

EOSSAA TRACK & FIELD PLAYING REGULATIONS (Revised in June 2023)

PREAMBLE

The EOSSAA Track & Field Playing Regulations shall be in effect for the EOSSAA Track & Field Championship Meet. Amendments to these Playing Regulations may be made by circulating written notice of motion to all EOSSAA member schools at least 7 days prior to the June Annual EOSSAA General Meeting, at which time the motion shall be voted upon. Otherwise, notices of motion presented at the June Annual EOSSAA General Meeting will be subject to approval by the EOSSAA Executive at its next November meeting. This will allow adequate time for EOSSAA member schools to consider the motion.

1. DATE OF THE COMPETITION

The EOSSAA Track & Field Championship Meet shall be held on the Thursday afternoon and Friday of the week preceding the East Regional Meet. There will be no rain date. The EOSSAA Track & Field convenor will mail to all EOSSAA member schools the pertinent meet information regarding time, location, entry fees, etc., at least one month before the date of the EOSSAA Meet.

2. 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 and the teacher coach 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 (March to June), in a minimum number of practices, 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.

3. ENTRIES

a) All entries from league track & field convenors will be due at the host convenor's school by Saturday NOON immediately preceding the EOSSAA Championship Meet. Any exceptions to this deadline must be approved, in writing, by the EOSSAA Track & Field convenor. **Each league convenor must send a copy of his/her league's meet results along with the completed EOSSAA entries from the HYTEK MEET MANAGER computer program.(Advancers File).** The penalty for late entries is double entry fee for that league.

b) Each league convenor must submit a cheque or money order for the total league entry fee, plus completed EOSSAA Eligibility Forms from all schools in his/her league, plus completed EOSSAA Meet entries to the EOSSAA Track & Field convenor on or before the entry deadline date.

c) No changes to the entries submitted on the EOSSAA Meet entry forms will be permitted any later than 2 days prior to the meet date. Athletes who wish to scratch from an event must do so before this time through the meet convenor.

d) The EOSSAA Track & Field convenor should set an entry fee so that all meet expenses can be met. All entry fee monies which remain after expenses are paid must be turned over to EOSSAA. The entry fee should include an assessment of \$5.00 per school which pays the honorarium to the EOSSAA Track & Field convenor.

- e) The number of entrants from each league in each individual event will be as follows;
4 in all events
- f) Relay teams will qualify for EOSSAA as follows;
top 2 teams from each league, plus the next 4 fastest times.
- g) An athlete may compete in no more than 3 individual events, plus one age class relay (4 x 100m.) and one Open relay (4 x 400m.)
- h) A school is limited to 4 athletes per event and 1 relay team per age category as well as 1 team in each of the Open relays.
- i) *** SCHOOL TOPS MUST BE WORN BY ALL COMPETITORS IN ALL EVENTS ***
*** RELAY TEAM MEMBERS MUST WEAR IDENTICAL SCHOOL TOPS ***
- j) East Regional and OFSAA Qualifying
 - (i) if the East Regional Meet is held on an 8-lane track;
 - (1) When EOSSAA is the host association for the East Regional Meet, the top 6 finishers in all events at the EOSSAA Meet will qualify for the East Regional Meet.
 - (2) When COSSAA or NCHSAA host the East Regional Meet, the top 5 finishers in all events at the EOSSAA Meet will qualify for the East Regional Meet.
 - (ii) Regional Meet entries must be completed at the EOSSAA Meet by the coaches of athletes who have qualified.
 - (iii) The top 4 finishers in all events at the East Regional Meet will qualify for the OFSAA Championship Meet.

4. QUALIFYING AND SEEDING

Performances at the league meets will be used for seeding purposes.

(All hand times taken to 1/100ths seconds must be rounded up to account for electronic timing; eg. :23.11 becomes :23.35 for events up to and including 400m and 2:07.32 becomes 2:07.46 for events longer than 400m.)

a) Qualifying for Sprint Hurdles, 100m., and 200m. (HEATS and FINALS)

- i) There will be 3 heats of 8 runners with the first two place finishers in each heat, plus the next 2 fastest times advancing to the FINAL.
- ii) If there are 8 competitors or less in an event, athletes will still run heats at the scheduled time in order to qualify to run in the finals later in the schedule.
- iii) Seeding - [numbers] in brackets are the seed times from the league meets with [1] being the fastest and [24] being the slowest.

