

## **G.M.A.A. TRACK AND FIELD HANDBOOK**

### **Track and Field Sports Committee**

Shall consist of the chairperson of track and field and all the track and field coaches for the particular season. The chairperson shall call one meeting prior to the opening of the season. A mid or post season meeting may be called at the discretion of the chairperson of track and field or at the request of 1/3 of the coaches of the above sport

**Rules** - The official Canadian Track and Field Rules Book shall be used. Modifications used by GMAA are listed below.

### **Meets for Outdoor Track and Field**

The GMAA will host Qualifying Area Meets, and Championships. Meets Dates will be determined at the pre-season meeting. Meets will be Boys or Girls.

### **Discipline Committee**

That a discipline committee of 5 people be formed for a GMAA outdoor track and field championship meet as appointed by the meet director. The members should include the directors of the area and championship meets. The committee for the area meets is formed by the meet director and three people chosen by him or her. The mandate of this committee would be to discipline or take action against a player or coach at a meet. This group will handle all protests and appeals.

Unsportsmanlike Behaviour - any athlete, who acts in an unsportsmanlike manner and breaks equipment will be disqualified for the remainder of that track season, must pay for the equipment, and write a letter of apology to the owner of the equipment. The athlete will not participate until the bill has been paid in full.

### **Classifications**

See GMAA Governing Rules for age limits. Competitors may compete in their own age classification in all events or any classification higher. A student may compete in 1 age classification only. Only students competing in their own age classification are eligible for Provincials.

### **Outdoor Meets**

Each school is required to have a Staff Member present at the Area Meets. Area Meets are held to encourage participation in GMAA Track Meets. Each competitor may enter a maximum of five events plus 2 relays.

### **Area Meets**

There is a maximum of 3 entries per school per category for each event. Exception in an area or qualifying meet a school may enter 2 relay teams, only in the bantam sprint relay. Only 1 relay team per school per category per event may be entered in the championship meet.

**Championship** - The top 8 from each area meet will qualify for the championship meet.

### **Uniform**

Each school must have an identifiable uniform school shirt (same style and colour). School initials or name must be visible on the school shirt. If it is rainy and cold, athletes will be permitted to wear sweatpants. Should team members not wear an official school shirt then all team members must wear shirts of the same colour with school letters. No beach wear or bermudas are permitted. All athletes must wear running shoes or track shoes. The Clerk of Course will disqualify any competitor not in uniform. The Starter will do so in any case not dealt with by the

Clerk of Course. The finish line judges will do so in any case of a competitor running not in uniform. Field judges will apply the rule at their events. In any case where the competitor has not competed he will be permitted to go and get a uniform, but the event will not be delayed while he does so.

Competitors must run their races with shoes on, bare feet are not permitted. No ipods, mp3 players, walkmans, Discmans, or any other personal listening devices are permitted while the students are running and/or warming up.

### Awards

Area Meets: 1st, 2nd and 3rd place ribbons will be given. Championships: Medals will be given for 1st, 2nd and 3rd places; Ribbons will be given for 4th, 5th and 6th places.

### Events

#### Hurdles

GMAA has adopted the heights of hurdles which will be used at the RSEQ provincial competition

Category	Distance	# Hurdles	Height	To 1st	Between
BG	80 m	8	2'6"	12m00	7m50
MG	80m	8	2'6"	12m00	8m00
JG	100m	10	2'6"	13m00	8m50
BB	80m	8	2'6"	12m00	7m50
MB	100m	10	2'9"	13m00	8m50
JB	110m	10	3'0"	13m72	9m14

#### Throwing Events

At the long jump, javelin, discus, triple jump and shot put each competitor will be allowed 3 attempts. If time permits, the best 8 competitors will be allowed 3 additional tries. In each case the best shot or jump in all six attempts will determine the final placing.

#### High Jump

For the championship meets the height will be set at the height of the best 8th place finisher from the area meets

#### Pole Vault

Starting height for championship meet - shall be: Bantam 1.4m - Midget 1.6m- Juvenile 1.8m

#### Track Events Take Precedence over Field Events

If a competitor has a field event and track event at the same time, he/she must report first at the track event. He/she must only report to the field event before it is over. At the high jump the competitor must continue jumping at the height which the bar is at when he/she returns.

#### Scratches & Substitution (Area Meets Only)

Substitutions may take place at the area meet only. The competitor should report to the event with a "substitution card" that must be signed by the coach. Each school is permitted a maximum of ten (10) substitutions on the day of the meet.

#### Scoring - 7 pts - 1st, 5 pts - 2nd, 4 pts - 3rd, 3 pts - 4th, 2 pts - 5th, 1 pt - 6th

In the event of ties, the points for the positions involved are totaled and divided by the number of competitors involved to determine the points awarded. eg. Tie for 1st by competitors (7 + 5) divided by 2 = 6 Tie for 6th by competitors 1 divided by 3 = 1/3. The relay will count as one event and the points are not to be doubled.

