

**1. SEASON OF PLAY**

Girls' = Spring Season

Boys' = Spring Season

**2. LEVELS OF COMPETITION**

Novice Level

Boys and Girls

Junior Level

Boys and Girls

Senior Level

Boys and Girls

Para

Boys and Girls

**3. ELIGIBILITY**

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 (sixteen (16), at a location where the majority of their high school practices are held under the supervision of a teacher as certified by the school principal.

Para athletes with a S14 classification are permitted to compete until the age of 21 and shall be eligible for no more than seven (7) consecutive years from the date of entry into Grade 9.

**ENTRY INTO THE NRHSAA-ZONE MEET**

There will be four (4) entries per school in each event and one (1) team per school in each relay.

Note: Each secondary school must supply at least one (1) adult official.

**NOVICE** - Birth certificate indicates he/she has not reached his/her 14<sup>th</sup> birthday by January 1<sup>st</sup> prior to the start of the SCHOOL YEAR in which the competition is held. **Note: Students may compete in this category for one year ONLY, THEIR GRADE 9 YEAR.**

**JUNIOR** - Birth certificate indicates he/she has not reached his/her 15<sup>th</sup> birthday by January 1<sup>st</sup> prior to the start of the SCHOOL YEAR in which the competition is held.

**SENIOR** - Birth certificate indicates he/she has not reached his/her 19<sup>th</sup> birthday by January 1<sup>st</sup> prior to the start of the SCHOOL YEAR in which the competition is held.

**PARA ATHLETES:** Schools may enter an unlimited number of athletes in each para event. The top four (4) competitors advance to SOSSA.

Competitors may enter three (3) individual events in the same age category (e.g. two (2) running and one (1) field or three (3) running events). In addition, an athlete may enter one (1) age class relay and one (1) open relay.

A competitor may compete in the individual track and field events in his/her own age classification and then move up to a higher classification for a relay providing he/she does not compete in the relay or relays in his/her own classification.

A competitor who competes above his/her age category in the individual events may compete on a relay team in his/her own age classification.

**4. ELIGIBILITY SHEETS**

Eligibility sheets are due to the convener five days prior to the Zone meet.

**5. MEET FORMAT /SCHEDULE**

NRHSAA sanctioned track and field competitions shall include all OFSAA events.

The schedule for the competitions shall be similar to the SOSSA and Regional schedule.

Track events take precedence over field events. If an athlete has a scheduled conflict he/she must advise the field event officials that they are involved in a track event and then return immediately after the track event to the field event. A competitor may not make up a missed round.

**6. SUBSTITUTIONS**

- Substitution(s) will be permitted only if the name of the substitute appears on the original eligibility sheet signed by the Principal.
- Substitution will be permitted up to twenty-four (24) hours before the start of the meet.
- Injuries shall be the only reason for substitution once the meet has started.
- If a competitor qualifies at a qualifying meet and is unable to compete at the next level, then the competitor who placed next highest will qualify.

**7. UNIFORMS**

Student/athletes shall compete in an official school track and field uniform consisting of shorts and tops in official school colors or a "proper uniform."

The following will be accepted as the "proper uniform" for competitors:

Top:

- School track top
- School crested t-shirt
- Plain white t-shirt

Bottoms:

- Recognizable athletic shorts or running tights (plain or with school name/identification/logo)
- Sweat pants (plain or with school name/identification/logo) may be permitted by the event official if it is cold/rainy.

Following are examples of some of the attire which will not be permitted:

- Cut offs
- Jams
- Hawaiian shorts or tights
- Multi-colored paisley type attire unless it is the official school uniform in the official school colors
- Exotic headgear

**7. UNIFORMS (Cont.)**

Relay Uniforms:

- The top for all four (4) competitors on a relay team shall appear identical. Minor differences in tops may be permitted at the discretion of the event official. Distinctly mismatched tops, even if the official school uniform, will not be accepted. The four (4) tops may consist of plain white t-shirts
- The shorts/tights shall be in an official school color(s) or a neutral color (black or white);
- In the case of disputes the Track Referee or Designate shall rule.
- **Note:** Athlete names may be permitted on the back of the jersey provided that they are consistent – first name only, surname only, first and last name. No nicknames will be permitted. This would not make the jerseys for relays unacceptable.

**8. START TIME**

The convener will select a meet start time.

**9. RULE BOOK**

In order to clarify rules of competition the following order of interpretation will be used:

1. NRHSAA and SOSSA Rules
2. OFSAA RULES
3. Athletic Canada Rule & By-laws
4. I.A.A.F. Handbook

**10. SCORING AT THE ZONE MEET**

Team standing (girls, boys, overall) will be kept at the Zone meet.

Points at the Zone meet will be 6 - 4 - 3 - 2 - 1

Ribbons for Zone Track and Field will be awarded to the top five competitors.

Zone records will be kept. They may be set in a heat, semi-final or final.

Zone Meets should be held one (1) week prior to the SOSSA Track and Field meet.