Heat #1 - [1] [6] [7] [12] [13] [18] [19] [24]

Heat #2 - [2] [5] [8] [11] [14] [17] [20] [23]

Heat #3 - [3] [4] [9] [10] [15] [16] [21] [22]

Once the runners have been seeded into their heats, the lane assignments will be by random draw.

- iv) Seeding for the FINAL will be based upon the heat times as follows;

[1] [2] [3] [4] will be assigned lanes 3, 4, 5, and 6 by random draw.

[5] [6] [7] [8] will be assigned lanes 1, 2, 7, and 8 by random draw.

- iv) Ties in heat times qualifying for the FINAL will broken as follows;
 - (a) better placing in the same heat with identical heat.
 - (b) better placing in different heats with identical times.
 - (c) if runners are still tied in times and places, then the qualifiers will be decided by drawing lots.

b) **400m., 300m. Hurdles, 400m. Hurdles** (TIMED SECTIONS)

i) These events will be run as TIMED SECTION FINALS. There will be three sections of 8 runners each, with FINAL placing based upon times.

ii) Seeding - [numbers] in brackets are the seed times from the league meets with [1] being the fastest and [24] being the slowest.

Section #1 - [17] [18] [19] [20] [21] [22] [23] [24]

Section #2 - [9] [10] [11] [12] [13] [14] [15] [16]

Section #3 - [1] [2] [3] [4] [5] [6] [7] [8] Lane assignments for each section will be by random draw.

iii) If a tie in times occurs from different sections, the runners will both be given the same placing.

If a tie occurs in times for the last qualifying position for the East Regional Meet, the runner from the later section will advance to the East Regional Meet. There will be no runoffs in timed section events.

c) **800m. and 1500m.**(TIMED SECTIONS)

i) These events will be run as TIMED SECTION FINALS. There will 2 sections of 12 runners each with final placing based upon times. The procedure for breaking ties will be the same as in the 400m.

ii) Seeding - [numbers] in brackets are the seed times from the league meets with [1] being the fastest and [24] being the slowest.

Section #1 - [13] [14] [15] [16] [17] [18] [19] [20] [21] [22] [23] [24]

Section #2 - [1] [2] [3] [4] [5] [6] [7] [8] [9] [10] [11] [12]

In each 800m TIMED SECTION, there will three starting boxes.

The 1500m TIMED SECTIONS will run from a curved line start.

In both events, starting positions will be assigned by random draw.

d) **Relays (4 x 100m. and 4 x 400m.)** (TIMED SECTIONS)

i) These events will also be run as TIMED SECTION FINALS. The procedure for breaking ties will be the same as in the 400m.

ii) The top 2 relay teams from each league, plus the next 4 fastest times will qualify for each EOSSAA relay. The EOSSAA Track & Field convenor will inform each league convenor by telephone or fax on Tuesday prior to the EOSSAA Meet as to which relay teams from his/her league have qualified for EOSSAA based upon their times. Each league convenor is then responsible for notifying the teams in his/her league which have qualified for EOSSAA. **No more than four (4) schools from one league may run in a relay event.**

iii) Seeding - [numbers] in brackets are the seed times from the league meets with [1] being the fastest and [24] being the slowest.

Section #1 - [9] [10] [11] [12] [13] [14] [15] [16]

Section #2 - [1] [2] [3] [4] [5] [6] [7] [8] Lane assignments for each section will be by random draw.

e) **Open 2000m Steeplechase**

The runners will be placed on the start line based upon a random draw for position.

f) **3000m**

(i) 3000 metres are run from an 'Alley' start with a 1-turn stagger.

- (ii) Seeding - The runners will be designated to an 'alley' based on seed times at their association meet. The 'alleys' will be set up so the outside 'alley' contain the fastest 1 /3 of the entrants , while the inside 'alley' contains the slower 2/3 of the field.

g) The IAAF false start Rule will NOT be used in EOSSAA competition. The following will be the EOSSAA rule: one false start for the field and then each subsequent false start will be charged to the individual resulting in their disqualification.

h) FIELD EVENTS

All field events will be seeded in reverse order so that the best seed performance jumps/throws last in each round, the second best second last, and so on until the lowest seed performance jumps/throws first in each round.

Opening heights for vertical jumps are to be determined by the lowest qualifier(s) from Association results.

Athletes will be reminded to stay in the competition area if there is a tie for a qualifying position. EOSSAA will follow the IAAF rules for a jump-off immediately following the regular competition.

IAAF Rule 140.3 - If a competitor is entered in both a track and a field event , or in more than one field event taking place simultaneously, the judges may allow a competitor to take his/her trials in an order different from that decided upon prior to the start of the competition.

