**RULES OF PLAY: TRACK AND FIELD**

**1.0 Organization of Competition**

In reference to schedule 5, Organization of Competitive Groupings, Seasons and Practice Restrictions, TVRA Track & Field will be contested via one (1) TVRA Track and Field Meet. Teams will come from the former conferences:

**Tri-County** **Central**

Montcalm

Glencoe DHS Westminster

West Elgin South

Central Elgin Clarke Road

East Elgin Central

Parkside Medway

College Ave Oakridge

Lord Dorchester Laurier

Glendale Lucas

Woodstock CI Beal

Huron Park Saunders

Ingersoll DCI Banting

Holy Cross St. Andre Bessette

St. Joseph’s Gabriel Dumont

St. Mary’s London DCSS

Notre Dame Mgr. Bruyere

Providence RC Catholic Central

Strathroy DCI Regina Mundi

North Mid. DHS St. Thomas Aquinas

John Paul II

Mother Teresa

1.1 The site for the TVRA Championships will be determined by SAC.

1.2 The meet schedules will be posted and distributed to Athletic Directors and

Coaches as soon as possible prior to the start of the season.

**2.0 Eligibility/Entries**

2.1 Refer to the TVRA Agreement Schedule 6 as well as the following:

2.2 Conference eligibility lists must be submitted to the Conference

convenor prior to any competition, including exhibition meets. The deadline for eligibility sheets will be set each year by the SAC.

2.3 Conference entries must be submitted to the Conference convenor no later

than four (4) days prior to the Conference Championship.

2.4 A student may only play on one team of the same sport (team or individual)

during a school year.

2.5 Any athlete participating in a TVRA Track & Field Championship must have

participated as a member of a bona fide high school program during the season (March to June), in a minimum of sixteen (16) practices and one (1) exhibition meet. An exhibition meet can take make forms, but should include competition among schools. *NOTE: For the 2021-2022 season, a provision has been made for the amount of practices to be 8, instead of 16 and no exhibition meet.*

2.6 Conference meet results and entries to WOSSAA are to use compatible

computer programs (Hy-Tek Meet Manager, Trackie).

2.7 **Scratch Rule**

2.7.1 Entry scratches shall be accepted at the discretion of the

entries chairperson and up until the scratch deadline set by the Convenor.

2.7.2 Any competitor scratching from an event during the meet shall be

ineligible for individual competition for the remainder of that day of competition.

2.7.3 Appeals may be made to the Convenor of the meet through their head

Coach prior the event.

**3.0 Competition**

3.1 The meet shall be conducted according to the current official rules of the

IAAF with amendments outlined as per OFSAA Track & Field regulations.

eg. false start rule

3.2 A school may only enter three (3) athletes/relay teams per event.

3.3 Competitors may enter any three (3) individual events in the same age class

or open class. In addition, a competitor may enter one (1) 4x100m relay

(provided he/she is not over-age for that age-class relay) and one (1) 4x400m relay.

3.4 Each school may enter three (3) relay teams in each event and division.

Only one (1) team per school in each event and division may score points.

However, all teams may advance to the WOSSAA Championships.

3.5 See Appendix A – List of events.

3.6 See Appendix B – Meet Schedule.

3.7 See Appendix C -- Event Specifications (eg. hurdle heights, starting heights, etc.)

3.8 Conflict of Track & Field Events

3.8.1 When a competitor has a track event and field event scheduled for

the same time, then he/she must inform the chief official of the field event as soon as possible. The competitor must report to the track event upon the second call for that event.

3.8.2 Vertical jumps have precedence over other field events. Athletes are asked to notify officials at both events if an athlete is in two (2) field events at the same time.

3.8.3 In horizontal jumps and throws, if a competitor misses a round, he/she may receive only his/her attempt in the round of competition in progress at the time of return. This attempt may occur out of order.

