

**DRAFT**

**G.H.A.C. PLAYING REGULATION**

**TRACK AND FIELD**

1. **AGES:** Competitors must meet the age requirement as per O.F.S.A.A. Constitution , ie.Seniors under 19, Juniors under 15, Midgets under 14 by January 1<sup>st</sup> prior to the school year in which the competition is held.
  
2. **EVENTS:**
  - A) All events will be offered that are offered at the O.F.S.A.A. Track meet of that year, with the exception of Pole Vault. This will be offered if entries dictate.
  
  - B) Any changes to format, events procedure or Playing Regulations, must come from a coaches meeting and be forwarded to the G.H.A.C. Executive for approval.
  
  - C) All hurdles and all 400M events should be added to the time schedules as heats, unless the number of competitors is the same as or less than the lanes available. In that instance the race will be run as timed final.

**DISCUS WEIGHTS**

Senior/Junior/Midget Girls, Midget/Junior Boys..... 1kg.  
Senior Boys..... 3 lb. 9 oz.(1.613kg)

**JAVELIN WEIGHTS**

Senior/Junior/Midget Girls, Midget/Junior Boys..... 600 g.  
Senior Boys..... 800 g.

**SHOT PUT WEIGHTS**

Senior/Junior/Midget Girls, Midget/Junior Boys..... 8 lb. 13 oz (4kg)  
Senior Boys..... 12 lb. (5.443kg)

## HURDLE INFORMATION

	HEIGHT OF HURDLE	NUMBER OF HURDLES USED	DISTANCE TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	LAST HURDLE TO END
80 METRES MIDGET/ JUNIOR GIRLS	30"	8	12 M	8 M	12 M
100 METRES SENIOR GIRLS  MIDGET/ JUNIOR BOYS	30"  33"/36"	10	13 M	8.5 M	10.5 M
110 METRES SENIOR BOYS	36"	10	15 YDS	10 YDS	15 YDS
300 METRES MIDGET/ JUNIOR GIRLS	30"	8	50 M	35 M	40 M
300 METRES MIDGET/ JUNIOR BOYS	33"	8	50 M	35 M	40 M
400 METRES SENIOR BOYS	36"	10	45 M	35 M	40 M
400 METRES SENIOR GIRLS	30"	10	45 M	35 M	40M

3. **ELIGIBILITY:** Competitors must meet the eligibility requirements as per G.H.A.C. Constitution By-Law 1. Competitors name must be on an eligibility List. Competitors must be accompanied by a teacher designated by the school.

4. **ENTRIES:**

A) All entries must be received by the convener by the date announced at the pre season meeting. No entries will be accepted the day of the meet. Coaches bear the sole responsibility of the accuracy and completeness of their entries. Substitutions will still be recognized up to 15 minutes before the specific event.

**B) Individual schools are allowed 3 entries per event and 1 entry per relay.**

**C) In relays, each school may enter one team in each meet.**

**D) Any competitor may enter 3 events plus one age class relay and one open relay.**

**E) An athlete may compete in the individual Track and Field event 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.**

5. **RULE BOOK: The C.T.F.A. Rule Book will be used to cover all technicalities not covered by our regulations.**
  6. **OFFICIALS: To be of the highest possible calibre.**
  7. **UNIFORMS: All competitors in the G.H.A.C. meets shall wear a presentable school uniform or physical education uniform. A violation of this will bar the offender from entry into the events. It should be noted that uniform specifications for G.H.A.C. relay events are identical tops.**
  8. **STARTING TIME: As per meet schedule (see G.H.A.C. Constitution By-Law 11) Details are announced at pre-season coaches meeting.**
  9. **G.H.A.C. REPRESENTATION: H.W.C.A.A. and H.S.S.A.A. participate in a combined meet. The top finishers are G.H.A.C. champions, the top H.W.C.A.A. finishers are their champions and the H.S.S.A.A. finisher are their champions. The top 5 competitors in each event advance to the South Regional Meet. The top 4 finishers from the South Regional Meet advance to O.F.S.A.A.**
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**10. GENERAL REGULATIONS:**

**A) The order of events are to be circulated at the pre-season coaches meeting.**

**B) CALLING EVENTS: All events will be called three times;**

**1<sup>st</sup> call : 10 minutes prior to the start of the event**

**2<sup>nd</sup> call : 5 minutes prior to the start of the event**

**3<sup>rd</sup> call : 1 minute prior to the start of the event.**

**C) REPORTING OF CONTESTANTS : It is the competitor's responsibility to report to the official in charge of the event immediately after the first call. This should be done before the start of the event if he/she is competing another event at the same time.**

**D) ORDER OF PRECEDENCE: In the event that competitors are entered in events that are being conducted at the same time, track events will take precedent over the Pole Vault and High Jump, which in turn, will take precedence over all other field events.**

**E)**

**1. All measurements shall be made with a certified steel or fiberglass tape.**

**2. Distance or height shall be recorded to the nearest .5cm below the distance achieved or covered, and if 35M, shall be recorded to the nearest cm below the distance covered; (fractions less than .5cm must be ignored).**

**In jumping for height, all measurements shall be length of the perpendicular between the ground and the lowest part of the upper side of the bar.**

**F) SCORING: The points will be:**

**1<sup>st</sup> place - 10 points**

**2<sup>nd</sup> place - 8 points**

**3<sup>rd</sup> place - 6 points**

**4<sup>th</sup> place - 4 points**

**5<sup>th</sup> place - 2 points**

**6<sup>th</sup> place - 1 point**

**In the open events, the points won count for an individual championship in the class to which the competitors belongs. The competitors placing in these events will be awarded the number of points awarded for their place in the event, (e.g. a Junior competitor placing 2<sup>nd</sup> in the 3000M run would be awarded only the points awarded for his place in the event, even though he was the best of his class in the event.**

**G) The decision as to whether the meet shall be called off due to weather conditions, etc., will be made by the co-ordinators and the Convener by 10:30am on the day of the meet or at any time during that day that lightning is present. If postponed, the meet will be held on the following school day.**

**H) JURY OF APPEAL:**

**Shall consist of 3 individuals (H.W.C.A.A./G.H.A.C. Track and Field Convener, H.W.C.A.A. convener and H.S.S.A.A. Convener) to handle disputes regarding; meet structure and procedure, rules and officials, uniforms, equipment, scoring. Disputes must be submitted in writing within 30 minutes of the conclusion of the event in which the incident occurred. (A fee may be applied).**