



**YORK REGION ATHLETIC ASSOCIATION  
TRACK and FIELD PLAYING REGULATIONS**



1. Season of Play:  
Co-ed Spring Sport
2. Divisions:  
Novice, Junior and Senior
3. Eligibility:
  - a) See YRAA transfer application form.
  - b) **AGE DIVISION CATEGORIES**

Novice	School Year: <b>2024-25</b> Year of Birth must be no earlier than: <b>2010</b> Date of Entry to grade 9 must be no earlier than August of: <b>2024</b>
Junior	School Year: <b>2024-25</b> Year of Birth must be no earlier than: <b>2009</b> Date of Entry to grade 9 must be no earlier than August of: <b>2020</b>
Senior	School Year: <b>2024-25</b> Year of Birth must be no earlier than: <b>2005</b> Date of Entry to grade 9 must be no earlier than August of: <b>2020</b>
  - c) Any athlete participating in an OFSAA championship or an OFSAA qualifying event must have participated as a member of a bona fide high school program during the school season (March to June), in a minimum number of practices (sixteen (16), at a location where the majority of their high school practices are held under the supervision of a teacher/coach as certified by the school principal.
  - d) A student/athlete must be on the team roster at the proper age group (Nov/Jr/Sr) for a specific sport and tier, to be eligible to participate in that sport. The team roster must be completed on line prior to the date specified at the preseason meeting. Coaches must also register their student-athletes on-line by the date specified at the preseason meeting. Coaches wishing to register student-athletes after the deadline will be charged \$20.00 per student to a maximum of \$100.00.
  - e) Post entry changes to individual event entries will be accepted in the five (5) minutes immediately following the coaches' meeting. A fee of \$20.00 will apply to each post entry change. No post entries will be accepted after this time.
4. Governing Rules:
  - a) Refer to the current OPHEA safety guidelines for this sport
  - b) The IAAF and CFTA Rules for Track and Field must be followed subject to those changes approved by OFSAA.
  - c) There shall be one Track Referee and one Field Referee (if possible, two Field Referees should be appointed, one for throwing and one for jumping events).
  - d) Four Track Marshalls shall be designated to look after all track events



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e) An appeal must be submitted in writing by the athlete's high school coach, accompanied with the \$10.00 fee, within one half hour of the announcement of the result of the event to be appealed. If the appeal is upheld, the \$10.00 fee will be returned.

f) Number of Events:

- i) 48 entries per girl's division;
- ii) 48 entries per boy's division;
- iii) A competitor may enter any three (3) individual events in the same age class or open class. In addition, a competitor may enter one (1) open relay and one (1) age class relay provided he/she is not over age for the age class relay in which he/she is competing.

g) Events:

i) Girls' Events: Novice, Junior, Senior

100m	80m hurdles (Nov & Jr. 30")	Long Jump
200m	100m hurdles (Sr. 30")	Triple Jump
400m	300m hurdles (Nov & Jr. 30")	Pole Vault
800m	400m hurdles (Sr. 30")	High Jump
1500m	4 x 100m Relays	Shot Put (3kg) Nov and Jr
		Shot Put 4kg Sr
3000m	Discus (1kg)	Javelin (600gm)

ii) Boys' Events: Novice, Junior, Senior

100m	100m hurdles (Nov.33" Jr. 36")	High Jump
200m	110m hurdles (Sr. 36")	Pole Vault
400m	300m hurdles (Nov & Jr. 33")	Long Jump
800 m	400m hurdles (Sr. 36")	Triple Jump
1500m	4 x 100m Relays	Shot Put-Nov & Jr. 4kg
3000m	Shot Put - Jr. 4 kg (8lb. 13 oz)/Sr 5.443 kg(12lb)	Discus-Nov. 1kg
	Discus - Jr. (1 kg) /Sr 1.613 kg(3lb,9oz)	Javelin-Nov. & Jr.-600gm
		Javelin- Sr 800gm

Para:

- 100m Visually and/or intellectually impaired, Ambulatory
- 200m Wheelchair
- 800m Visually and/or intellectually impaired, Ambulatory
- Shot Put Wheelchair, Ambulatory

Open:

- 2000m Steeplechase (30")
- 4 x 400m Relay



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h) **Regional Qualifying Meets**

