

SOSSA TRACK AND FIELD

PLAYING REGULATIONS – revised July 2023.

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 convener/executive of the host zone as soon as possible after the annual general meeting.

3. Eligibility and Events

- (i) 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)
- (ii) **Events are per OFSAA constitution.** See Appendix #1 (page #4) for more details.

4. Meet Structure

Two-day meet. Day one starting at noon and day two beginning at 9:00 a.m.

- (i) The track schedule and the field schedule shall follow the established SOSSA schedule.
- (ii) Girls and boys 200 meter will be run as timed sections as opposed to heats and finals.
- (iii) 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.
- (iv) Event format will be similar to Zone meets. Flexibility allows the convener to determine the schedule (ie. order of events).
- (v) Provision for a rain date should be established.

5. Entry

- (i) Representation at SOSSA track & field championship events will include four athletes from each zone in each event.
- (ii) At the conclusion of the zone meets, the zone convener will confirm all entries for the SOSSA meet. The convener will send in all entries for SOSSA, not the coaches.
- (iii) The maximum number of entrants a school can qualify for each event at the SOSSA meet is four.
- (iv) 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.
- (v) 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.

5. Entry, continued

(vi) 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

The SOSSA Convenor shall ensure that the entries for the OFSAA Regional meet are submitted.

A financial convener's report shall be submitted to the SOSSA administrative director 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 the seeding for the two heats for all timed finals for track events shall be based solely on time. Therefore, the fastest eight qualifying times will run in the second (faster) heat.

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 are awarded from 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 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. SOSSA Convenor
- ii. Track referee
- iii. Field referee

A protest must be submitted in writing, together with a \$50 fee (refundable if protest is upheld) by the coach or a school official of the school requesting the appeal. The appeal needs to be submitted within thirty (30) 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, bandages) for athletes.

Appendix #1 - Events

Events offered by OFSAA will also be offered at the SOSSA Championships.

(i) Competition for Novice, Junior and Senior shall be in the following events:

100 m 200 m 400 m 800 m 1500 m and 3000 m.
80 m hurdles (novice girls, junior girls)
100 m hurdles (senior girls, novice boys, junior boys)
110 m hurdles (senior boys).
300 m intermediate hurdles (novice boys, junior boys, novice girls, junior girls)
400 m hurdles (senior boys, senior girls)
Shot put, Discus, Javelin, High jump, Pole vault, Long jump, and Triple jump.

(ii) Para Athletes Classifications:

(i) Visual Impaired Athletes (VI) T/F 11 – 13
(ii) Intellectual Disabilities Athletes (ID) T/F 20 (IQ at or below 75)
(iii) Ambulatory (athletes that compete standing up – dwarfism, limb loss or limited use, neurological)
T/F 35 – 38 and 40 – 47
(iv) Wheelchair Athletes T/F 31 – 34 and 51 - 57

(iii) Competition offered for Para Athletes

100m VI Athletes T/F 11 – 13	-	100m.
ID Athletes T/F 20	-	100m.
Ambulatory (standing) T/F 35 – 38 & 40 – 47	-	200m.
Wheelchair T/F 31 – 34 & 51 – 54	-	800m.
VI Athletes T/F 11 – 13	-	800m.
ID Athletes T/F 20	-	800m.
Ambulatory (standing) T/F 35 – 38 & 40 – 47	-	Shot Put.
VI Athletes T/F 11 – 13	-	Shot Put.
ID Athletes T/F 20	-	Shot Put.
Ambulatory (standing) T/F 35 – 38 & 40 – 47	-	Shot Put
Seated T/F 31 – 34 & 51 – 57	-	Shot Put.