

N.C.A.A – Zone TRACK AND FIELD GUIDELINES

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1. FACILITIES

NO ONE SHOULD ENTER THE SCHOOL AT ANY TIME FOR ANY REASON

1. CHANGE ROOMS/WASHROOMS

There are no change rooms available. Please come dressed for competition. Washroom facilities are available on site.

PLEASE DO NOT ENTER THE SCHOOL TO USE THE SCHOOL WASHROOMS.

2. FOOD SERVICE

Food concession services will be available at the meet. School cafeteria facilities are off limits to athletes.

PLEASE DO NOT ENTER THE SCHOOL TO USE THE CAFETERIA.

3. CLEANUP

We are fortunate to have access to the excellent facilities provided. Let's show our appreciation by leaving the site as clean as or cleaner than we found it. Please use the garbage pails provided.

PLEASE DO NOT LITTER

ALL SCHOOLS ARE REQUESTED TO BRING GARBAGE BAGS AND CLEAN UP THEIR AREA WHEN THEY LEAVE

4. INFIELD

Coaches, spectators and non-competing athletes are not permitted on the infield.

THE ONLY PEOPLE ON THE INSIDE OF THE TRACK SHOULD BE OFFICIALS AND ATHLETES WHO HAVE BEEN CALLED TO THEIR EVENTS

ATHLETES SHOULD MOVE TO THE OUTSIDE OF THE TRACK AS SOON AS POSSIBLE AFTER THE COMPLETION OF THEIR EVENT

PLEASE COOPERATE TO ASSIST WITH THE EFFICIENT AND SAFE OPERATION OF THE MEET

2. WEATHER RAIN/LIGHTNING

1. Track and field competitions are seldom rescheduled due to rain. Only in the case of severe weather conditions predicted for the whole day will the meet be moved to a rain day. Please listen to radio stations CKTB - 610 and CHSC - 1220 for cancellation announcements in the case of severe weather.
2. For safety reasons there may be delays during the meet in the case of severe weather conditions such as lightning.
3. Participants should come prepared with proper attire for adverse weather conditions.

3. CODE OF CONDUCT

Sportsmanlike conduct is expected from all participants at all times. Profanity, arguing with officials, taunting, throwing batons and other unacceptable behavior on the part of athletes and/or coaches may result in disqualification. The disqualification may be from the competition/event involved, the entire meet and possibly all future competitions.

4. SPECIAL EVENTS FOR DISABLED ATHLETES

1. There are several Open events scheduled at SOSSA/OFSAA for disabled athletes. The events are:

Girls' Ambulatory 100 m and 800 m
Boys' Ambulatory 100 m and 800 m
Girls' Visually Impaired 100 m and 800 m
Boys' Visually Impaired 100 m and 800 m
Girls' Intellectual Disability 100 m and 800 m
Boys' Intellectual Disability 100 m and 800 m
Girls' Wheel Chair 200 m and 400 m
Boys' Wheel Chair 200 m and 400 m
2. If you have athletes in the listed disabled events please enter them in their appropriate categories.

5. ATHLETE ELIGIBILITY/ENTRY AND NUMBER OF EVENTS

1. All entries must qualify under NCAA and SOSSA eligibility rules. Check the NCAA and SOSSA constitutions if in question.
2. There shall be no more than 4 entries per school in individual events. In relay events only one relay team per school is permitted.

3. Competitors may enter any three individual events. (e.g. two (2) running and one (1) field or three(3) running events). All individual events must be in the same age class. In addition, an athlete may enter two relays - one age class relay and one open relay.
4. An athlete may compete in the individual track and field events in his/her own age classification and then move up to a higher classification for an age class relay providing he/she does not compete in the relay or relays in his/her own classification.
5. An athlete choosing to compete in individual events in a higher age class may still compete in his/her age class relay.
6. All athletes, even *SUBSTITUTES* without any events, must be entered on the Entry/Eligibility sheets.
7. *All TRANSFER STUDENTS* must be signified by an asterisk on the Entry/Eligibility sheets.
8. More than four (4) athletes, up to eight (8), may be designated for a relay.
9. All Entry/Eligibility sheets must be signed by the principal or designate.