3.8.4 After the last competitor has completed their attempt, a round is deemed to be over.

3.8.5 In vertical jumps, any missed trial(s) of a round will be recorded as a pass(es). If the crossbar has been raised, then it will not be lowered for returning athletes.

**4.0** **Uniforms and Equipment**

4.1 All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school’s name, colour and logo. No

sport club insignia on uniforms or warm-up attire shall be permitted.

Sponsorship or brand recognition is permitted to be visible but must

conform with the placement guidelines outlined in OFSAA By-Law 6,

section 2 (h).

4.2 All competitors shall wear bib numbers on the front of their competition

shirt. For high jump and pole vault, bib placement is at the discretion of

the official.

4.3 The tops of all four relay competitors must be **identical.** The shorts of all

four relay competitors should be the same colour.

**5.0 Scheduling**

5.1 The TVRA Conference championships will be held the week prior to the WOSSAA Championships.

5.2 The TVRA Conference championships will be a two day meet.

**6.0 School Responsibilities**

6.1 The Convenor will assign each school with areas of responsibility for

officiating. See Appendix D – School Responsibility List.

6.2 Schools shall provide the required number of adult official(s) and adult and/or

student volunteers. Student volunteers should not be athletes competing

during that day of competition.

6.3 Officials should bring all equipment necessary for the running of the event

eg. tape measures, etc.

**7.0 Advancement to WOSSAA**

7.1 The top ten (10) finishers from TVRA shall advance to WOSSAA.

7.2 In events where athletes compete in preliminary rounds in order to

advance to the final, the athlete must compete in and finish the final round

of the event with an “honest effort”.

**8.0 Awards**

8.1 Individual Awards:

* + - Gold Medallions for 1st place finishers
    - Ribbons for 2nd – 6th place finishers

8.1.1 On a six lane track, points shall be awarded 10, 8, 6, 4, 2, 1. On an eight

lane track, points shall be awarded 10, 8, 6, 5, 4, 3, 2, 1.

8.1.2 Points earned by Para Athletes will go to team points only, and not

assigned to age division.

8.2 Team Awards:

TVRA Track and Field Novice Boys Champions

TVRA Track and Field Junior Boys Champions

TVRA Track and Field Senior Boys Champions

TVRA Track and Field Novice Girls Champions

TVRA Track and Field Junior Girls Champions

TVRA Track and Field Senior Girls Champions

Individual Awards:

The Bob Gage Award will be presented to the top graduating male and

female track and field athletes in TVRA. Nomination forms will be distributed

by the convenor. (8x10 plaque)

**9.0 Convenor Responsibilities –** As outlined in the TVRA Sports Agreement -

section 5.6 and schedules 3 through 8.

9.1Convenor Coverage

a) There are 12 days of supply coverage available for convening in TVRA

**APPENDIX A – LIST OF EVENTS**

**Girls' Events - Novice, Junior, Senior:**

|  |  |
| --- | --- |
| 100 metres  200 metres  400 metres  800 metres  1500 metres  3000 metres  80 metre hurdles (Novice & Junior 30")  100 metre hurdles (Senior 30")  300 metre hurdles (Novice & Junior 30”)  400 metre hurdles (Senior 30”)  1500 metre steeple chase(Open)  4 x 100 metre Relays  4x400 metre Relay (Open) | High Jump  Pole Vault  Long Jump  Triple Jump  Discus -- 1 kg  Javelin (600 gm)  Shot – 3 kg (Novice & Junior)  Shot – 4 kg (Senior) |

**Boys' Events - Novice, Junior, Senior:**

|  |  |
| --- | --- |
| 100 metres  200 metres  400 metres  800 metres  1500 metres  3000 metres  100 metre hurdles (Novice 33"/Junior 36”)  110 metre hurdles(Senior 36")  300 metre hurdles (Novice & Junior 33")  400 metre hurdles (Senior 36")  2000 metre steeple chase (Open)  4 x 100 metre Relays  4x400 metre Relay (Open) | High Jump  Pole Vault  Long Jump  Triple Jump  Shot: Novice /Junior -- 4 kg (8 lb.,13 oz.)  Shot: Senior -- 5.443 kg (12 lb.)  Discus: Novice /Junior -- 1 kg  Senior -- 1.613 kg(3 lb., 9 oz.)  Javelin: Novice /Junior -- 600 gm  Senior -- 800 gm |

