

# General Meet Rules

Revised May 2023

## The following are not permitted at the meet:

- Competitors in bare or stocking feet
- Use of starting block
- Electronic devices used while competing (iPod, phone etc...)

## Pertinent Information:

- Transportation is the responsibility of each school.
- All teams are to be present and ready to go at 9:45 a.m.
- All competitors are to stay in their designated areas when not competing.
- Competitors should be well supervised.
  - Supervisors should not have coaching duties.
- **NO spectators** at the field events, only track officials are permitted in the field area.
- It's the coach's responsibility to have his/her competitors ready and present when their event is called.
- Track events take precedence over field events.
- If a participant is called to a field event before he/she has completed another field event, he/she should report to the judge of the new event being called and then return to finish the first field event.
- All participants involved in events are to wear school colours and name. This will assist officials in identifying finalists more effectively.
- Participants and spectators may bring a lunch.
  - Canteen facilities may be available but lines will be long – plan accordingly.
- Each school is responsible for clean-up in their area of the stands. If the bleachers are left a mess, schools may be charged an extra cleaning fee.

***Substitutions will be allowed at until 3:30 p.m. the day before the event – in writing to Charlie Aarts or Melissa McDonald for the following reasons:***

- If student is absent from school that day.
- For disciplinary reasons.
- If student suffers an injury.
- Coaches ***do not*** have to tell the booth if a relay participant has changed.

## Track Specific Rules

### **100 and 200 M Races**

- Participants will be placed in heats prior to the competition; they will be made aware of their heat assignment immediately before their race by the starter.
  - If a participant does not show up for his/her race, he/she will be disqualified.
- Participants will be placed in specific lanes.
  - If during a race a participant leaves his/her lane and impedes a fellow competitor (as identified by an official) he/she will be disqualified
- The participants with the top eight times in the heats will move on to the final race.
  - Winning a heat does not guarantee a position in the finals.
- Final races will be organized from lane one to eight as follows (number signifying qualifying position) –

7/5/3/1/2/4/6/8

## Field Specific Rules

### The Triple Jump Overview

The Triple Jump will consist of three jumps. There is no practice jump. Only in special circumstances will there be fewer jumps. If this happens, all participants will be made aware before the beginning of the event.

#### **Rules:**

1. On the day of the event, there may be more than one take off line used. This will be explained to competitors before the beginning of competition.
2. Jumpers must take off with no part of their take-off foot over the specified line. If they are over the line, the jump will be identified as a fault.
3. Jumpers take off in the “hop” phase and land on the takeoff leg. They take one step onto the other foot (step phase), then jump.
4. Jumps are measured from the nearest impression made in the landing pit by any part of the jumper’s body.

### The Long Jump Overview

The Long Jump will consist of three jumps. There is no practice jump. Only in special circumstances will there be fewer jumps. If this happens, all participants will be made aware before the beginning of the event.

#### **Rules:**

1. On the day of the event there will be only one take off line used. This will be identified to competitors before the beginning of competition.
2. Jumpers must take off with no part of their take-off foot over the specified line. If they are over the line, the jump will be identified as a fault.
3. All jumps should be measured from the nearest break in the landing areas by legs or arms. Should a competitor touch the ground outside the landing area nearer the take-off board than the break point, the jump is a fault.

### The Shot Put Overview

The Shot Put will consist of three “puts.” In the event of a large cohort, only two “puts” may be possible. If this happens, all participants will be made aware before the beginning of the event. The Shot Put will weigh **3.6 kg for the U14 boys** and **2.72 kg for U14 girls**.

#### **Rules:**

1. The thrower must rest the shot between the neck and shoulder, with the shot either touching or remaining in close proximity to the neck until it is released. The thrower must never allow the shot to drop below this point in the throwing motion.
2. The put must be executed with one hand only.
3. The thrower must begin the throwing motion from a stationary position.
4. The thrower should use either “the glide” or “the spin” technique.
5. When the put is executed, the shot must land within the throwing sector. The athlete can only leave the circle after the judge clears the thrower. The individual must leave from the rear half of the circle to demonstrate control.

### The Ball Throw Overview

The Ball Throw will consist of three consecutive throws. In the event of a large cohort, only two throws may be possible. If this happens, all participants will be made aware before the beginning of the event. The Ball Throw will use a Bantam sized softball (10 inch).

#### **Rules:**

1. Competitors must wait for the judge to signify the beginning of the attempt. They must stay within the area (they may start at the back of the throwing area) and not cross the specified line.
2. The throw must land in the specified landing area (identified by pylons).
3. Competitors must exit from the back of the throwing area.

### Standing Broad Jump

The Standing Broad Jump will consist of three jumps. There is one practice jump. Only in special circumstances will there be fewer jumps. If this happens, all participants will be made aware before the beginning of the event.

#### **Rules:**

1. Each participant will be allowed three jumps. Jumps are not taken consecutively, but rather by rounds. Only the participants farthest jump will count in the competition.
2. Participants should be allowed one practice jump prior to the start of the competition.
3. No part of the participants’ foot may cross over the edge of the scratchboard/tape prior to the jump attempt. At the start of the jump, both feet must be parallel to one another. If any part of the foot crosses over the scratchboard/tape, or if the contestant’s feet are not parallel (i.e., they are staggered) at the beginning of the attempt, the jump is a “scratch” – that is, it counts as an attempt but does not count for distance.
4. The jump is measured from the front edge of the scratchboard/tape to the back part of the participants’ foot that lands closest to the scratchboard/tape at the completion of the jump. In other words, if a child falls of steps backward or forward, the jump will be considered a scratch. The participant needs to stick the landing and wait for measurement to take place before moving.
5. Standing Broad will take place on a hard surface.