6. SUBSTITUTIONS AND ADDITIONS

1. ONCE THE ENTRY WEBSITE IS CLOSED ENTRIES ARE OFFICIALLY CLOSED.

It is the school's responsibility to check their entries carefully for accuracy. However, even if a school has good entry procedures a few errors in data entry, etc. may occur.

In an effort to make sure athletes are not penalized due to someone else's error schools may make necessary additions and substitutions after the close of the entry website.

However coaches must submit such substitutions and additions before 12:00 noon the day before the scheduled start of the meet.

Schools are required to contact the computer person in charge of entries by email with the required information. The computer person will send a reply email confirming the late change has been received and processed. If no such reply email is received the late entry change has not been received or was received too late and was not processed.

This time limit is necessary because once the entry website is closed, and data transferred to Meet Manager considerable time is required to structure the meet and make changes.

3. SUBSTITUTIONS/CHANGES/ADDITIONS (SCAs) THE DAY OF MEET

A MAXIMUM OF 5 SUBSTITUTIONS/CHANGES/ADDITIONS (SCAs) WILL BE PERMITTED THE MORNING OF THE MEET.

SUCH SCAs MUST BE SUBMITTED IN WRITTEN FORM NO LATER THAN 15 MINUTES BEFORE THE SCHEDULED START OF THE MEET.

THE FEE FOR EACH SUCH SCA WILL BE DOUBLE THE ATHLETE ENTRY FEE FOR THAT YEAR AND MUST BE PAID BEFORE THE SCAs WILL BE PROCESSED.

AFTER 15 MINUTES BEFORE THE SCHEDULED START OF THE MEET NO SCA REQUESTS WILL BE ACCEPTED.

IF A SCHOOL FEELS THEY HAVE AN EXCEPTIONAL CASE FOR AN SCA AFTER THAT TIME THEY MUST MAKE AN APPEAL TO THE JURY OF APPEAL.

SUCH AN APPEAL MUST BE ACCOMPANIED BY A FEE OF TWENTY-FIVE (\$25) DOLLARS.

IF THE APPEAL IS ALLOWED THE \$25 MINUS DOUBLE THE ATHLETE ENTRY FEE WILL BE RETURNED.

4. During the meet a substitution for an injured athlete may be permitted. The conditions in Rule 5 under section 7. SCRATCHES following must be met for such a substitution.

7. SCRATCHES

1. Scratches are entered athletes who have been declared by their coach as not competing in their event before the beginning of the meet, not the event. Once the meet begins athletes not showing for an event are considered no-shows (see section 8.).
2. Coaches are requested to scratch athletes at least 24 hours before the meet begins. All verbal contact should be followed up with an email to the person in charge of computer entries. Athletes scratched after this time or after the meet has begun risk being scratched from all events or declared a no show, unless unusual circumstances apply. The Jury of Appeal may be required to rule on the unusual circumstances.
3. If an athlete must be scratched at the last minute, the morning of the competition for example, a scratch form must be completed and given to the person in charge of computer entries before the meet begins. Remember under 2 above, such an athlete risks being scratched from all events or being declared a no show.
4. Athletes who have not been scratched and do not show for an event will be considered no-shows and will be ineligible for all competition for the rest of the day, including relays (see section 8, No-Shows).

5. An athlete injured during the meet may be advised by his/her coach/staff advisor, in consultation with the medical personnel, to withdraw from certain events. If the meet convener or the appropriate referee are contacted before the event, the withdrawal may be ruled a scratch and not a no-show. A substitution for the injured athlete will be allowed before the event(s) begin if the athlete is considered a scratch. If the appropriate person is not contacted before the event begins the athlete will normally be considered a no-show.

