

## GENERAL RULES AND REGULATIONS

The following regulations will apply to ALL qualification and provincial tournaments under the jurisdiction of School Sports Newfoundland and Labrador (SSNL). Please consult the technical standards which follow for specific sport rules.

1. All sports will follow the provincial sport organization playing rules unless otherwise noted in the SSNL Technical Standards.
2. No player will be permitted to play wearing a cast made of plaster, fibreglass or any other material considered dangerous by the referee.
3. SSNL has instituted a maximum point spread to be used in tie breaking situations and to promote SSNL ideals of sportsmanship. All games should be recorded and reported using only the maximum point spread as set out in the technical standards. In the tie-breaking procedure, the goal/point spread must credit all the points for the losing team (eg 9-2, not 7-0)
4. There is a no fighting policy in all SSNL events. Any reported violation may result in an automatic and immediate 1 year suspension from all SSNL activities.
5. Teacher-sponsors must be on the bench at all times. Games do not start without the teacher-sponsor. If the teacher-sponsor is not on the bench 10 minutes after the scheduled start time, the team without the essential personnel will lose the game by default.
6. SSNL game referees are to be instructed to remain on the floor after the game to sign the score sheet and participate in a show of sportsmanship.
7. PROTESTS: In all SSNL tournament, the convenor must have a protest committee in place. This committee should consist of:
  - a. Convenor, if not coaching
  - b. SSNL representative
  - c. Official Assigner/Head Official

If the convenor is coaching, he/she should appoint an independent person to sit as the host committee representative. All protests MUST be presented in writing within 20 minute after the game in question has ended. A ruling will be made by the committee prior to the next scheduled game being started. Any protest submitted must be accompanied by a

\$50 protest fee. The fee is refundable if the protest is upheld. If the protest is denied, the protest fee goes to the host committee.

8. Coaches are not permitted to change rules at the coaches meeting or at any other time by consensus vote. If it happens, they will be informed by the SSNL representative that the tournament is void.
9. The use of unauthorized video replays is banned from SSNL events as a measure of officiating.
10. Game officials MUST provide written reports to the convenor for all major rule infractions.
11. At least one member of the coaching staff for each team MUST complete the free schoolcoach.ca concussion course in order to be eligible for SSNL competitions.

## TRACK & FIELD

*Technical Standards for Track & Field are under review. Any changes for the 2016 season will be communicated to schools at least 2 months prior to the provincial meet.*

### **EVENTS**

Provincial team champions will be declared in:

1. Boys
2. Girls

Provincial individual champions for boys and girls will be declared in the:

Sprints	Middle Distance	Throws	Jumps	Relays
100m	800m	Shot put	High jump	4 x 100m
100m (SO)	1500m	Shot put (SO)	Long jump	4 x 400m
200m	1500m racewalk	Javelin	Standing long	4 x 100m
200m (SO)	3000m	Discus	Jump (SO)	Integrated
400m				

\*(SO) Special Olympics

Track & Field will be an Open Provincial event.

The schedule of events will be distributed to all tournament convenors and available on the school sports website: [www.schoolsportsnl.ca](http://www.schoolsportsnl.ca)

1. A competitor may enter a maximum of any 3 events plus the relays.
2. A team may enter a maximum of 2 competitors per events, except the relay where a school can enter only 1 team. At qualification meets only, schools may be permitted to enter a maximum of 4 athletes per event. Only 2 students per school will be used for scoring purposes. The host school is required to billet only the number indicated in Part 2, section 10 of the handbook.(as per the billeting policy)
3. 4 x 100m integrated relay will include a minimum of 1 Special Olympian.
4. Points for the team placement will be awarded based on the number of qualifying schools in the competition (ex. if there are 10 qualifying teams in the event, points will begin at 20 for the top competitor and descent by 1). Individual competitors will stay in the standings but will not be awarded points.
5. Special Olympic athletes will receive individual awards but their results will not be awarded points toward team standings.

## **FACILITITES**

### **The Track:**

1. The track shall have a minimum of 6 lanes with a marked finish line.
2. The starting line for the 200m, 400m, 800m, 1500m, 1500m RW and 3000m shall have the appropriate stagger according to the Athletics Canada specifications.
3. The starting line for the 1500m and 3000m shall have a curve according to the Athletics Canada specifications.
4. Provisions should be made for the placement of starting blocks for the sprint event up to and including the 400m and relays.
5. At the finish line, a judge stand shall be positioned on the sidelines adjacent to lane 1 and timers shall be positioned on the sideline adjacent to lane 6 or 8.

### **The Throws**

1. The throwing area should be made of concrete, asphalt or some other firm but non-slippery surface according to Athletics Canada guidelines.
2. The rim of the circles for shot and discus shall be made of iron, steel or other suitable material, the top of which shall be flush with the surrounding surface.
3. The inside diameter shall be: shot – 2.135m, discus – 2.50m
4. The stopboard for the shot put is in the form of an arc, made of wood or any other suitable materials and painted white. Its inner edge must coincide with the edge of the circle and must be made to be firmly fixed to the ground in accordance with Athletics Canada regulations.

