

PSAA Track and Field Rules and Regulations

(Revised April 17, 2018)

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

Scheduling of Track events:

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

Field Events

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

Scheduling of Track events:

Field events should be scheduled to avoid conflict between LJ and TJ.

Order of Precedence of Events:

All competitors should be informed that 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.

A note about the Event Schedule:

The meet may run ahead, or behind the posted 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 2017/18 school year it would be December 31, 2017. 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.**

- 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 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.

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 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.

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

Payment was made by all competing schools at the beginning of the school year in conjunction with their commitment sheet. The 2018 fee is \$250 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.

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 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 [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. 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.
- b) 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. 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) 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 [i.e. have athlete take second and third attempt with shorter break between throws.] 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].]

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.

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 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.
- 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) 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).

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 eighth position in each event. Ribbons will be organized for each school throughout the course of the meet by Track Database. 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.

Sport Safety

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.