

**Specific Rules of Play**  
2019-20 PSAA TRACK & FIELD RULES AND REGULATIONS

## FAIR PLAY

-**Coaches** need to make certain that their athlete, assistants, and athletes' parents also respect the decisions made by the on marshals.

-**Comments** made from the sideline should be positive, constructive, and encouraging.

-**Comments** by players on the field should be positive and encouraging and relating to the play.

- **We are expecting** that everyone will use appropriate, non-threatening, cordial language, and will speak in a tone and manner that is non-confrontational nor condescending.

- **Athletes** are not to shout/scream in a manner to unsettle a competitor in order to gain an advantage.

-**Marshalls** will address the athletes and coaches cordially. Will know these rules and will apply them fairly. Will attempt to maintain good position in order to make the proper judgement.

-**Coaches** need to be supportive of the calls marshals make. The key is that marshals make consistent judgements. If an official needs to be corrected about a rule, both coaches of the teams playing must be in agreement that an error in the understanding of the rule needs to be corrected and may together bring this to the official's attention.

**Following the meet**, this information should be directed to the meet convenor to make certain the correction made was accurate.

Remember, we should model the behaviour we expect.



## 1. EQUIPMENT

### **1.1 Uniforms**

- a) Each athlete must wear an identifiable school or PE uniform.
- b) All members of a relay team must wear the same jersey.

**\*NOTE:** Jeans, cutoffs, Bermuda shorts, etc. are **NOT** permitted.

### **1.2 Safety**

- a) The PSAA Executive is responsible for providing medical care for the track meet. This person must be qualified to deal with athletic injuries and be prepared to handle emergency situations.

### **1.3 Marshalling Duties**

- a) Each participating school must provide two volunteers to officiate for the duration of the day. These volunteers are in addition to any adults needed to coach and supervise.
- b) Specific marshalling duties will be sent to participating schools as part of the Meet Package. This will be emailed out two weeks prior to the Meet.

### **1.4 Shot Put**

- a) 3kg shot put for U13-U14 girls
- b) 4kg shot put for U13-U14 boys

### **1.5 Softball Throw**

- a) 11 inch softball

### **1.6 Turbo Javelin**

- a) 300 g Turbo Javelin

## 2. EVENTS

### **2.1 Eligibility**

- a) A student is to compete in the appropriate age group. Age is based on the student's age as of December 31, of that school year. For 2018/19 school year it would be December 31, 2018. Our four age groups are Under 10, Under 11, Under 12, Under 13 and Under 14.

**Schools may enter 2 competitors per age group per event.**

- b) A single competitor for a school cannot compete in more than **3 individual events**. The relay would not be considered in the student's individual event tally.
- c) Subsequently, athletes may compete in up to three events plus the 4x100m relay day at Mentor College.

d) If an athlete competed in more than the allocated three events, the first three events with results would be the three events of record. This would also disqualify a school from that division's quest for the team point's title.

## **2.2 Order of Precedence of Events**

a) All competitors should be informed that if they are entered in two events that are taking place at the same time, they should run the track event first and proceed to the field events second. The athlete or coach should make the field event marshal aware of the situation.

### **THE MEET MAY RUN AHEAD OR BEHIND THE POSTED SCHEDULE**

b) Coaches, athletes and parents should be made aware that the schedule may run ahead or behind schedule and that events will be called in the order listed on the schedule.

## **2.3 Track Events**

1500m Timed Finals  
100m Timed Heats  
200 Timed Heats  
400m (U-10 only) Timed Finals  
800m Timed Finals  
100m Timed Finals  
200m Timed Finals  
4 x 100m Timed Finals

**\*NOTE:** whenever possible, track events will be run in the following order:

Girls: U10, U11, U12, U13, and U14  
Boys: U10, U11, U12, U13, and U14

## **2.4 Field Events**

U-10 Running Long Jump, Standing Triple Jump, Softball Throw & Turbo Javelin  
U-11 Long Jump, Triple Jump, Softball Throw & Turbo Javelin  
U-12 Long Jump, Triple Jump, Softball Throw & Turbo Javelin  
U-13 Long Jump, Triple Jump, Shot Put (3 kg for girls, 4 kg for boys) & Turbo Javelin  
U-14 Long Jump, Triple Jump, Shot Put (3 kg for girls, 4 kg for boys) & Turbo Javelin

**\*NOTE:** Field events should be scheduled to avoid conflict between LJ and TJ.

## 2.5 Scoring

The first 8 places will be awarded points in the following manner:

PLACE	INDIVIDUAL EVENTS	4X100M RELAY EVENTS
1 <sup>st</sup>	10 points	20 points
2 <sup>nd</sup>	8 points	16 points
3 <sup>rd</sup>	6 points	12 points
4 <sup>th</sup>	5 points	10 points
5 <sup>th</sup>	4 points	8 points
6 <sup>th</sup>	3 points	6 points
7 <sup>th</sup>	2 points	4 points
8 <sup>th</sup>	1 point	2 points

## 2.6 Reporting of Contestants

- a) It is the competitor's responsibility to report to the official in charge of the event immediately after the first call. This should be done before the start of the event if he or she is competing in another event at the time. If an athlete must leave to compete in another event, he or she should inform the official, who may allow the athlete to take his or her turn out of order.
- b) In no case may an athlete take an attempt to count in a round when that round has already been finished and the next round started.

