the, "Rules of Behaviour for Participants to OFSAA Championships". (see Appendix to By-Laws)
- (d) Supervising adults are responsible for the behaviour of participants for the duration of the Championships.
- (e) Teams are open to censure for failure of its participants to abide by the "Rules of Behaviour".
- (f) (i) All coaches are expected to adhere to the Code of Ethics for Coaches to OFSAA Championships. (See Appendix II)
- (ii) School personnel and coaches are expected to adhere to the Statement of Principle on Recruiting. (See Appendix IV)
- (iii) Spectators are expected to adhere to the Code of Behaviour for Spectators. (See Appendix III)
- (iv) All coaches are expected to adhere to the "Return to Play Guidelines". (See Appendix VI)
- (v) School personnel and coaches are expected to adhere to the Policy on dispensing drugs, medication and food supplements. (See Appendix IX)
- (g) All schools entering a Federation Championship shall, by signature of the school principal on the Championship Entry Form, acknowledge responsibility for making restitution for damage resulting from misconduct by their participants.
- (h) No artificial noisemakers are permitted at OFSAA Championship events.

17. Medical:

Provision shall be made by the Convenor to have a medical doctor in attendance or readily available and to follow appropriate hygienic precautions with regard to bodily fluids and communicable diseases. (See Appendix IV to the By-Laws.) Qualified first-aid personnel and equipment shall be available at the Championship site. Coaches shall provide all consumable medical supplies (e.g. tape, bandaids) for their athletes.

18. Jury of Appeal:

The Jury of Appeal shall consist of three (3) individuals: the chairperson of the OFSAA Track

and Field Sport Advisory Committee or designate, a tournament committee member and one (1) other member appointed by the Championship Convenor. The Jury of Appeal shall handle disputes which fall within the realm of:

- (a) Tournament Structure and Procedure;
- (b) Rules and Officials;
- (c) Uniforms and Equipment;
- (d) Scoring.

Tournament structure and procedure concerns shall be addressed no later than the end of the coaches' meeting.

A dispute must be submitted in writing to the Convenor or Designate **by a teacher or designated teacher from the school protesting a decision**, together with a \$50.00 fee (refundable if dispute is upheld) within thirty (30) minutes, except as provided within specific sport governing regulations, of the conclusion of the event in which the incident under dispute occurred. Decisions of the Jury of Appeal shall be final.

A report of the Jury of Appeal decisions shall be forwarded to the Board of Reference - Sanctions.

19. Competition Committee:

- (a) The Competition Committee shall consist of three (3) individuals: the Championship Convenor, or designate; an OFSAA staff or Executive Committee Member, or designate; and the Chairperson of the OFSAA Track and Field Sport Advisory Committee, or designate. The Competition Committee shall handle disputes regarding:
 - (i) Eligibility;
 - (ii) Department;
 - (iii) Supervision and registration;
 - (iv) Social;
 - (v) Medical personnel;
 - (vi) Awards.

If a dispute cannot be resolved by the Competition Committee within a reasonable period of time, the event will continue and the dispute may be referred to a Board of Reference - General. (Please note that eligibility under the OFSAA Transfer Policy cannot be addressed at OFSAA events (By-Law 5, Section 4 (f)).

Disputes which fall within the jurisdiction of the Competition Committee must be received in writing to the Convenor or designate, together with a \$50.00 fee (refundable if dispute is upheld) within a reasonable time frame.

Appeals to the decisions of the Competition Committee shall be addressed to the Board of Reference - General.

A report of the decisions of the Competition Committee shall be forwarded to the Board

of Reference - Sanctions.

- (b) The Competition Committee shall be the body empowered to delay/cancel an event(s) due to unforeseen circumstances at the site(s).

***All Federation Championships are non-smoking events.
This includes the use of all tobacco related products.***

Participants must obey the Ministry of Education's Code of Conduct.

September 2011

APPENDIX I
O.F.S.A.A. Track & Field Schedule

Day 1

TRACK	FIELD
3:00 OG 1500m steeplechase OB 2000m steeplechase	3: 00 JB Long Jump
	3: 30 MB Pole Vault MG High Jump SB Shot Put SG Discus
3:45 400m Heats (MG , MB, JG, JB, SG, SB)	5:00 SG Long Jump
5:00 1500M Heats (MG, MB, JG, JB, SG, SB)	
6:30 4 X 100m Relay Heats (MG, MB, JG, JB, SG, SB)	

Day 2

TRACK	FIELD
9:30 Sprint Hurdles Heats (MG, JG, SG, MB, JB, SB)	9:30 MB High Jump JG Discus JG Long Jump SB Javelin SB Triple Jump
	10:00 JB Pole Vault
11:00 100m Heats (MG, MB, JG, JB, SG, SB)	
1:30 Opening Ceremonies	1: 30 MB Discus MG Javelin MG Triple Jump JB Shot Put SG Triple Jump
2:00 OG 1500m steeplechase Final OB 2000m steeplechase Final	2:00 SG Pole Vault
2:30 Sprint Hurdle Finals (MG, JG, SG, MB, JB, SB)	
3:00 100M Finals (MG, MB, JG, JB, SG, SB) (Blind and Ambulatory)	4:30 MB Long Jump MG Discus JB Triple Jump JG Javelin

3:30	400m Finals (MG, MB, JG, JB, SG, SB)	SB High Jump SG Shot Put
4:00	1500M Finals (MG, MB, JG, JB, SG, SB) (Blind and Wheelchair)	
5:00	4 x 100m Relay Finals (SG, SB, JG, JB, MG, MB)	
5:45	4 X 400M Relay Heats (OG, OB)	

Day 3**TRACK**

9:00	Intermediate Hurdle Heats (MG, JG, SG, MB, JB, SB)
10:30	800m Heats (MG, MB, JG, JB, SG, SB)
Noon	200m Heats (SG, SB , JG, JB, MG, MB)
1:30	Intermediate Hurdle Finals (MG, JG, SG, MB, JB, SB)
2:00	SG / SB 3000m Finals
2: 30	800m Finals (MG, MB, JG, JB, SG, SB) (Blind and Wheelchair)
3:20	JG / JB 3000m Finals
3:50	200m Finals (SG, SB, JG, JB, MG, MB)
4: 30	MG / MB 3000m Finals
4:50	OG / OB 4 x 400m Relay Finals
5:20	Award Presentation

FIELD

9:00	MB Shot Put MG Long Jump JG Triple Jump JB Javelin SB Discus SG High Jump
9:30	MG / JG Pole Vault
Noon	MB Triple Jump JB High Jump JG Shot Put SG Javelin
1:30	SB Pole Vault
2:30	MB Javelin MG Shot Put JB Discus JG High Jump SB Long Jump