

# AABHN PLAYING REGULATIONS

## TRACK AND FIELD

All coaches must be familiar with the content of the AABHN Constitution.

1. **Start Date** - March 1 to the end of the year.
2. **Length of Season** – District meet to be completed during the week prior to the CWOSSA meet.
3. **Competition Limits**: 8 meets per individual
4. **Members per Team** – Unlimited.
5. **Eligibility**

All players must meet the eligibility criteria as outlined in Article 12 in the AABHN Constitution

### 6. **Eligibility Lists**

All schools must submit an OFSAA Hub eligibility list for each competitive age group (i.e. Novice boys, Novice girls, etc.) along with entries, to the Convenor and Athletic Coordinators one week prior to the start of the County Meet for each District. The names of all potential athletes, coaches, and managers and/or others affiliated with a team must be included on the OFSAA Hub eligibility list. Each eligibility list is to clearly identify the head coach.

### 7. **Meet Structure**

- a. Each school may enter **three** competitors per track and field event.
- b. Competitors may enter 3 individual events, plus 2 relays.
- c. Para Olympic events that are offered at OFSAA (to be inclusive) must be run as needed by request from school coaches for their athletes.
- d. Scoring
  - i. Relay scoring - 10, 8, 6, 4, 2, and 1 points will be used.
  - ii. Individual scoring - 110, 8, 6, 4, 2, and 1 points will be used.
  - iii Team scoring is combination of individual and relay scores.
- e. The entry fee is \$5 per athlete (for all entry in all of their events) and an additional \$10 per relay team – this will include CWOSSA entry fees for all schools.
- f. The AABHN Track and Field meet will be held over two days. Both day will have a start time of 9:30am.

g. The AABHN Track and Field meet only to be held on two days where a professional timing company can be hired to time all track events.

### **8. Rules of the Meet**

a. An Athlete must have participated in 10 practices, including pre-meets, to compete at AAHBN and a minimum of 14 practices including meets to qualify for CWOSSA. If necessary, a coaches meeting will be held following the meet to finalize CWOSSA entries.

b. A competitor may compete in his/her own age class 4 x 100 m relay and the open 4 x 400 m relay BUT may not compete in a relay event outside his/her own age class as an additional event. If a competitor does not compete in his/her age class 4 x 100 relay event, then he/she may be used in a relay event in a higher age class.

c. Each school may enter two relay teams in one event.

d. All entries must be submitted by each participating school through the online database selected by the convenor five days prior to the AABHN meet.

e. Coaches must check their entries prior to the entry deadline. Any errors on the part of the AABHN organizers will be corrected. Any requests for additions, deletions or changes after submitting your entries will be dealt with by the meet directors and their decision will be final. There will be no post entries on the day of the meet and no substitution on the day of the meet.

f. Timed Finals: The 3000m, 1500m, 800m, and 400 m, all hurdle races, and all relays will be determined by the best times from heats to avoid the necessity of finals. The slow heats will be run first, followed by the fastest last, according to the CTFA rules. Lanes will be assigned randomly in advance. Each school should have at least one competitor in the fast heat (if possible).

g. The AABHN acquires a bell and lap counter to be used for all middle distance track events.

#### **h. Equipment Collection**

- i. Pole vaulters must supply their own vaulting poles.
- ii. Regulation equipment will be supplied for all other events.
- iii. If you have your own equipment, then it must be certified by the technical manager prior to its use in competition. This will take place between 8:45 am and 9:30 am and 12:30 pm and 12:45 pm.
- iv. No equipment, including relay batons, will be supplied for warm-up.
- v. Only those relay batons supplied at the start of each relay event may be used.

#### **i. Equipment Standards**

	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>

Girls (Novice, Junior)	3 kg (6lbs-10 oz)	1kg	600gm
Boys (Novice, Junior) Girls (Senior)	4 kg (8 lbs-13 oz)	1 kg	600gm
Boys (Senior)	5.443 kg (12 lbs)	1.613 kg (3 lbs-9 oz)	800 gm

