

PSAA Track and Field Rules and Regulations:

General Rules:

Scheduling:

Track Events:

All track events will be run in the following order unless otherwise mentioned.

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

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

Track:

1500m Timed Finals

100m Heats

200 Heats

800m Timed Finals

100m Finals

200m Finals

4 x 100m Timed Finals

Field Events:

The order is not particularly important as long as conflict is avoided doing LJ and TJ, LJ and HJ, at the same time. A listing of field events is as follows:

U-10 Running Long Jump, Standing Triple Jump, and Softball Throw (11inch)

U-11 Long Jump, Triple Jump, High Jump and Softball Throw (12 inch)

U-12 Long Jump, Triple Jump, High Jump and Softball Throw (12 inch)

U-13 Long Jump, Triple Jump, High Jump and Shot Put (3kg for girls, 4 kg for boys)

U-14 Long Jump, Triple Jump, High Jump and Shot Put (3 kg for girls, 4kg for boys)

Order of Precedence of Events:

All competitors should be informed that they must observe the following order if they are entered in two events that are being run simultaneously:

- a) Track
- b) High Jump
- c) Other Field Events

Schedule: The meet may run ahead, or behind schedule. 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.

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 2011/12 school year it would be December 31, 2011. Our four age groups are Under 10, Under 11, Under 12, Under 13 and Under 14.
- b) Schools may enter 2 competitors per age group per event – the exception is the 800m and 1500m where a school may enter up 4 competitors, but only the top two can score for that school.

- c) 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. Subsequently, athletes may compete in up to three events plus the relay.
- 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.

Marshalling Duties:

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. Specific marshaling duties will be sent to participating schools as part of the Meet package which is to be emailed out two weeks prior to the Meet.

Scoring

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

Place	Individual	Relays
1st	10 points	(Double the
2nd	8 points	individual
3rd	6 points	amount)
4th	5 points	
5th	4 points	
6th	3 points	
7th	2 points	
8th	1 point	

Cost

A fixed entry fee will be billed to all participating schools. The 2012 fee is \$70 per school.

UNIFORMS

Each athlete must wear an identifiable school or PE uniform. All members of a relay team must wear the same jersey. Jeans, cutoffs, Bermuda shorts, etc. are NOT permitted.

EQUIPMENT

Please see individual events.

TIE BREAKING FORMATS

Track Events:

Seldom, if ever, are two runners tied. Where the judges rule a tie, however, where practical, the tying competitors shall both qualify, failing that they shall compete again. The referee, 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.

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

High Jump:

Ties shall be broken in the following way:

- i) At the height which the competitors last cleared, the competitor with the lowest number of jumps at the height shall be awarded the higher place.
- ii) If the tie remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
- iii) If a tie still remains, the competitor with the lowest total of attempts throughout the competition up to and including the height last cleared shall be awarded the higher place.
- iv) If still tied: a count back looking at fewest misses at the previous height.
- v) IF A TIE STILL REMAINS: If it concerns first place, the competitors who are tied shall have one more jump at the height at which they failed. If no decision is reached, the bar shall be then lowered or raised 3 centimetres at a time in the high jump with one jump at each height until the tie is broken. Competitors must jump on each occasion when breaking a tie. If it concerns any other place, the competitors shall be awarded the same place in the competition and the points shall be split.

*In jumping for height, all measurements shall be taken as the length of the perpendicular between the ground and the lowest part of the upper side of the bar.

ADDITIONAL PLAYING RULES

Reporting of Contestants - All Events:

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 a contestant's name is called in the high jump and he or she does not respond it will be presumed that he or she has passed unless he or she has informed the official in charge that he or she is in another event. In no case will the bar ever be lowered because a contestant has failed to jump at the lower height. 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. 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.

General Regulations and 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.
- b) 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.

Triple Jump Rules:

- 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 it 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) 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.
- g) To be legal the jump must end in the pit.
- 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.

Standing Triple Jump Rules:

- 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 athlete is to start in a balanced one-foot stance in order to start the three jump sequence.
- c) 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.
- d) To be legal the jump must end in the pit.
- e) Each athlete gets 3 jumps, unless time is limited.
- f) Record the result to the nearest centimetre below the distance achieved- ie. 11m75.5cm becomes 11m 75cm.
- g) 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.

Shot Put Rules:

Equipment: 3 kg shot put for girls 4kg shot put for boys

- a) The shot put is to be put (ie. pushed), not thrown, with the overhead motion. At no time may the shot move behind the plane of the shoulders.
- b) The athlete may touch the line drawn for the circle of the edge of the toe board. He may not touch the top of the toe board or the ground outside the circle during a throw. Any violation is a fault.
- c) The athlete must exit the rear half of the circle under control.
- 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) Each athlete gets 3 attempts, unless time is limited.

Softball Throw:

Equipment: regulation softball

Rules:

- 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.

Long Jump Rules:

- 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, it is a fault.
- d) If the athlete jumps with any part of his foot over the board, it 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.

High Jump Rules:

Opening heights in each division:

High Jump:

BOYS

No U10 high jump

U-11 0.95m no more than 5 cm at a time

U-12 1.00 m no more than 5 cm at a time

U-13 1.05 m no more than 5 cm at a time

U-14 1.10 m no more than 5 cm at a time

GIRLS

No U10 high jump

U-11 0.90 m no more than 5 cm at a time

U-12 0.95 m no more than 5 cm at a time

U-13 1.00 m no more than 5 cm at a time

U-14 1.05 m no more than 5 cm at a time

- a) A competitor may begin jumping at any height above the opening height, and may jump at his own discretion at any subsequent height. Until the number of jumpers is reduced to a field of 8 jumpers, each competitor is given two attempts to clear a height. Once the field is 8 or fewer jumpers, each competitor is given up to three attempts to clear a height. As in the other jumping events, all competitors will receive a turn prior to a competitor getting a second or subsequent attempt.
- b) Even after all the other competitors have failed 3 consecutive times a competitor is allowed to continue jumping to determine his best height.
- c) All measurements are to be made perpendicularly from the ground to the upper side of the crossbar where it is the lowest.
- d) A competitor fails if he/she:
 - i) In the course of the jump dislodges the bar so it falls off the uprights.
 - ii) Touches the ground or pit beyond the imaginary line from the bar without first clearing the bar.
 - iii) Takes off from both feet.

NOTE: All legal jumps must be ONE-FOOT take-off.

Track Events:

- 1) 5mm track spikes will be permitted.
- 2) 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.
- 3) The winner of each 100m and 200m will proceed to the final. The remaining spots in the final (to equal 8 competitors for the 8 lanes) will be based on time.
- 4) WINNER OF RACE: The race winner is the first athlete whose torso passes the finish line- not head, arms, legs, and feet.
- 5) The 100m and 200m will be run in lanes.
- 6) 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.
- 7) 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.
- 8) 800m and 1500m – all runners in each age and gender group, run in one race – schools will be given space to line up a maximum of two runners at the front of

the start line and all other runners from that school must line up behind them. A runner faces disqualification if they run across or obstruct another competitor.

SPORTSMANSHIP AND CONDUCT

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.

AWARDS

PSAA plaques will be awarded for each age and gender category, as well as to the overall coed, girls and boys champions.

Ribbons will be awarded for first to fifth position in each event. Ribbons will be organized by school throughout the course of the meet, and will be distributed to each school after the meet.

SPORT SAFETY

The host school is responsible for providing medical care for the meets. This person must be qualified to deal with athletic injuries and be prepared to handle emergency situations.