IAAF Rule 142.3 - No competitor is allowed more than one trial recorded in any one round of the competition. If a competitor (or competitors) move(s) to the end of the order because of conflicting events and has not returned to the event site, the round ends 90 seconds after the last jump/throw was completed, or 2 minutes after the last vault was taken in the pole vault. In the case of the final round, the above conditions would constitute the end of the event.

5. MEET STRUCTURE

EOSSAA will conduct all events which are on the OFSAA schedule. At present, these include;

- i) For Girls and Boys in all three age divisions (Novice, Junior, and Senior); 100m., 200m., 400m., 800m., 1500m., 3000m., 4 x 100m. Relay, High Jump, Long Jump, Triple Jump and Pole Vault.
- ii) For Novice Girls and Junior Girls; 80 m. Hurdles (2'6" height), 300m. Hurdles (2'6" height), Shot Put (3 kg.), Discus (1 kg.), and Javelin (600 gm.)
- iii) For Senior Girls; 100m. Hurdles (2'6" height) (beginning in 1997), 400m. Hurdles (2'6" height) Shot Put (4 kg.), Discus (1 kg.), and Javelin (600 gm.)
- iv) For Novice Boys; 100m. Hurdles (2'9" height), 300m. Hurdles (2'9" height), Shot Put (4 kg.), Discus (1 kg.), and Javelin (600 gm.)
- v) For Junior Boys; 100 m. Hurdles (3'0" height), 300m. Hurdles (2'9" height), Shot Put (4 kg.), Discus (1 kg.), and Javelin (600 gm.)
- vi) For Senior Boys; 110 m. Hurdles (3'0" height), 400m. Hurdles (3'0" height), Shot Put (5.4 kg.), Discus (1.616 kg.), and Javelin (800 gm.)
- vii) The following "Open" division events;
 - (a) Girls; 4 x 400m. Relay, 2000m Steeplechase(2'6")
 - (b) Boys; 4 x 400m. Relay, 2000m. Steeplechase(3'0")
- viii) Para Events
Boys & Girls -

100m - Ambulatory (as per IPC Classification * minus 1,2,4 athletes with intellectual disability),
Intellectual Disability, Visually Impaired
200m – Wheelchair
400m – Wheelchair
800m - Ambulatory (as per IPC Classification * minus 1,2,4 athletes with intellectual disability),
Intellectual Disability, Visually Impaired
Shot Put

If there is any question about what category an athlete fits in, there will be a committee of three (OFSAA Association representative, SAC Chair, representative from a sport governing body) who will make the final decision

6. FACILITIES

- (a) The EOSSAA Meet site must include, as a minimum;
- i) 6-lane all-weather track with markings for all running events contested at EOSSAA. -8-
 - ii) 2 high jump areas, apart from the track, with all-weather aprons
 - iii) 2 long/triple jump pits with all-weather runways
 - iv) 1 pole vault area with an all-weather runway
- (b) The EOSSAA Meet site should include;
- i) seating area or bleachers to accommodate 800+ athletes, coaches, officials, and spectators.
 - ii) 2 shot put pads with level landing areas
 - iii) 2 discus pads with level landing areas
 - iv) 2 javelin areas with level landing areas
- (c) The following equipment is required for the EOSSAA Meet;
- i) Starting Line - starting blocks (twice the number of lanes plus 2 extras), 4 starting pistols, 2 starter's stands, 5 boxes of 50 starting pistol shells.
 - ii) Finish Line, a video camera and player or a phototimer, lap cards, bell, 8 relay batons.
 - iii) Hurdles - (10 times the number of lanes plus 6 extras), 4 steeplechase barriers (5 if no water jump is available).
 - iv) High Jump - 4 standards, 3 fiberglass cross bars, adequate foam landing pits with covers.
 - v) Pole Vault - 2 standards, 2 fiberglass cross bars, adequate foam landing pits with covers.
 - vi) Long/Triple Jump - 4 rakes, 2 shovels, 2 leveling boards, plasticene.
 - vii) Throwing Events - weigh scale, toe boards for shot put, at least 1 legal implement for each event; shot (4 kg.& 5.4 kg.), discus (1 kg.& 1.616 kg.) javelin (600 gm.& IAAF "new rules" 800 gm.)
 - viii) Miscellaneous items - 11 tape measures, 20 clipboards, pens, competitor numbers, safety pins, 6 red/white relay flags, brooms, marking lime, paint, or tape for throwing sectors.