## 3. EVENT RULES

### 3.1 Calling Events

- a) Events will be called 10 minutes prior to the scheduled start. Five minutes prior to the commencement of the event, the Official should call the competitors together, BRIEF THEM ON THE RULES, read the order of competition, and then begin the event.

### 3.2 General Regulations

- a) If an athlete must leave to compete in another event, he or she should inform the chief official, who may allow him or her to take a turn out of order, but in no case may an athlete take an attempt after a round has been completed. Thus, if an athlete returns after all other competitors have taken their 2nd attempt, and the 3rd round has begun,

he or she must be recorded as passing (P) the 2nd attempt and the next jump will be recorded in the 3rd round.

### 3.3 Triple Jump

- a) The athlete must execute a hop (take off and land on the same foot), step [**or leap – changing from one foot to another**] and jump [**landing in the pit with one or two feet**]. If either foot touches the ground out of this order it is a fault.
- b) The distance of the run-up is unlimited.
- c) No marks shall be placed on the runway but a competitor may place marks alongside the runway.
  
- d) If the athlete jumps with any part of his or her foot over the board this is a fault.
- e) If the athlete runs past the board without hopping, or walks back through the pit after jumping, **this is a fault**.
- f) To be legal the jump must end in the pit.
  
- g) Put the zero end of the tape at the mark in the pit closer to the take-off board, and read off the tape where it crosses the front edge of the board.
- h) Each athlete gets 3 jumps, unless time is limited.
- i) Record the result to the nearest centimetre below the distance achieved- ie. 11m75.5cm becomes 11m 75cm.
- j) Please mark the take off board that an athlete chooses to use with a pylon, so it is clearly visible where he/she will begin their hop.

**\*NOTE:** for safety purposes – it may be necessary to have two take-off points so that jumpers with less ability are able to make the pit by their jump and for more accomplished jumpers, they will not be entering the pit on the second phase of their jump sequence.

### 3.4 Standing Triple Jump

- a) The athlete must execute a hop (take off and land on the same foot), step [**or leap – changing from one foot to another**] and jump [**landing in the pit with one or two feet**].
- b) The athlete is to start in a balanced one-foot stance in order to start the three jump sequence.
  
- c) If either foot touches the ground out of this order this is a fault.
- d) To be legal the jump must end in the pit.
  
- e) Put the zero end of the tape at the mark in the pit closer to the take-off board, and read off the tape where it crosses the front edge of the board.
- f) Each athlete gets 3 jumps, unless time is limited.
- g) Record the result to the nearest centimetre below the distance achieved- ie. 11m75.5cm becomes 11m 75cm.

h) Please mark the take off board that an athlete chooses to use with a pylon, so it is clearly visible where he/she will begin their hop.

**\*NOTE:** for safety purposes – it may be necessary to have two take-off points so that jumpers with less ability are able to make the pit by their jump and for more accomplished jumpers, they will not be entering the pit on the second phase of their jump sequence.

### 3.5 Shot Put

**\*NOTE:** 3 kg shot put for U13-U14 girl's and 4kg shot put for U13-U14 boys

a) The shot put is to be put [i.e. pushed], and not thrown, with one hand using an overhead motion. At no time may the shot move behind or below the plane of the shoulders.

b) Throwers should keep the shot secured to neck until start of execution phase of release, and put hand should always stay ahead of put side elbow. Any violation is a fault.

c) An athlete can use the perimeter of inside the circle but cannot use the border or outside area of the circle or toe board. Extension of the limbs outside the circle during the throw is allowed. Athlete may not touch the top of the toe board or the ground outside the circle during the throw. The athlete must exit the rear half of the circle under control. Any violation is a fault.

d) Place the zero end of the tape at the mark made by the shot closest to the throwing circle, pull through the centre of the circle, and read off the measurement where the tape crosses the inside edge of the circumference of the circle or toe board.

e) The goal is to provide each athlete with one practice throw and three competitive throws. Usual throw rotation is to have athlete take one attempt and then wait until all other competitors have his/her attempt.

**\*NOTE:** If an athlete needs to leave for a track event, the athlete should notify the marshal who will modify the athlete's throwing rotation.