**Para Division & Physical and Intellectual Disabilities**

**Chart # 1 - Classifications**

Key : T = Track Events; F = Field Events

**Athletes with A Visual Impairment** T/F 11 – Blind

T/F 12 – Very Limited Vision

T/F 13 – Limited Vision

**Athletes with an Intellectual Impairment**

T/F 20 – IQ at or below 75

**Athletes with Cerebral Palsy**

F 32; F 33; T/F 34 – Wheelchair Athletes

T/F 35 ; T/F 36; T/F 37; T/F 38 – Ambulatory Athletes

**Athletes with an amputation & les Autres** F 40 & F 41 – Dwarfs

T/F 42; T/F 43; T/F 44 – Leg Amputees T/F 45; T/F 46; T/F 47 – Arm Amputees

**Athletes in a wheelchair**

T/F 51; T/F 52 – Quadriplegic

T/F 53; T/F 54 – Paraplegic

F 55; F56; F 57; F58 – Seated Throwing (various disabilities)

**Chart # 2 — Para Track & Field**

|  |  |  |
| --- | --- | --- |
| Race | Divisions | Classification – (Chart # 1) |
| 100m | Visually Impaired | T/F 11, 12, & 13 |
| 100m | Intellectually Impaired | T/F 20 |
| 100m | Ambulatory | T/F 35 – 38 & 40 -- 47 |

|  |  |  |
| --- | --- | --- |
| 200m | Wheelchair | T/F 34 & 51 -- 54 |

|  |  |  |
| --- | --- | --- |
| 800m | Visually Impaired | T/F 11,12,13 |
| 800m | Ambulatory | T/F 35 – 38 & 40- 46 |
| 800m | Intellectually Impaired | T/F 20 |

Where there are sufficient numbers in Para Track Events, there will be heats to finals.

Note: In visually impaired events, there will be an allowance for an athlete who requires a guide (thus two lanes).

**APPENDIX B – MEET SCHEDULE**

***TVRA Track and Field Schedule***

***Day One***

**Blocks of Events may run up to 30 minutes ahead of schedule.**

**The track will close at 8:45 am. At this time, no coaches, athletes, or spectators will be allowed in the competition area. All athletes will marshal in the marshalling area and will be directed to their event.**

**Warm-ups may only take place in the designated areas. One coach from each school is permitted at the pole vault area only. All other coaches must remain in the stands. There will be absolutely no coaches or spectators allowed anywhere in the competition area at any time during the competition.**

**Track Events Field Events**

9:00 am Open Boys Steeplechase (2 heats) 9:00 am Novice Girls Long Jump

2000 m Novice Boys Shot Put

Senior Boys Triple Jump

Junior Boys Discus Senior Girls High Jump

9:20 am Novice Girls 80m Hurdles Heats Senior Boys Javelin

Junior Girls 80m Hurdles Heats Novice and Junior Boys

Senior Girls 100m Hurdles Heats Pole Vault

Novice Boys 100m Hurdles Heats

Junior Boys 100m Hurdles Heats

Senior Boys 110m Hurdles Heats

10:00 am Novice Girls 100m Heats 11:00 am Novice Girls Shot Put

Junior Girls 100m Heats Novice Boys Long Jump

Senior Girls 100m Heats Junior Girls Discus

Novice Boys 100m Heats Junior Boys Triple Jump

Junior Boys 100m Heats Senior Girls Javelin

Senior Boys 100m Heats Senior Boys High Jump

Novice, Junior, and Senior

Girls pole vault

11:30 am Open Girls Steeplechase (1 or 2 heats)