8. NO-SHOWS

1. An athlete is a no-show if they do not show for an event in which they have been entered and have not been scratched.
2. A no-show athlete is ineligible to compete for the remainder of the meet in any other events, including relays.
3. If the athlete has earlier qualified to advance to the next meet in other events they are eligible for those events at the next level of competition.
4. Athletes must check into the event when it is called. Once the competition begins athletes who have not checked in will be considered no-shows (see sections 9. and 10.). Athletes will not normally be able to check into an event once it has begun. The appropriate referee or Jury of Appeal may be required to rule on the participation of late arrivals.

9. ANNOUNCING/SCHEDULE OF EVENTS

1. The times of the events indicated on the schedule should be regarded as approximate only. Events may be delayed or moved ahead.
2. The order of events will not change unless approved by the Jury of Appeal.
3. Three warning calls will be given for each event with the initial call coming fifteen (15) minutes before the start of the event. The official in charge has authority to start the event after the third call.

10. CONFLICTS BETWEEN TRACK AND FIELD EVENTS

1. Track events take precedence over field events.
2. If an athlete has a schedule conflict, he/she must check in with the field event official and advise them that they are involved in a track event. He/she may then go to the track event but must then return immediately to the field event after the completion of the track event.

3. The athlete(s) in conflict may request to be placed in a certain position in the order of the field event. For example they may request to be the last competitor in the order.
4. When such a competitor returns to a throwing or horizontal jumping event he/she begins competing at the present round of competition. If the event has entered the 3 extra rounds for the top eight competitors the competitor must have completed a top eight qualifying jump in the preliminary round to be allowed any of the three extra attempts.
5. A vertical jump competitor when returning to the event will be considered to have passed any rounds and will rejoin the competition according to the normal rules.
6. A field event judge should not declare an event completed or begin the 3 extra attempts for the top eight without consulting with the field referee, if field competitors who have checked in are missing at track events.

11. EXTRA ROUNDS IN THROWING AND HORIZONTAL JUMPS

1. At the zone competitions three extra attempts will be given to the top eight competitors after the three preliminary rounds.
2. There will be no extra attempts at the Zone Preliminary Meets.

12. TIMED SECTION FINALS

1. If there are recent times available for seeding the fastest eight (8) competitors will be seeded into the last heat. The next eight (8) fastest competitors will be seeded into the second last heat.
The fastest four (4) in a heat will be seeded at random in the middle four lanes.
2. If seeding times are not available the heats will be seeded at random.

13. ADVANCEMENT FROM HEATS TO FINALS

1. If no recent times are available athletes will be seeded into heats at random. The winner of each heat will advance. The rest of the advancers will be determined by time.
2. If recent times are available athletes will be seeded into heats based on their times. The heats will be arranged so that, normally, the best performers reach the final. Advancement from the heats to final will be according to the following pattern.

2 heats top two (2) in each heat, plus next four (4) fastest times
3 or more heats top finisher in each heat, plus the remainder determined by time

3. If two competitors tie, according to time, for the last advancement position the competitor finishing higher in a heat will advance. If the tie still exists the times recorded to the 1/1000th will be used as the tie-breaker.
4. If eight or less competitors register or check-in for an event which has heats scheduled the heats will be collapsed to one and the event will be held as a final at the time the heats are scheduled.

14. LANE ASSIGNMENTS

1. If recent times are available in sprint events contested in lanes the fastest four (4) competitors will be seeded at random into the middle four (4) lanes.
2. In events not contested in lanes competitors will be assigned starting positions at random.

15. 800 M. STARTS

1. In the 800 meter an individual lane start or box start will be used, depending on the number of athletes.
2. In either type of start the competitors will run the first corner in their assigned lane or box.