5. All discus throws shall be made from an enclosure for cage.
6. Shot put and discus sector lines shall be 5cm wide marking a section of 34.92 degrees so that the sector lines cross at the center of the circle. The ends of the lines shall be marked with flags. The throwing sector should be roped off at a height of approximately 1m and at least a minimum distance of 2m outside the sector lines.
7. The javelin should be of legal size approved by Athletics Canada. The runway shall be 4m wide marked by 5cm wide parallel lines. The ends of the runway nearest the throwing area shall be joined by the arc of a circle whose radius shall measure 8m from a point midway between the runway lines. The arc shall be white, 7cm wide, flush with the ground and either painted or made of wood or metal.
8. The sector for the javelin shall be marked by 5cm lines. This sector should be roped off at a height approximately 1m and a minimum distance of 2m outside the sector lines.

### **The Jumps**

1. The high jump landing area (mat) should measure at least 5m long by 3m wide. The length of the runway is unlimited, with a minimum length of 15m. The takeoff area must be level. The space between the uprights and the land area should be at least 10cm. The distance between the uprights shall not be less than 3.98m and no more than 4.02m. The cross bar shall be circular in shape in accordance with Athletics Canada regulations
2. The long jump runway width shall be a minimum of 1.22m. Its length is unlimited but it must have a minimum length of 40m. No marks are permitted on the runway but may be placed alongside the runway. The take-off board must be white and measure 1.21 to 1.22m long, 19.8 to 20.2 cm wide and up to 10cm thick. The surface of sand in the landing area (pit) should be level with the top of the take-off board. The minimum width should be 2.75m.

### **Washrooms and change rooms**

Must be available on or near the venue.

### **EQUIPMENT SPECIFICATIONS**

Competitors must use equipment as governed by Athletics Canada.

**Uniform:** Where possible, competitors should wear the school uniform. Competitors must wear a vest (single/t-shirt) and shorts and/or tights.

**Footwear:** Competitors may compete in bare feet or with footwear on 1 or both feet. Maximum of 6 spikes in the sole and 2 in the heel, except in the high jump

and javelin where a maximum of 5 spikes in the heel is permitted. Spike length – check with the meet director.

**Numbers:** Every competitor shall be supplied with and wear a number during the competition that corresponds with the entry list. When competing in lanes, numbers must be worn on the back, and on the front in all other races. In the field events, the numbers must be worn on the back, except in the high jump, where it maybe worn on either the back or the front.

### **Weight of Throwing Implements**

	Female	Male	Special Olympics
Shot Put	4kg	5kg	3kg
Discus	1kg	1.5kg	
Javelin	600g	700g	

### **SAFETY STANDARDS**

1. Because this is a multi-event sport and on occasion many of the competitors are inexperienced, it is important that the meet director, the officials and coaches ensure that the competitors be responsible for their own safety and that of others.
2. All spectators should be restricted to a specific area in the venue. All competitors should be restricted to a specific area when not competing. Spectators and competitors should be periodically reminded about the events in progress with safety precautions noted for the throws.
3. It is recommended that a qualified first aider be present and that a medical or first aid kit shall be in the venue.

### **OFFICIALS**

1. The NLAA (Newfoundland and Labrador Athletics Association) is willing to conduct officials' clinics in a region. Ensure sufficient notice to accommodate your request. As well, the NLAA will assist in providing head officials for each discipline at provincial meets.
2. It is recommended that where possible, a region should request that school become responsible for specific discipline. With the help of a coordinating teacher, there will be a core of officials to assist at qualification and provincial meets.

## **AWARDS**

For each division, the following awards are provided:

1. Gold and silver team medals
2. Gold, silver and bronze individual medals
3. Individual sportsmanship award
4. Provincial championship banner

## **REGISTRATION FEES**

A maximum of \$2 per person per event excluding relays and Special Olympic events, with the exception of individual athletes competing in the relay only.

Participation fee of \$3 per athlete for provincial tournaments and \$2 for qualification tournaments.

## **RESOURCE MATERIALS**

An elementary Level 1 Coaching Manual and Level II Specific Events Manual are available from CTFA, as well as complete rules and by-laws.

## **SCHEDULE**

The schedule for Track & Field is established in consultation with NLAA and will generally be set up in 3 sessions. The following is an outline for an approved track & field schedule:

### **Session 1: Friday evening**

#### **Track Events**

6:00pm	200m Girls and Special Olympics heats
6:20pm	200m Boys and Special Olympics heats
7:00pm	1500m Girls final
7:15pm:	1500m Boys final
7:30pm	200m Girls final
7:40pm	200m Boys final
8:00pm	4 x 400m girls relay
8:15pm	4 x 400m boys relay

#### **Field Events**

Girls javelin throw  
Boys and Special Olympics shot put

### **Session 2: Saturday Morning**

**Track Events**

10:00am 100m Girls and Special Olympics heats  
10:20am 100m Boys and Special Olympics heats  
10:45am 800m Girls final  
11:00am 800m Boys final  
11:30am 100m Girls final  
11:35am 100m Boys final  
11:50am 1500m Girls racewalk  
12:10pm 1500 Boys racewalk

**Field Events**

Girls discus  
Boys discus  
Boys high jump  
Girls long jump  
Girls Standing Long Jump, Special Olympics

**Session 3: Saturday Afternoon****Track Events**

2:00pm 400m girls final  
2:20pm 400m boys final  
2:45pm 3000m girls final  
3:05pm 3000m boys final  
3:30pm 4 x 100m girls relay  
3:50pm 4 x 100m boys final  
4:10pm 4 x 100m girls integrated relay  
4:15pm 4 x 100m boys integrated relay

**Field Events**

Girls High Jump  
Boys Long Jump  
Girls and Special Olympics Shot Put  
Boys Javelin Throw  
Boys Standing Long Jump Special Olympics