11:50 am Novice Girls 400m Timed Finals

Junior Girls 400m Timed Finals

Senior Girls 400m Timed Finals

Novice Boys 400m Timed Finals

Junior Boys 400m Timed Finals

Senior Boys 400m Timed Finals

Wheelchair Girls 400m

Wheelchair Boys 400m

**1:10 pm Track Lunch Break**

***TVRA Track and Field Schedule (con’t)***

***Day One***

**Track Events Field Events**

1:40 pm Senior Boys 110m Hurdle Finals **1:30 pm** Novice Girls High Jump

Junior Boys 100m Hurdle Finals Novice Boys Javelin

Novice Boys 100m Hurdle Finals Junior Girls Long Jump

Senior Girls 100m Hurdle Finals Junior Boys Shot Put

Junior Girls 80m Hurdle Finals Senior Girls Triple Jump

Novice Girls 80m Hurdle Finals Senior Boys Discus

Senior Boys Pole Vault

2:00 pm 100m Semi-Finals (where necessary – if over 24 entries)

Same order as the heats

2:30 pm Novice Boys 1500m Timed Finals

Junior Boys 1500m Timed Finals

Senior Boys 1500m Timed Finals

3:20 pm Novice Girls 100m Finals

Junior Girls 100m Finals

Senior Girls 100m Finals

Novice Boys 100m Finals

Junior Boys 100m Finals

Senior Boys 100m Finals

Girls Visually Impaired, Intellectual Disability & Ambulatory 100m Timed Finals

Boys Visually Impaired, Intellectual Disability and Ambulatory 100m Timed Finals

3:40 pm Novice Girls 1500m Timed Finals

Junior Girls 1500m Timed Finals

Senior Girls 1500m Timed Finals

4:40 pm Novice Girls 4 x 100m Relay, Timed Finals

Junior Girls 4 x 100m Relay, Timed Finals

Senior Girls 4 x 100m Relay, Timed Finals

Novice Boys 4 x 100m Relay, Timed Finals

Junior Boys 4 x 100m Relay, Timed Finals

Senior Boys 4 x 100m Relay, Timed Finals

***TVRA Track and Field Schedule (con’t)***

***Day Two***

**Blocks of Events may run up to 30 minutes ahead of schedule.**

**The track will close at 8:45 am. At this time, no coaches, athletes, or spectators will be allowed in the competition area. All athletes will marshal in the marshalling area and will be directed to their event.**

**Warm-ups may only take place in the designated areas. All coaches must remain in the stands. There will be absolutely no coaches or spectators allowed anywhere in the competition area at any time during the competition.**

**Track Events Field Events**

**9:00 am** Novice Girls 300m Hurdles, Timed Finals **9:00 am** Novice Girls Javelin

Junior Girls 300m Hurdles, Timed Finals Novice Boys High Jump

Senior Girls 400m Hurdles, Timed Finals Junior Girls Shot Put

Novice Boys 300m Hurdles, Timed Finals Junior Boys Long Jump

Junior Boys 300m Hurdles, Timed Finals Senior Girls Discus

Senior Boys 400m Hurdles, Timed Finals Junior Girls Triple Jump

**10:00 am** Novice Girls 200m Heats **11:00 am** Novice Girls Triple Jump

Junior Girls 200m Heats Novice Boys Discus

Senior Girls 200m Heats Junior Girls High Jump

Novice Boys 200m Heats Junior Boys Javelin

Junior Boys 200m Heats Senior Girls Long Jump

Senior Boys 200m Heats Senior Boys Shot Put

11:15 am Novice Boys 800m Timed Finals

Junior Boys 800m Timed Finals

Senior Boys 800m Timed Finals

Visually Impaired, Ambulatory Boys 800m

Intellectual Impairment Boys 800m

Novice Girls 800m Timed Finals

Junior Girls 800m Timed Finals

Senior Girls 800m Timed Finals

Visually Impaired, Ambulatory Girls 800m

Intellectual Impairment Girls 800m

12:30 pm 200m Semi-Finals if required (for more than 24 entries)