**11. ZONE TRACK AND FIELD POLICIES**

No extraneous equipment may be used at Track and Field Meets in the field of competition. This includes frisbees, balls of any type, lacrosse sticks, etc. and stereos. The first time, the offending student(s) {and possibly the coach(es)} are warned and the equipment is confiscated; the second infraction by the same individual student/athlete(s) will see he/she disqualified from all events including those he/she already qualified in for the next meet.

Unless written permission has been given by the High School Coach and Principal in question, no club coach shall interfere, direct or coach in any way whatsoever during the High School Track and Field season. Doing so shall automatically disqualify the student/athlete's membership status with his/her high school team for the current indoor/outdoor season.

**13. FALSE START RULE**

The first false start is against the field; second and subsequent false starts are against the athlete and he/she will be eliminated from the event. There will be no exception to the false start rule: “the track referee will not have the right to overrule the starter’s decision.”

**14. STARTING BLOCKS**

Athletes who do not use starting blocks must use a four (4) point stance in the individual races that begin and end in lanes: sprint hurdles, intermediate hurdles, 100m, 200m, 400m. In both relay events, the initial athlete who does not use starting blocks must use a four (4) point stance

**15. ADVANCEMENT TO SOSSA**

The top four (4) competitors in all track and field events, relays included, advance to SOSSA.

**TRACK AND FIELD EVENTS**

	GIRLS Events				BOYS Events		
Age Category	Novice	Junior	Senior		Novice	Junior	Senior
<b>TRACK EVENTS</b>							
100 m	X	X	X		X	X	X
200 m	X	X	X		X	X	X
400 m	X	X	X		X	X	X
800 m	X	X	X		X	X	X
1500 m	X	X	X		X	X	X
3000 m	X	X	X		X	X	X
4 x 100 m Relay	X	X	X		X	X	X
Sprint Hurdles	80 m (30" Height)	80 m (30" Height)	100 m (30" Height)		100 m (33" Height)	100 m (36" Height)	110 m (36" Height)
Intermediate Hurdles	300 m (30" Height)	300 m (30" Height)	400 m (30" Height)		300 m (33" Height)	300 m (33" Height)	400 m (36" Height)
<b>FIELD EVENTS</b>							
Long Jump	X	X	X		X	X	X
Triple Jump	X	X	X		X	X	X
High Jump	X	X	X		X	X	X
Pole Vault	X	X	X		X	X	X
Discus	1 kg	1kg	1kg		1 kg	1 kg	1.60 kg
Javelin	600 gm	600 gm	600 gm		600 gm	600 gm	800 gm
Shot Put	3 kg	3 kg	4 kg		4 kg (8 lb., 13 oz.)	4 kg (8 lb., 13 oz.)	5.443 kg (12 lb.)

	GIRLS	BOYS
<b>OPEN EVENTS</b>		
2000 m Steeplechase	30 " Height	36 " Height
1600 (4 x 400) Relay	X	X

**Para Division & Physical and Intellectual Disabilities (BOYS, GIRLS) -**

**Chart # 1 - Classifications Key: T = Track Events; F = Field Events**

**Athletes with a Visual Impairment**

- T/F 11 – Blind
- T/F 12 – Very Limited Vision
- T/F 13 – Limited Vision

**Athletes with an Intellectual Impairment**

- T/F 20 – IQ at or below 75

**Athletes with Cerebral Palsy**

- F 32; F 33; T/F 34 – Wheelchair Athletes
- T/F 35; T/F 36; T/F 37; T/F 38 – Ambulatory Athletes

**Athletes with an Amputation & Les Autres**

- F 40 & F 41 – Dwarfs
- T/F 42; T/F 43; T/F 44 – Leg Amputees
- T/F 45; T/F 46; T/F 47 – Arm Amputees

**Athletes in a Wheelchair**

- T/F 51; T/F 52 – Quadriplegic
- T/F 53; T/F 54 – Paraplegic
- F 55; F56; F 57; F58 – Seated Throwing (various disabilities)

**Chart # 2 – Para Track & Field**

Race	Divisions	Classification from Chart #1
100 m	Ambulatory	T/F 35 – 38 & 40 - 47
100 m	Intellectually Impaired	T/F 20
100 m	Visually Impaired	T/F 11, 12, & 13

Race	Divisions	Classification from Chart #1
200 m	Wheelchair	T/F 34 & 51 - 54

Race	Divisions	Classification from Chart #1
800 m	Ambulatory	T/F 35 – 38 & 40 – 46
800 m	Intellectually Impaired	T/F 20
800 m	Visually Impaired	T/F 11, 12, & 13

Field Event	Divisions	Classification from Chart #1
Shot Put	Ambulatory	T/F 35 – 38 & 40 - 47
Shot Put	Wheelchair	T/F 34 & 51 - 54
Shot Put	Intellectually Impaired	T/F 20
Shot Put	Visually Impaired	T/F 11, 12, & 13