### Hurdles

	Race Distance	# of Hurdles	Height	Distance from start to first hurdle	Distance between hurdles	Distance from hurdle to finish
NG & JG	80 m	8	2'6"	12 m	8 m	12 m
SG	100 m	10	2'6"	13 m	8,5 m	10,5 m
NB	100 m	10	2'9"	13 m	8,5 m	10,5 m
JB	100 m	10	3'	13 m	8,5 m	10,5 m
SB	110 m	10	3'	13.72m	9,14 m	14,02 m
NG & JG	300 m	7	2'6"	50 m	35 m	40 m
NB& JB	300 m	7	2'9"	50 m	35 m	40 m
SG	400 m	10	2'6"	45 m	35 m	48 m
SB	400 m	10	3'	45 m	35 m	48 m
OG Steeplechase	2000 m	5 per lap	2'6"			
OB Steeplechase	2000 m	5 per lap	3'			

Increments: The high jump will increase by 5 cm increments and the pole vault by 10 cm increments. The "2 minute rule" may be used in the pole vault (other field events 1.5 minutes) at the discretion of the head official or the field referee.

#### j. Athletes' Numbers

- i. Numbers and safety pins will be provided.
- ii. Numbers must be worn:
  1. on the back for track events finishing in lanes.
  2. on the front for track events NOT finishing in lanes.
  3. on the front or back for all field events.

#### k. Seeding Procedure and Lane Assignments

- i. Track events starting and finishing in lanes (except the 400 m times finals - see item 2 above) will be seeded so that the best athletes are separated into different heats (based on seed times submitted from school results). For these heats, the athletes' lanes will be assigned randomly in advance. Each school will be represented in the heat (if

possible).

- ii. Athletes advancing to finals as a result of qualifying in a heat, will have lanes assigned as follows (drawn or assigned by recorder [computer does this]):
  - 1. top 4 qualifiers will draw for lanes 3-4-5-6.
  - 2. bottom 4 qualifiers will be assigned lanes 1-2-7-8 randomly.
- iii. All other finals (timed finals, races not starting and finishing lanes, and finals due to low entry) will have lanes drawn randomly in advance.
- iv. Field events will not be seeded. Names will be listed randomly.
- v. Should the time/workload become important factors, the organizers reserve the right to assign lanes by draw in accordance with CFTA Rule 225, 1977 without advance notice.
- l. 800 m Start: This event may be run with a box start as in the past. Each box will contain about three athletes, assigned at random in advance.
- m. 4 x 400 m Relay: The three-bend stagger (IAAF Rule 166) will be used as at OFSAA. That is, the first runner stays in lane, the first exchange is in lane, and the second runner remains in lane until he/she reaches the cut-in line after the first curve.
- n. Uniforms: Competitors must compete in their school uniforms. Failure to do so may result in disqualification. A school uniform may be regular physical education class uniforms or team uniforms.
- o. Rules: In order to clarify rules of competition, the following order of interpretation will be used: OFSAA Rules i.CTFA Rules ii.IAAF Handbook
- p. First Aid: Bring your own first aid kits.
- q. CWOSSA Entries: Athletes must participate in a minimum of 14 practices including meets to qualify for CWOSSA. A coaches meeting will be held following the meet to finalize CWOSSA entries. All coaches should attend.
- r. Track Has Priority Over Field. If a competitor has a field event and a track event at the same time, then the track event takes precedence. The athlete must inform the field official of the conflict, preferably in advance.
  - i. A runner must return to the field event within a reasonable amount of time after the completion of his/her race. The field referee will interpret reasonable amount of time. The athlete will enter the existing round of competition.
  - ii. In the pole vault and high jump, any missed trials of a round will be recorded as a pass (i.e. did not jump). If the bar has been raised, then it is not lowered for the returning athlete.
- s. Potential Changes to the Schedule: In the event that the meet is running ahead of schedule, the organizers may start events up to one-half hour ahead of time, but no more. Tell your athletes of this possibility.
- t. Qualifying for Finals:
  - i) The top 2 finishers in each semi-final plus the next 4 fastest times will advance to the finals. (2 heats)

- ii. The top 2 finishers in each semi-final plus the next 2 fastest times will advance to the finals. (3 heats)
- iii. In the event that the 8th position and 9th position have the same times, then the person to advance to the final will be determined by the position of finish in the heat (semi- final).
- iv. If they still remain tied a run-off will be held.
- v. After the initial 3 rounds in all field events, the top 8 competitors will receive three more attempts.

## **9. Finances**

Those schools having entries in the meet will share costs. All bills will be paid by the Association.

## **10. Awards**

1. Ribbons are the responsibility of each individual school.
2. A trophy is awarded to the winning overall school.