**Example:** have athlete take second and third attempt with shorter break between throws.

f) If athlete is late because of a track event, then athlete will get three attempts organized within total of remaining throw rotation. If athlete is merely late, that athlete will be able to join the established throwing rotation [**and will miss the warm-up and previous throw round[s].**]

### 3.6 Softball Throw

**\*NOTE:** 11 inch softball

a) The athlete will use a throwing motion to propel the softball.

b) The athlete's feet must remain behind the designated line until the measurement is completed.

c) On the approach, the athlete may use as much space as necessary.

- d) The throw will be measured from the throwing line to the point of impact. Measure from the point of impact closest to the line.
- e) Each athlete gets 3 attempts, unless time is limited.

### 3.7 Long Jump

- a) The distance of the run-up is unlimited
- b) No marks shall be placed on the runway, but a competitor may place marks alongside the runway.
  
- c) If the athlete runs through the pit without jumping, or steps over the board, this is a fault.
- d) If the athlete jumps with any part of his foot over the board, this is a fault.
  
- e) Put the zero end of the tape at the mark in the pit closest to the take-off board, and read off the tape where it crosses the front edge of the board.
- f) Record the result to the nearest centimetre below the distance achieved. ie. 5m 25.5cm becomes 5m 25cm.
- g) Each athlete gets 3 attempts, unless time is limited.

### 3.7 Turbo Javelin

**\*NOTE:** 300 g Turbo Javelin

- a) The javelin must be released from over the shoulder or upper part of the arm.
- b) The athlete's feet must remain behind the designated line.
- c) On the approach, the athlete may use as much space as necessary.
- d) The throw will be measured from the throwing line to the tips first point of impact.
  
- e) If the athlete crosses the designated starting line or if the javelin does not land in the designated throwing area, this is a fault.
- f) Each athlete gets 3 attempts, unless time is limited.

### 3.8 Track Events:

- a) 5mm track spikes will be permitted.
- b) Command: **“RUNNERS TAKE YOUR MARK”** – runners for that heat should be at the start line – **“SET”** – allowing for runners to get into their final preparation position [**do not want to hold longer than a 2 count**] – **“SOUND OF THE GUN”** – runners to proceed to finish line. Runners must stay in designated lane for entire race.
  
- c) The Finals for the 100m and 200m will be determined by the top 8 times recorded during the preliminary heats. Therefore, in theory, several runners from one heat could qualify for one of the 8 spots in the final.
- d) **WINNER OF RACE:** The race winner is the first athlete whose torso passes the finish line- not head, arms, legs, and feet.
- e) The 100m and 200m will be run in lanes.

- f) FALSE START: A runner, who is in the set position, moves prior to the gun sounding. For each 100m and 200m, there will be one false start tolerated. For each ensuing false start, that runner will be disqualified.
- g) 4 x 100m relay will be run in lanes, with a 20m exchange zone clearly marked. Teams must pass the baton within their designated exchange zone, as well as stay within their lane. Failure to do so will result in disqualification.
- h) 400m, 800m and 1500m – all runners in each age and gender group, run in one race – **a maximum of two runners per school** will be allowed to compete in each of these events. A runner faces disqualification if they run across or obstruct another competitor. Stickers will be provided with each competitor's name, school, event and age category printed on it. Participants will stick their sticker to their shirt before they run their race. The sticker will then be passed on to the finish line volunteers once the race is over and stuck in order of placement on a sheet of paper (in similar fashion to the cross country finish line).

#### 4. TIE BREAKING FORMAT

##### **4.1 Track Events:**

Where the judges rule a tie, however, where practical, the tying competitors shall both qualify, failing that they shall compete again. The marshal, in any final, where a tie for first occurs is empowered to decide whether it is practical for the involved runners to compete again. If he/she decides it is not, the results shall stand. Ties in other places shall remain (where points are divided, etc.). If there is a tie for fifth, and only four places are chosen, the points for fifth position are divided.

##### **4.2 Field Events:**

Long jump, triple jump, shot put, softball throw and Turbo Javelin: All ties are decided by the next best performance.

#### **5. AWARDS**

- a) PSAA plaques will be awarded for each age and gender category, as well as to the overall coed, girls and boys champions.
- b) Ribbons will be awarded for first to eighth position in each event. Ribbons will be organized for each school throughout the course of the meet by Track Database.
- c) An envelope with a printout of your school's individual ribbon winners as well as the ribbons will be provided for each Athletic Director at the completion of the meet.

## COMMITMENT

- Each Coach is asked to bring his/her own First Aid Kit.

Spectators, coaches and non-competing athletes will not be allowed on the infield area. All teams should be supervised by a coach and coaches and athletes should give good examples to spectators to see that there is no interference with the conduct of the meet or the efforts of the competitors.

We are all responsible for leaving Centennial Stadium/Mentor College clean. Please make certain that garbage is disposed of in the appropriate receptacles throughout the day and not left to the end of day clean-up. Make certain your team picks up after itself.