**1:00 pm Track Lunch Break**

***TVRA Track and Field Schedule (con’t)***

***Day Two Events***

**Track Events Field Events**

1:30 pm Novice Boys 3000m Timed Finals **1:30 pm** Novice Girls Discus

Junior Boys 3000m Timed Finals Novice Boys Triple Jump

Senior Boys 3000m Timed Finals Junior Girls Javelin

Junior Boys High Jump

2:20 pm Novice Girls 200m Finals Senior Girls Shot Put

Junior Girls 200m Finals Senior Boys Long Jump

Senior Girls 200m Finals

Wheelchair Girls 200m Finals

Novice Boys 200m Finals

Junior Boys 200m Finals

Senior Boys 200m Finals

Wheelchair Boys 200m Finals

2:35 pm Senior Girls 3000m Timed Finals

Junior Girls 3000m Timed Finals

Novice Girls 3000m Timed Finals

3:40 pm Open Boys 4x 400m Relay Timed Finals

Open Girls 4 x 400m Relay Timed Finals

**4:15 pm Awards Presentation**

***APPENDIX C – EVENT SPECIFICATIONS***

**Seeding**

**Ranking and Composition of Heats**

1. 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.
2. Whenever possible, athletes from the same team shall be placed in different heats in all preliminary rounds of the competition. The required exchanges of athletes between heats should, to the extent possible, be made between athletes of similar ranking.
3. For the first round, the athletes shall be placed in heats using the zigzag distribution with the seeding determined from times submitted by their coaches.
4. After the first round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:
   1. for events with three (3) rounds, seeding in the second round (semi) shall be based upon placings and times from the first round (heats). For this purpose, athletes shall be ranked as follows:

Fastest heat winner

2nd fastest heat winner

3rd fastest heat winner, etc.

Fastest 2nd place

2nd fastest 2nd place

3rd fastest 2nd place, etc.

(Concluding with)

Fastest time qualifier

2nd fastest time qualifier

3rd fastest time qualifier, etc.

* 1. for events with two (2) rounds, seeding in the second round (finals) shall be based upon placings and times from the first round (heats). For this purpose, athletes shall be ranked as follows:

Fastest heat winner

2nd fastest heat winner

3rd fastest heat winner (if there is a third heat)

(Concluding with)

Fastest time qualifier

2nd fastest time qualifier

3rd fastest time qualifier, etc.

* 1. for events with three (3) rounds, seeding in the third round (finals) shall be based upon placings and times from the second round (semis). For this purpose, athletes shall be ranked as follows:

Fastest heat winner

2nd fastest heat winner

3rd fastest heat winner

***APPENDIX C – EVENT SPECIFICATIONS (con’t)***

(Concluding with)

Fastest time qualifier

2nd fastest time qualifier

3rd fastest time qualifier, etc.

1. For events with three (3) rounds, in round two (semis), the athletes shall then be placed in heats in the order of seeding in a zigzag distribution, e.g. three heats will consist of the following seedings:

A 1 6 7 12 13 18 19 24

B 2 5 8 11 14 17 20 23

C 3 4 9 10 15 16 21 22

In all cases, the order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

**Draw for Lanes**

1. For events where there is more than one round of a race, lanes will be drawn as follows:
2. in the first round (heats) the lane order shall be drawn by lot.
3. for the following rounds (semis, finals), two (2) free draws shall be made to determine lane assignments: the four (4) top seeds in a heat shall draw for placement in lanes 3, 4, 5 and 6; and the remaining four (4) seeds shall draw for placement in lanes 1, 2, 7 and 8.

