

IMPORTANT: The policies that follow are specific to this sport and must be adhered to by every member of the NRHSAA. Each sport policy is numbered. Sometimes within a sport policy CAPITALS ARE USED TO IDENTIFY THE ARTICLE and THE SECTION THAT ARE IN THE NRHSAA CONSTITUTION/ POLICY MANUAL. If you want to refer to the NRHSAA CONSTITUTION log on to <http://www.dsbm.org> and then click on "schools link". Or, use <http://www.dsbm.org/athletics>. Make sure that you are familiar with each one.

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| 1. | Season of Play | | |
| | Girls' = Spring Season | Boys' = Spring Season | |
| 2. | Levels of Competition | | |
| | Midget Level | Boys and Girls | ZONE; SOSSA; OFSAA |
| | Junior Level | Boys and Girls | ZONE; SOSSA; OFSAA |
| | Senior Level | Boys and Girls | ZONE; SOSSA; OFSAA |
| 3. | Members: | Appendix A | |
| 4. | Executive:
EXECUTIVE COMMITTEE
ROLES OF THE EXECUTIVE
STANDING COMMITTEES
Section 1 - Board of Reference - GENERAL | | ARTICLE VI
ARTICLE VII
ARTICLE IX |
| 5. | CONVENERSHIPS
Section 1 - Athletic Conveners
Section 2 - Athletic Convener Packages | | ARTICLE XIV |
| 6. | SOLICITING STUDENTS | | ARTICLE XVIII |
| 7. | INSURANCE | | ARTICLE XIX |
| 8. | PERSONAL PROPERTY | | ARTICLE XX |
| 9. | TEAM SELECTION | | ARTICLE XXII |
| 10. | SAFETY | | ARTICLE XXIII |
| 11. | SUPERVISION OF INTERSCHOOL TEAMS | | ARTICLE XXIII |
| 12. | ELIGIBILITY | | ARTICLE XI |

Athlete eligibility is the sole responsibility of the principal and coach of each school.

A MINIMUM OF 16 SCHOOL TEAM PRACTICES MUST BE ATTENDED BY TRACK AND FIELD STUDENT-ATHLETES.

Section 1 - School

ENTRY INTO THE PRELIMINARY/QUALIFYING MEET

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

As of March 2013 zone 3 will also have a preliminary meet in addition to the Championship meet, bringing it in line with zone 4.

NOTE: EACH SECONDARY SCHOOL MUST SUPPLY AT LEAST ONE ADULT OFFICIAL.

Section 2 - Individual

- Midget - birth certificate indicates he/she has not reached his/her 14th birthday by January 1st 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 15th birthday by January 1st 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 19th birthday by January 1st prior to the start of the SCHOOL YEAR in which the competition is held.

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.

Section 3 - Special Consideration

13. TRANSFERS ARTICLE XIII

STANDING COMMITTEE(S) ARTICLE IX

Section 2 - Board of Reference - TRANSFER

Transfer meeting dates will be published the first week in Sept. of the current school year.

Section 1 - Transfer Policy

Section 2 - Ineligible Ruling

Section 3 - SOSSA Appeal Process

14. SCHEDULING ARTICLE XV

Constitutional material NOT APPLICABLE TO TRACK AND FIELD

15. 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.

Student/athletes must compete at the Preliminary/Qualifying Meet to advance to Zone IV. There shall be no pre or post qualifying.

Track events take precedence over field events. If an athlete has a scheduled conflict he/she must advise 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.

No team standings will be kept at the PRELIMINARY/QUALIFYING MEET.

16. ELIGIBILITY SHEETS ARTICLE XII

At the Convener's discretion, schools/coaches will be notified when eligibility sheets should be to the Convener. At a minimum, these entries must be to the Convener five school days before the PRELIMINARY/QUALIFYING MEET.

17. SUBSTITUTION(S):

- 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 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.

18. 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

Lower Body: - 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

UNIFORM OF RELAYS: - 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. (April 2015 OFSAA AGM)

19. START TIME:

ARTICLE XV; Section 4, Page 19, is not applicable for Track and Field.

