

SOSSA COEDUCATIONAL TRACK AND FIELD

PLAYING REGULATIONS – revised October 2016

1. **Date**
The SOSSA Track and Field Meet should be held on Thursday the week before the Regional Track and Field Meet.

2. **Location**
The facility of the SOSSA track and field meet shall be booked by the convenor/executive of the host zone as soon as possible after the annual general meeting.

3. **Eligibility and Events**
 - A. A school who has a competitor (s) at the SOSSA Track and Field meet shall be expected to provide a trained adult official as part of their eligibility requirement. (Articles VII and VIII)
 - B. Events are per OFSAA constitution.

4. **Meet Structure - One day meet.**
 - A. The track schedule and the field schedule shall follow the established SOSSA schedule.
 - B. Girls and boys 200 metre will be run as timed sections as opposed to heats and finals.
 - C. If the OFSAA/Regional schedule of events is revised, the established SOSSA schedule shall be revised in a similar manner. The revised SOSSA 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 Championships, the SOSSA Executive may approve an interim schedule to be used until the next annual general meeting.
 - D. Event format will be similar to Zone meets. Flexibility allows the convenor to determine the schedule (ie. order of events). See Appendix A.
 - E. Provision for a rain date should be established.

5. **Entry**
 - A. Representation at SOSSA track & field championship events will include five athletes each from zones 3 and 4. Zones 1 and 2 will share the remaining six entries. Zone 2 will join zone 1 for the zone qualifying meet.
 - B. At the conclusion of the zone meets, the zone convenor will confirm all entries for the SOSSA Meet. The convenor will send in all entries for SOSSA, not the coaches.
 - C. The maximum number of entrants a school can qualify for each event at the SOSSA meet is four (4).
 - D.
 - I. A SOSSA 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.
 - II. A competitor who competes above his/her own age class in individual events is allowed to compete in a relay in his/her own age class.
 - III. An individual may move up to a higher age class for a relay providing the individual does not compete in the relays in his/her own age class.

6. **Convenor**
 - A. The SOSSA Convenor shall ensure that the entries for the OFSAA Regional meet are submitted.

B. A financial Convenor's report shall be submitted to the SOSSA Secretary-Treasurer following the championship meet.

7. Rules and Officials

A. In order to clarify rules of competition, the following order of interpretations will be used:

- i. OFSAA Rules
- ii. CTFA Rules and By-Laws
- iii. IAAF Handbook

B. That official's duties be assigned by Zone. See Appendix B for organization.

C. That each Zone shall complete and submit their responsibilities before entries will be processed.

D. That additional special skills/interest officials (photo times, starters, referees) from all Zones will be used when available.

8. Uniform

Competitors in the SOSSA track and field meet shall wear a presentable school track and field uniform, or a school physical education uniform, 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 meet in a final time-section event, the first place finisher in the event from each zone shall run in the second (fast) section. The next five (5) fastest qualifiers shall also run in the second (fast) section.

10. Scoring

Points at the SOSSA Championship meet are:

1st place	6 points
2nd place	4 points
3rd place	3 points
4th place	2 points
5th place	1 point

11. Awards

A. Medallions will be awarded to the 1st place finishers in each event. Ribbons will be awarded to second to sixth place finishers in each event.

B. A trophy is awarded to the overall points winning school teams in both boys and girls categories. A trophy is awarded for overall boys and girls aggregate.

These trophies are to be retained by the school for the year.

12. Deportment

Unsportsmanlike conduct by any competitor or coach shall result in the disqualification of the competitor. (ie. abusive verbal or body language) See Article X and XI.

13. Appeals and Protests

- A. Protest committee shall consist of three individuals:
 - i. Convenor of SOSSA meet.
 - ii. Track referee
 - iii. Field referee

- B. A protest must be submitted in writing, together with a \$25.00 fee (refundable if protest is upheld) within thirty (30) minutes of the incident which is being protested.

- C. 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.