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RSEQ

GMAA

GMAA Indoor Track & Field Handbook

Section 1: Sports Committee

The Indoor Track & Field Sports Committee shall consist of the chairperson of the above sport and all the coaches for that season of the above sport. 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 the above sport or at the request of 1/3 of the coaches involved in this sport.

Section 2: Team Entry and Classification

2.1) All official team entries must be submitted on S1 by the deadline
There will be one boys meet and one girls meet per calendar year

2.2) Classification:
Boys or Girls
Bantam, Cadet, or Juvenile

2.3) The Age Categories will reflect the current Age Categories of the Fédération Québécoise d'athlétisme.

Section 3: Player Registration & Eligibility

3.1) Player Registration is due on S1 prior to the deadline. Athletes must be entered in advance - no entries will be accepted at the meet. This includes substitutes.

3.2) Entries are unlimited for the athlete.

3.3) Athletes are permitted to compete in 1 age group only, including relays.

3.4) Each school may enter six (6) competitors per event in each meet except for the long and triple jump. Long and Triple Jump entries are limited to four (4) per category. Only one (1) Relay Team is permitted per level.

3.5) Substitutions: for any substitution, the student must report to the event with a "substitution card" that must be signed by the coach. Each school is permitted a maximum of four (4) substitutions on the day of the meet.

Section 4: Uniform (also refer to Governing Rules – Rule VI, Section 5)

All athletes must wear an identifiable uniform school shirt (same style and colour). School initials or name must be visible on the school shirt. No beach wear or bermudas are permitted. All athletes must wear running shoes or track shoes. No headphones are permitted while the students are competing.

Section 5: Starting Time

The start time and coaches meeting information will be sent out prior to the meets.

Section 6: Governing Rules & Rule Modifications

6.1) The official Canadian Track and Field Rule Book shall be used. Modifications used by GMAA are listed below.

6.2) A staff member (see Rule VI, Section 4 of General Governing Rules for clarification) must be present for the duration of the meet. Penalty – students will not be permitted to compete.

6.3) The False Start Rule will be applied at GMAA Meets. Each heat is permitted one false start. After the first false start, the announcement "the false start rule is now in effect" must be given. On the next false start, the offending runner is disqualified.

Section 7: Official Events:
7.1) Official Events:

BANTAM	CADET	JUVENILE
60m	60m	60m
60m hurdle	60m hurdle	60m hurdle
150m	200m	200m
-	-	400m
800m	800m	800m
1200m	1200m	1500m
-	2000m	3000m
Long jump	Long jump	Long jump
High jump	High jump	High jump
-	Triple jump	Triple jump
Shot put	Spot put	Shot put
Girls 2kg	Girls 3kg	Girls 3kg
Boys 3kg	Boys 4kg	Boys 5kg
4x200	4x200	4x200

7.2) Hurdle Heights

BG	2'6"	60m Hurdles	12.00m to 1st	7.50m between
BB	2'6"	60m Hurdles	12.00m to 1st	7.50m between
MG	2'6"	60m Hurdles	12.00m to 1st	8.00m between
MB	2'9"	60m Hurdles	13.00m to 1st	8.50m between
JG	2'6"	60m Hurdles	13.00m to 1st	8.50m between
JB	3'0"	60m Hurdles	12.72m to 1st	9.14m between

All levels – 5 flights

Section 8: Championships & Playoffs (see Rule XI Secondary Governing Rules)
8.1) Individual Awards:
Medals (1st, 2nd, and 3rd)
Ribbons (4th, 5th, and 6th)

8.2) Team Awards:
a) A team banner will be handed out for each level for the team accumulating the most points. Points will be awarded to the top 6 positions (7,5,4,3,2,1).
b) When two schools are tied i.e. have accumulated the same number of total points in a category, two banners will be distributed.

8.3) Aggregate Awards:

An award will also be given out for the top athlete in each category (aggregate award) based on individual points. Points will be awarded to the top 6 positions (7,5,4,3,2,1).

Section 9: Duties

9.1) Officials: Each school will be assigned an event to officiate. The official must be an adult. Officials are expected to know how to run their event. If they do not, they can contact the office prior to the meet. If any officials would like a quick outline of how to run their event, the office will ask an 'expert' to arrive 30 minutes prior to the coaches meeting to help train any individuals who many need help. Student helpers will also be required. A school not supplying their full complement of officials or helpers is subject to a monetary fine of $100.

Section 10: Discipline

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

Section 11: Provincials

11.1) Three (3) competitors in each category will be eligible for the RSEQ Provincial Meet.

11.2) Coaches of schools that have students who qualify for the provincials must be prepared to attend the provincial meet and meet required commitments.

11.3) The GMAA will only send a team if at least one staff member volunteers to attend the provincial meet.

11.4) The team will be selected in the office once students are assigned their proper age categories and based on results from the GMAA Meets.

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