**Single Rounds (Timed Finals)**

1. In track events with timed finals, the athletes shall be placed in heats with the top seeds in the same heat, and the next best seeds in subsequent heats. The seeding will be determined from times submitted by their coaches. For example, in the 400m race, the top eight (8) seeds would be in the same heat, and the next eight (8) best seeds would be in the same heat, and so on. eg. Three heats will consist of the following seedings:

A 1 2 3 4 5 6 7 8

B 9 10 11 12 13 14 15 16

C 17 18 19 20 21 22 23 24

The heat order will be slowest to fastest.

1. The lane order shall be drawn by lot.

**Starting Rules:**

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.

***APPENDIX C – EVENT SPECIFICATIONS (con’t)***

An athlete who does not use starting blocks must use a four point stance in the individual event races that begin and end in lanes:- Sprint Hurdles; Intermediate Hurdles, 100m, 200m, 400m. In both relay events, the initial athlete who does not use starting blocks must use a four point stance.

**Field Event Finalists**

In the Field Events, the top eight competitors after three attempts shall receive three more

attempts (excluding High Jump and Pole Vault). The order for the extra attempts in Field

Events shall be from the lowest ranking competitor (8th) to the highest ranking competitor

(1st). If there are eight or fewer competitors, each competitor receives six attempts (excluding High Jump and Pole Vault).

**Starting Heights**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Girls**  **HJ** | **Girls PV** |  | **Boys HJ** | **Boys PV** |
| Novice | 1.25 | 1.60m |  | 1.40m | 2.15m |
| Junior | 1.30 m | 1.60m |  | 1.55m | 2.55m |
| Senior | 1.35 m | 1.85m |  | 1.60m | 2.85m |

**Height Increments** (following IAAF procedures)

a) **High Jump** - up 5 cm at a time until only six competitors remain, then up by 3 cm.

b) **Pole Vault** - up 15 cm at a time until only six competitors remain, then up by 10cm.

**Field Event Timing**

A two-minute rule will be used in Pole Vault, and a 1.5-minute rule in all other Field Events. The times may be restarted due to interruption of the starting pistol.

***APPENDIX D – School Responsibilities***

|  |  |  |  |
| --- | --- | --- | --- |
| **Responsibility** | **Number of Helpers needed** | **School** | |
|  | | **DAY 1** | **DAY 2** |
| **Long Jump** | 2 Adults, 2 students |  |  |
| **Triple Jump** | 2 Adults, 2 students |  |  |
| **High Jump** | 1 Adult, 2 helpers |  |  |
| **Shot Put** | 2 Adults, 2 students |  |  |
| **Discus** | 2 Adults, 2 students |  |  |
| **Javelin** | 2 Adults, 2 students |  |  |
| **Pole vault** | 2 Adults, 2 students |  |  |
| **Hurdles, Steeplechase** | 2 Adults, 12 students |  |  |
| **Starting Blocks** | 1 Adult Supervisor  2 students |  |  |
| **Computer Entries** | 1 adult, 2 helpers |  |  |
| **Announcer** | 1 adult |  |  |
| **Finish Line all day** | 1 adult |  |  |
| **Marshalling**  **Starting Line Helper** | 4 Adults |  | |
|  | |
|  | |
|  | |
| **Finish line for Distance Races** | 3 schools, 2 adults per school |  | |
|  | |
|  | |
| **Relay Exchange Zones** | 6 schools, 2 adults per school | Zone One  1. 2. | |
| Zone Two  1. 2. | |
| Zone Three  1. 2. | |
| **Split caller for Distance Races** | 1 adult |  | |
| **Awards** | 1 Adult Supervisor (x 2 Schools)  3 students |  | |
|  | |
| **Food & Refreshments** | 1 Adult |  | |
| **Starter** | 2 adults |  | |
| **Track Referee** | 1 adult |  | |
| **Weigh In – Field events** | 1 adult |  | |
| **Field Referee** | 1 adult |  | |
| **Jury of Appeal** | Convenor +  2 adults |  | |
| **Collect Eligibility Forms** | 1 Adult |  | |
| **TVRA Meet Convenor** | 1 Adult |  | |
| **Collection of Eligibility**  **Forms** | 1 Adult |  | |