20. 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

21. ENTRY INTO THE ZONE MEET from the PRELIMINARY/QUALIFYING MEET:

The following will qualify for the Zone Meet:

1. All properly entered athletes in events which may not have been contested at the PRELIMINARY/QUALIFYING MEET.
2. If the ZONE MEET is held on a **6 lane track**, the top 6 teams in relays and the top 12 individuals in all other events advance to the Zone Meet.

3. If the ZONE MEET is held on an **8 lane track**, the top eight relays and 16 individuals will advance to Zone.

22. 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

At the Zone meet, in all final timed - section events, the first place finisher in the event from each division will run in the same heat.

Ribbons for Zone Track and Field positions 1-5 inclusive, be ordered and paid for by the Zone budget.

Zone records will be kept. Records may be set at the Zone meet only and not at the Preliminary/qualifying meet. They may be set in a heat, semi-final or final.

Zone Meets should be held one (1) week prior to S.O.S.S.A. Track and Field.

23. SUSPENSIONS ARTICLE XXV

Section 1 - Ejection from competition

No extraneous equipment 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.

24. STANDING COMMITTEE(S) ARTICLE IX

Section 3 - Board of Reference - SANCTIONS AND PROTESTS
Procedures
Penalties
Protests
Procedures

25. ADVANCEMENT TO S.O.S.S.A:

The top 5 competitors in all track and field events, relays included, advance to SOSSA.

26. SOSSA INC.: BOYS' AND GIRLS' TRACK AND FIELD:

Constitution and By-Laws: pages 1 to 25 of the SOSSA handbook;

BOYS' AND GIRLS' TRACK AND FIELD: SOSSA Track and Field Regs

Also, check www.sossa.on.ca and www.ofsaa.on.ca for more information

27. CONVENING SOSSA CHAMPIONSHIPS ARTICLE XXIX

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."
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STARTING BLOCKS	ATHLETES WHO DO NOT USE STARTING BLOCKS MUST USE A FOUR POINT STANCE IN THE INDIVIDUAL RACES THAT BEGIN AND END IN LANES: SPRINT HURDLES, INTERMEDIATE HURDLES, 100 M, 200 M, 400 M. IN BOTH RELAY EVENTS, THE INITIAL ATHLETE WHO DOES NOT USE STARTING BLOCKS MUST USE A FOUR POINT STANCE.
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HURDLES

Hurdle Event	Distance	Height	Distance to 1 st .	Distance of 1 to 2 etc.	Distance from Last to Finish	Number of Hurdles
Midget Girls	80 M.	2'6" 0.762 M.	12 M.	8 M.	12 M.	8
Junior Girls	80 M.	2'6" 0.762 M.	12 M.	8 M.	12 M.	8
Senior Girls	100 M.	2'6" 0.762 M.	13 M.	8.5 M.	10.5 M.	10
Midget Boys	100 M.	2'9" 0.840 M.	13 M.	8.5 M.	10.5 M.	10
Junior Boys	100 M.	3' 0.914 M.	13 M.	8.5 M.	10.5 M.	10
Senior Boys	110 M.	3' 0.914 M.	13.72 M.	9.14 M.	14.02 M.	10
Midget/Junior Girls	300 M.	2'6" 0.762 M.	50 M.	35 M.	40 M.	7
Midget/Junior Boys	300 M.	2'9" 0.840 M.	50 M.	35 M.	40 M.	7
Senior Girls	400 M.	2'6" 0.762 M.	45 M.	35 M.	40 M.	10
Senior Boys	400 M.	3' 0.914 M.	45 M.	35 M.	40 M.	10

THROWING EVENT IMPLEMENTS

EVENT	MALE OR FEMALE	LEVEL	WEIGHT
Javelin	Girls'	ALL	600 g.
Javelin	Boys'	MIDGET/JUNIOR	600 g.
Javelin	Boys'	SENIOR	800 g.
Shot Put	Girls'	MIDGET/JUNIOR	3 kg
Shot Put	Girls'	SENIOR	4 kg. 8 lb. 13 oz.
Shot Put	Boys'	MIDGET/JUNIOR	4 kg. 8 lb. 13 oz.
Shot Put	Boys'	SENIOR	5.443 kg. 12 lb.
Discus	Girls'	ALL	1 kg.
Discus	Boys'	MIDGET/JUNIOR	1 kg.
Discus	Boys'	SENIOR	1.613 kg.