16. STEEPLECHASE

1. Open Girls' 1500 M.
There are 12 hurdles and 3 water jumps in total. At the start there are no hurdles or water jump used between the start and the finish line, approximately 300 m. Then three complete laps are run with all obstacles in place.
All obstacles are 76 cm. in height.
The water jump is 3.66 m. in length.
2. Open Boys' 2000 M.
There are 18 hurdles and 5 water jumps in total. At the start there is one hurdle between the start and the first water jump followed by one hurdle before the finish. Then four complete laps are run with all obstacles in place.
All obstacles are 91 cm. in height.
The water jump is 3.66 m. in length.

17. HURDLES

Hurdle Event	Distance	Height	Distance Start to 1 st Hurdle	Distance Between Hurdles	Distance From Last to Finish	Number of Hurdles
Midget Girls	80 M	2'6 0.762 M	12 M	8 M	12 M	8
Junior Girls	80 M	2'6 0.762 M	12 M	8 M	12 M	8
Senior Girls	100 M	2'6 0.762 M	13 M	8.5 M	10.5 M	10
Midget Boys	100 M	2'9 0.840 M	13 M	8.5 M	10.5 M	10
Junior Boys	100 M	3' .914 M	13 M	8.5 M	10.5 M	10
Senior Boys	110 M	3' .914 M	13.72 M	9.14 M	14.02 M	10
MID/JUN Girls	300 M	2'6 0.762 M	50 M	35 M	40 M	7
MID/JUN Boys	300 M	2'9 0.840 M	50 M	35 M	40 M	7
Senior Girls	400 M	2'6 0.762 M	45 M	35 M	48 M	10
Senior Boys	400 M	3' .914 M	45 M	35 M	48 M	10

18. STARTING HEIGHTS

1. High Jump:

BOYS		GIRLS	
Midget	1.40 M	Midget	1.05.M
Junior	1.45 M	Junior	1.10 M
Senior	1.50 M	Senior	1.15 M

The event official may modify these starting heights with the approval of the field referee.

2. Pole Vault:

The starting heights in the pole vault will be determined by the event official. The field referee may be consulted.

19. THROWING EVENT IMPLEMENTS

EVENT	GENDER	AGE CATEGORY	WEIGHT
JAVELIN	GIRLS	ALL	600 g
	BOYS	MIDGET & JUNIOR	600 g
	BOYS	SENIOR	800 g
SHOT PUT	GIRLS	ALL	4 kg
	BOYS	MIDGET & JUNIOR	4 kg
	BOYS	SENIOR	5.443 kg
DISCUS	GIRLS	ALL	1 kg
	BOYS	MIDGET & JUNIOR	1 kg
	BOYS	SENIOR	1.6 kg

20. TIMING/PHOTO FINISH

1. A Photo/Video Timing System will be used to record and determine times and places at the finish line.
2. All finishes in sprint events and other races will be reviewed to determine official placements and times.
3. The official placements will be based on the recorded video finish. Initial placements determined by the finish line crew are only preliminary.
4. Times are recorded to 1/1000th of a second and official results posted to 1/100th of a second according to IAAF rules.
5. If any school wishes to contest the final results an official protest may be requested at a cost of twenty-five dollars (\$25). See section 22, PROTESTS. If the protest is successful the \$25 will be returned.

21. JURY OF APPEAL

1. The Jury of Appeal will consider any official protests.
2. Any decision regarding track and field rules they render will be final and may not be appealed to another level.

3. The Jury of Appeal shall consist of the Meet Convener, Track Referee and Field Referee.

22. PROTESTS

1. The appropriate referee should be contacted by the coach/staff advisor within 30 minutes of the conclusion of the event. If the coach is not satisfied with the referee's decision an official protest may be initiated.
2. A completed Protest Form accompanied by a twenty-five (\$25) dollar fee must be submitted to the meet convener within one hour of the conclusion of the event.
4. If the Jury of Appeal rules in favor of the school the twenty-five (\$25) dollar fee will be returned.

23. UNIFORMS

Athletes shall compete in an official school track and field uniform consisting of shorts and tops in official school colors or a "proper uniform".