7. RULES AND OFFICIALS

- (a) Rules will be used in the following order of precedence; EOSSAA, then OFSAA, then IAAF (World Athletics)
- (b) Approximately 90 adult officials are required to conduct the EOSSAA Meet. Properly trained student officials may be used as timers and place judges, if necessary). Students cannot make an official decision that impacts the results of the competition (for example, calling a fault at a jump board or disqualifying a throw). Further, javelin and discus events should have two adult officials.
- (c) Any school or league which does not provide an adult official for its assigned position will not be allowed to compete in the EOSSAA Meet.
- (d) A jury of appeal will be convened in the event of any protests that are presented. The jury will be made up of 3 neutral members of the EOSSAA Track and Field SAC. The convenor will arrange for at least 6 members of the SAC to be available during the meet in the event they are needed.
- (e) Each league will be assigned to fulfill specific adult officiating positions for the EOSSAA Meet. (These positions were revised in 2013)

i) KASSAA - Jury of Appeal, Track Umpires (3), Girls Discus, Novice Girls & Boys Pole Vault, Junior Girls & Boys Long Jump, Boys & Girls Para Shot Put.

ii) Lanark - Head Judge (Throws), Starter's Assistants (2), Track Umpires (3), Senior Girls & Boys Long Jump, Boys Discus, Finish Line Clerks (2).

iii) LGSSAA - Track Referee, Starter, Track Umpires (3), Boys High Jump, Novice Girls & Boys Triple Jump, Junior & Senior Boys Pole Vault, Girls Javelin.

iv) Prescott-Russell - Jury of Appeal, Head Judge (Jumps), Starter's Assistant, Track Umpires (3), Junior Girls and Junior Boys Triple Jump, Girls Shot Put, Boys Javelin

v) S.D. & G. - Jury of Appeal, Starter, Starter's Assistant, Track Umpires (3), Junior and Senior Girls Pole Vault, Novice Girls & Boys Long Jump

vi) UOVHSAA - Starter, Starter's Assistant, Track Umpires (3), Senior Girls & Boys Triple Jump, Boys Shot Put, Girls High Jump

vii) The host league must also provide; computer crew for entries, results and scoring, 1 Starter's assistant, 1 Announcer, 1 student to assist the Announcer, Track Crew for Hurdles and Starting Blocks, 6 Track Umpires (for Day 1 & 2), 2 Finish Line message runners, 1 Lap Timer, 1 Throwing Implements Weigh-In Supervisor.

*** Each adult official in field events is responsible for bringing a student officiating crew and the necessary small equipment (clipboards, tape measures, etc.) to the EOSSAA Meet. ***

*** There will be a Track Referee's Meeting with all Track Umpires 15 minutes prior to the scheduled first running event each day. Track events will not begin until all Track Umpires are accounted for and given their assignments for the day. Please note that Track Umpires also serve as Relay Zone Judges. The members of the Jury of Appeal are to be available for the duration of the meet, until dismissed by the Convenor(s).***

(e) Timing- Fully automated timing must be arranged for the meet. A video camera and player or electronic phototimer must be at the main finish line.

9. EOSSAA TRACK & FIELD CONVENOR ROTATION

2013 – Prescott-Russell	2014 – UOVHSAA	2015 - S.D. & G.
2016- Lanark	2017- LGSSAA	2018- KASSAA
2019- Prescott-Russell	2020-	2021-
2022 - UOVHSAA	2023 - SD&G	2024 - Lanark
2025 - LGSSAA	2026 - KASSAA	2027 - Prescott-Russell
2028 - UOVHSAA	2029 - SD&G	2030 - Lanark
2031 - LGSSAA	2032 - KASSAA	2033 - Prescott-Russell

EAST REGIONAL CONVENOR ROTATION

2013 -COSSAA	2014 -NCHSAA	2015 –EOSSAA(P-R)
2016 -COSSAA	2017 -NCHSAA	2018 -EOSSAA(KASSAA)
2019 -COSSAA	2020 -	2021-
2022 - NCHSAA	2023 - EOSSAA (UOVHSAA)	2024 - COSSAA
2025 - NCHSAA	2026 - EOSSAA (SD&G)	2027 - COSSAA
2028 - NCHSAA	2029 - EOSSAA (Lanark)	2030 - COSSAA
2031 - NCHSAA	2032 - EOSSAA (LGSSAA)	2033 - COSSAA
2034 - NCHSAA	2035 - EOSSAA (P-R)	2036 - COSSAA
2037 - NCHSAA	2038 - EOSSAA (KASSAA)	2039 - COSSAA