- i) The region will be divided into two zones North/Central and South/West
- ii) Teams will be placed in zones by the Track and Field SAC based on the entered teams
- iii) The following events will be contested
  - 100m (top 16 times from each zone will qualify to the YRAA championships)
  - 400m (top 16 times from each zone will qualify to the YRAA championships)
  - 4x 100m (top 8 times from each zone will qualify to the YRAA championships)
  - Novice and Senior Girls and Boys Long Jump (top 16 jumps from each zone qualify to the YRAA championships)
    - Jumpers will all get 3 attempts

i) Meet Organization:

- i) Events that run as a final will be seeded and the first heat will be the slow section and the last heat will be the fastest section.
- ii) All field events will use a minimum standard, and no jump or throw below this mark will be measured.
- iii) For Hurdles: if there are 17 or more entries, semis and finals will be run. If fewer than 17 entries, the hurdles events will be run as timed sections

j) Meet Information:

- i) Lanes shall be assigned for heats and finals for the 100m.
- ii) For finals from heats, lanes shall be assigned according to positions achieved in heats (the wedge finish shall be used in these races).
- iii) Races which are run as timed section finals in lanes shall have lanes assigned as above. Such races will be arranged from slowest to fastest sections (the fastest 8 to be placed in the last heat).
- iv) Implements to be used in throwing events must be weighed in on each day of competition. (The weigh in is done in the morning of each day for only a short time. Athletes are responsible for making sure their implements are weighed in on each day of competition. Once a throwing implement is registered in a competition and turned over to the Field Event Official of the meet, any competitor may use it, AND IT MUST REMAIN IN THE COMPETITION UNTIL THE COMPLETION OF THE EVENT.
- v) The top eight (8) athletes only shall be awarded extra throws or jumps after 3 attempts have been made.

**\*\*PLEASE NOTE: TRACK EVENTS TAKE PRECEDENCE OVER FIELD EVENTS AT ALL TIMES. ATHLETES MUST TRY TO CO-ORDINATE THEIR EVENTS TO ENSURE THEY DO NOT MISS THEIR EVENTS. - HOWEVER - IF AN ATHLETE LEAVES THE FIELD AREA FOR ANY REASON AND MISSES A ROTATION OF THROWS OR JUMPS, HE/SHE WILL BE RECORDED AS A FAULT. ATHLETES IN THE POLE VAULT/HIGH JUMP WILL BE RECORDED AS PASSING AND MUST COME BACK IN THE COMPETITION AT WHATEVER HEIGHT THE REST OF THE COMPETITORS ARE AT.**



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- vi) Footwear for the Javelin event may include rubber tipped football cleats. ANY individual breaking this rule will be disqualified. The York Region convenor shall make provision or at least one regulation throwing implement for each of the classifications.
- viii) Qualified first-aid personnel will be available.
- ix) ALL track and field competitors must be wearing a track singlet or top identifying the school he/she is competing for (no cut off shorts or shirts). Relay teams must wear identical tops.

6. Supervision of Teams/Individuals:

- a) All teams or individuals must have on site supervision by a member of the teaching staff or retired teacher from the school that they represent.
- b) This teacher shall be responsible to the YRAA for the conduct of his/her team and shall be the only person involved in all exchanges with officials, opposing teacher/coaches and members of school staffs.
- c) A non-teacher (community volunteer, parent, etc.) is permitted to assist in the coaching of an individual or team provided that a teacher is present and responsible.
- d) The teacher must be present on the bench for team sports or in the immediate vicinity for all other sports
- e) Unless the staff member (as defined in Section 1 a) – above) of the competing school is present, the opposing teacher/coach and/or convenor shall not allow the game to begin or an individual to compete and the competition shall be forfeited.
- f) No teacher/coach shall officiate a game involving his/her team.

6. Costs:

To be divided equally among the schools involved.

5. Awards:

A Team Trophy is awarded to the school which scores the most overall points. Bill Crothers SS age division teams are not included in division and overall team standings. For scoring purposes, Bill Crothers SS team and individual results will be omitted after the meet scoring has been done. Final results for events will be posted with Bill Crothers SS student-athletes included in the results.

Team Pennants will be provided to Divisional Team Winners - Novice, Junior and Senior, Girls & Boys