**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 metres200 metres400 metres800 metres1500 metres 3000 metres80 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 Relays4x400 metre Relay (Open) | High Jump Pole VaultLong JumpTriple Jump Discus -- 1 kgJavelin (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 metres100 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 Relays4x400 metre Relay (Open) | High JumpPole VaultLong JumpTriple JumpShot: Novice /Junior -- 4 kg (8 lb.,13 oz.) Shot: Senior -- 5.443 kg (12 lb.)Discus: Novice /Junior -- 1 kgSenior -- 1.613 kg(3 lb., 9 oz.)Javelin: Novice /Junior -- 600 gmSenior -- 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 Supervisor2 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 Three1. 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 |  |