

SOSSA INC. COEDUCATIONAL TRACK AND FIELD

PLAYING REGULATIONS – revised December 2008

- 1. Date:**
The meet should be held on Wednesday at least two weeks before the OFSAA Track and Field Championships held on Friday and Saturday of the first week in June. This allows for the accommodation of Regionals.

- 2. Location:**
The location/facility must be approved by the SOSSA INC. executive. As soon as possible after the annual general meeting the convenor/executive of the host zone shall submit a proposed location/facility to the SOSSA INC. executive.

The location/facility of the SOSSA INC. track and field meet shall be booked by the convenor/executive of the host zone as soon as possible after the annual general meeting. A rain date also be booked.

- 3. Eligibility and Events:** That schools who have competitor(s) at the SOSSA Track & Field Meet shall be expected to provide trained adult officials as part of their eligibility requirements.
Article VII and Article VIII

Events are per OFSAA constitution.

- 4. Meet Structure - One day Meet:**
The track schedule shall follow the established SOSSA INC. schedule. The field schedule shall follow the established SOSSA INC. schedule for the location or type of facility.

Girls and boys 200 metre will be run as timed sections as opposed to heats and finals.

If the OFSAA/Regional schedule of events is revised, the established SOSSA INC. schedule shall be revised in a similar manner. The revised SOSSA INC. schedule shall become established following approval at an annual general meeting. In the event revisions are necessary, and that an annual general meeting cannot be convened before the SOSSA INC. Championships, the SOSSA INC. executive may approve an interim schedule to be used until the next annual general meeting.

Event format will be similar to zone meets. Flexibility allows the convenor to determine the schedule (ie. order of events).

Provision for a rain date should be established.

- 5. Entry:**
At the conclusion of the zone meets, the zone convenor will confirm all entries for the

SOSSA INC. meet. The convenor will send in all entries for the zone, not the coaches.

Each zone may enter four (4) competitors per field event in the SOSSA INC. meet. If the SOSSA INC. meet is held on a track with six (6) lanes each zone may enter three (3) competitors in each track event. If the SOSSA INC. meet is held on a track with eight (8) lanes, each zone may enter four (4) competitors in each track event.

Each zone will be allowed to enter four (4) relay teams into the SOSSA INC. championship.

The number of entrants a school can qualify for each event at the SOSSA INC. meet is a maximum of four (4) competitors.

A SOSSA INC. athlete may compete in any three individual events in the same age class or open class. In addition, a competitor may enter one age-class relay and one open relay.

A competitor who competes above his/her age category in individual events is allowed to compete in a relay in his/her own age category.

An individual may move up to a higher classification for a relay providing the individual does not compete in the relays or relays in his/her own classification.

The SOSSA INC. convenor shall be responsible to ensure that the OFSAA entries are submitted.

6. Expenses:

Those schools having entries are responsible for arranging and financing their own qualifying meet.

A financial convenors report shall be submitted to the SOSSA INC. Secretary-Treasurer following the championship meet.

7. Rules and Officials:

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

- 1) O.F.S.S.A. Rules**
- 2) C.T.F.A. Rules and By-Laws**
- 3) I.A.A.F. Handbook**

Unsportsmanlike conduct by any competitor or coach shall result in the disqualification of the competitor (ie. abusive language).

The convenor shall be responsible for supplying competent officials for the meet. It is expected that each school in SOSSA INC. will supply at least one teacher as an official for the SOSSA INC. meet.

8. **Uniform:**
Competitors in the SOSSA INC. track and field meet shall wear a presentable school track and field uniform, or a school physical education, or a white "T" shirt with school shorts. A violation of this will bar the offender from entry into the events.

9. **Seeding:**
At the SOSSA INC. meet in a final time-section events, the first place finisher in the event from each zone shall run in the second heat. The next two (2) or four (4) fastest qualifiers shall run in the second heat.

10. **Scoring:**
Points at the SOSSA INC. championship meet are:
1st place - 6 points
2nd - 4 points
3rd - 3 points
4th - 2 points
5th - 1 point

11. **Awards:**
Medallions will be presented to the 1st place finisher. Ribbons will be awarded to second to fifth place finishers in each event.

The winning school teams overall in both boys and girls will be awarded trophies. These are to be retained by the school for the year. There is also a trophy awarded for overall boys and girls aggregate.

12. **Department:**
See Article X and XI

13. **Appeals and Protests:**
Protest committee shall consist of three individuals:
i) convenor of SOSSA INC. meet
ii) track referee
iii) field referee

A protest must be submitted in writing together with a \$10.00 fee (refundable if protest is upheld) within thirty minutes of the incident which is being protested.

If further protests are desired see Article IX.

14. **Medical:**
Qualified first aid personnel and equipment shall be available at the championship site. Coaches shall provide all consumable medical supplies (ie. tape, bandaids) for athletes.