**Event List**

<b>Bantam Girls</b>	<b>Midget Girls</b>	<b>Juvenile Girls</b>
80m Hurdles 2'6"	80m Hurdles 2'6"	100m Hurdles 2'6"
	400m Hurdles 2'6"	400m Hurdles 2'6"
100m	100m	100m
200m	200m	200m
400m	400m	400m
800m	800m	800m
1500m	1500m	1500m
	3000m	3000m
4 x 100 relay	4 x 100 relay	4 x 100 relay
4 x 400 relay	4 x 400 relay	4 x 400 relay
Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump
Triple Jump	Triple Jump	Triple Jump
Shot Put (3 Kg.)	Shot Put (3 kg.)	Shot Put (4 kg.)
Discus (1 kg.)	Discus (1 kg.)	Discus (1 kg.)
Javelin (600 g)	Javelin (600 g)	Javelin (600 g)
Pole Vault	Pole Vault	Pole Vault

<b>Bantam Boys</b>	<b>Midget Boys</b>	<b>Juvenile Boys</b>
80m Hurdles 2'6"	100m Hurdles 2'9"	110 Hurdles 3'0"
	400m Hurdles 2'9"	400 Hurdles 2'9"
100m	100m	100m
200m	200m	200m
400m	400m	400m
800m	800m	800m
1500m	1500m	1500m
	3000m	3000m
4 x 100 relay	4 x 100 relay	4 x 100 relay
4 x 400 relay	4 x 400 relay	4 x 400 relay
Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump
Triple Jump	Triple Jump	Triple Jump
Shot Put (4 kg.)	Shot Put (4 kg.)	Shot Put (5 Kg.)
Discus (1 kg.)	Discus (1.5 kg.)	Discus (1.5 kg.)
Javelin (600 g)	Javelin (800 g)	Javelin (800 g)
Pole Vault	Pole Vault	Pole Vault

**Breaking Ties in Team Standings**

When two schools are tied i.e. has accumulated the same number of total points in a category, the championship or 1st place team shall be decided as follows: (This rule applies to indoor & outdoor track and field and Relay.) 1. The team which won the most number of gold medals shall be given the higher standing. 2. If still tied, the team which won the most silver medals shall be given the higher standing. 3. If still tied, the team which won the most bronze medals shall be given the higher standing.

**Lunch Time Supervision** - Students will be supervised by Coaches at all meets.

**Officials**

That the coaches attending the pre-season meeting empower the meet director to disqualify school teams who do not have an official present to perform assigned officiating duties.

**Throwing events:** Officials for throwing events must be only staff or adults for safety reasons. No students may be used for these events. The individual officiating the discus, javelin and pole vault has the authority to disqualify any student from participation if they feel that it is unsafe (for that student or others). Where there is no cage available at the chosen facility, students will not be permitted to spin during their throws for discus. Each school must provide 2 students plus stopwatch or tape measure at each meet they participate in.

**Hurdles:** 1 official, 1 assistant - set up hurdles and be familiar with correct heights and distances

**Long Jump:** 1 Head Official and 2 Measurers

**High Jump:** 1 Head Official and 1 Assistant

**Shot Put:** 1 Head Official and 1 Marker

**Discus:** 1 Head Official and 1 Marker and 1 Retriever

**Triple:** 1 Head Official and 2 Measurers

**Pole Vault:** 1 Head Official and 3 Assistants

**Javelin:** 1 Head Official and 1 Marker and 1 Retriever

**Track:** Starter and Clerk of Course

**Finish:** Head Timer and Finish Judge Announcer and 3 Statisticians

**Head Track Official**

**Head Field Official**

**Provincial Competition** - RSEQ Provincial Track and Field Meet: GMAA will select a team from those athletes who have participated in the GMAA outdoor track & field competition that year.

#### **To be eligible to attend provincials**

1. The athlete must be registered in a GMAA member secondary school.
2. A staff member from the same school that the athlete(s) attend must accompany that school's athletes on the bus to and from the site of competition and must assume the responsibility of supervising that school's athletes throughout the competition. This staff member must stay overnight in the accommodations provided. A staff member may agree to assume the responsibility of up to 3 students from another school.
3. The student athlete and parents must sign the student undertaking form.
4. The signed student undertaking form must be submitted to GMAA on or before the date and time of the post-season track and field meeting.

#### **Selection of the GMAA provincial track & field team**

1. First choice for each event will be given to the athlete who placed 1st in that same event or equivalent event at the GMAA championship meet. (Provided that athletes' student undertaking form has been submitted). Second choice is given to the athlete who placed second in that event or equivalent event at the GMAA championship meet.

If there are spots which have not been filled in each event at the end of the 1st and 2nd choice round AND if GMAA has not reached the limit of the number of athletes as set by FQSE then these spots may be filled in by athletes who are eligible and whose student undertaking forms are submitted. Priority will be given to the athlete who has placed higher in that event.

Relay team - will be selected from the athletes on the GMAA provincial track & field team by the head of the GMAA delegation.

#### **Coaches Duties at the Provincials**

Coach Students

- Make sure students are in the right place at the right time.
- Make sure equipment is safe and students are ready.
- To deal with organizing committee of the competition to be the official representatives of GMAA
- Must eat and sleep with the students.
- Must supervise students at all times - this means meeting with the students at the departure point and concludes with release of students at arrival point after the Competition