The following will be accepted as the "proper uniform" for competitors:

Top:

- School track top
- School crested t-shirt
- Plain white t-shirt

Lower Body:

- Recognizable athletic shorts or running tights (plain or with school name / identification / logo)
- Sweat pants (plain or with school name/identification/logo) may be permitted by the event official if it is cold/rainy

Following are examples of some of the attire, which will not be permitted:

- cut offs
- jams
- Hawaiian shorts or tights
- multicolored paisley type attire unless it is the official school uniform in the official school colors
- exotic headgear

NOTE FOR RELAYS: The top for all four (4) competitors on a relay team shall appear identical. Minor differences in tops may be permitted at the discretion of the event official. Distinctly mismatched tops, even if the official school uniform, will not be accepted. The four (4) tops may consist of plain white t-shirts.

The shorts/tights shall be in an official school color(s) or a neutral color (black or white).

In the case of disputes the Track Referee or designate shall rule.

24. SPIKES/SURFACE

1. The surface for the track, jumping and javelin runways is rubberized.
2. The surface for throwing events, other than javelin is asphalt/concrete.
3. The longest spikes permitted on the rubberized surface is 7 mm.

25. STARTING BLOCKS

1. Only the starting blocks supplied will be permitted.
2. The use of starting blocks in the sprints events, up to and including the 400 m., is not mandatory but encouraged to avoid false starts.
3. Athletes must be in a four point stance if they do not use starting blocks in events that run in lanes.

26. FALSE STARTS

The IAAF false start rule will be used at all NCAA/SOSSA/OFSAA competitions. Note the exception from the IAAF rule noted below.

1. The First False Start will go against the field.
2. The Second False Start and subsequent false starts will go against the athlete false starting and result in their disqualification.

NOTE: The track referee will not have the authority to overrule the starter's decision as they can at IAAF sponsored events.

27. COACHING

1. A reminder to all coaches of the track and field rule that coaching of athletes from the infield of the track during races or in the competition area of a field event may lead to the disqualification of a competitor.

2. Split times may only be given by the designated timer and by no other person or persons during the distance races.

28. TEAM CHAMPIONSHIPS/POINTS

1. Points at Zone will be awarded according to the following.
1st place 6 points
2nd place 4 points
3rd place 3 points
4th place 2 points
5th place 1 point
2. Team championships will be declared based on accumulated points for Girls' Overall, Boys' Overall and Combined Overall.

29. QUALIFICATION TO FUTURE COMPETITIONS

1. Top five (5) in all events including relays advance from Zone to SOSSA
2. Top five (5) in all events including relays advance from SOSSA to Regional
3. Top four (4) in all events including relays advance from Regional to OFSAA

30. RULES OF COMPETITION

Upon request, detailed rules for each event will be supplied to the event officials by the meet convener before the competitions.

In order to clarify rules of competition the following order of interpretation will be used:

- (i) NCAA and SOSSA Rules, most of which have been include in this set of guidelines
- (ii) OFSAA Rules
- (iii) IAAF Handbook

Questions and challenges regarding how an event is being conducted by the officials should NOT be directed to the event officials.

Coaches/staff advisors should consult with the appropriate referee or the convener regarding rules and their interpretation during the competition.

Coaches/staff advisors wishing additional information regarding rules before the competition should contact the coordinator / convener.

31. AWARDS/RIBBONS

1. NCAA(top 5) and Zone ribbons will be awarded to the top six (6) finishers in each event at Zone.
2. The ribbons in field events will be awarded by the event official at the conclusion of the event.
3. SOSSA no longer supplies ribbons to the zones and a fee must be charged to cover the cost.

32. AGE CATEGORIES

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.
Note: Students may compete in this category for 1 year only, THEIR GRADE NINE YEAR.

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.

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.

Note: Students in the sixth year of high school from the date of entry into grade nine are ineligible for competition.

No Appeals are possible relating to years of eligibility.