

Track and Field Information Package for Coaches and Competitors

General Information and Rules:

- If a student in Grade 6 is 13 years of age, he/she will be entered into the senior division
- Each competitor may enter a maximum of 3 events plus the relay
- Each school is allowed to enter 2 competitors in every event **excluding the pentathlon**
- Each school is allowed to enter 1 male pentathlon and 1 female pentathlon
- Individual medallions will be presented for the following athletes:
 - a) Boys' Pentathlon: 1st place, 2nd place and 3rd place
 - b) Girls' Pentathlon: 1st place, 2nd place and 3rd place
 - c) Senior Boys Overall: 1st place, 2nd place and 3rd place
 - d) Senior Girls Overall: 1st place, 2nd place and 3rd place
 - e) Junior Boys Overall: 1st place, 2nd place and 3rd place
 - f) Junior Girls Overall: 1st place, 2nd place and 3rd place
- Ribbons will be awarded to the top 5 finishers in each event
- Track athletes are permitted to wear spikes

Events

- The events for Senior Boys, Senior Girls, Junior Boys and Junior Girls are as follows:

Track Events: 100m, 200m, 400m, 800m and 1500m

Field Events: Standing Broad Jump, Long Jump, Triple Jump and Shot Put
- **Boys Pentathlon:** 100m, 1500m, Long Jump, Shot Put and Standing Broad Jump
- **Girls Pentathlon:** 100m, 800m, Long Jump, Shot Put and Standing Broad Jump
- **Relay (4 x 100)** - consists of 4 runners- one Senior Boy, one Senior Girl, One Junior Boy and one Junior Girl. Each school is allowed to enter only one relay team. Pentathletes are NOT allowed to run in the relay.

Rules of Track (Sprints 100m, 200m and 400m)

- The start and the finish line of a race shall be denoted by a line 5 cm in width at right angles to the inner edge of the track. A competitor must not touch either the start line or the ground in front of it with his/her hands or feet when on his/her mark
- The starter has entire control of the competitors on their marks and is the sole judge of any fact connected with the start
- No starting blocks will be used for our competition
- The starting commands are “On Your Mark”, “Set”. The starting device is fired. On the command, “Set”, all runners must assume the “Set” position (no movement) is permitted. Failure to do so within a reasonable time constitutes a false start
- If a competitor leaves his/her mark with a hand or foot after the word “Set”, but before the starting device is fired, it is also a false start
- If a competitor is guilty of a false start, he/she must be warned; if responsible for 2, he/she will be disqualified
- If the starter considers a start to be unfair, he/she must recall the competitors with a second shot
- Competitors are placed (at the finish line) in the order in which their torso (as distinguished from the head, neck, arm, legs or feet) reach the nearer edge of the finish line
- In all races run in lanes, each competitor shall keep the allotted lane from start to finish line. This shall also apply to any portion of a race run in lanes
- If the starter (or timers) are satisfied that a competitor has deliberately run outside his/her lane, he/she will be disqualified but if the starter (or timers) consider the action was unintentional he/she may not be disqualified
- A competitor, after voluntarily leaving the track, shall not be allowed to continue a race.
- Any competitor jostling, running across or obstructing another competitor so as to impede his/her progress, shall be liable to disqualification. If in any race, a competitor is disqualified for any of these reasons, the Starter shall have the power to order the race to be rerun, excluding the disqualified competitor or in the case of a heat, to permit any competitors affected by the disqualification to compete in a subsequent heat (or final).

Relays

- Three scratch lines-marked 100m apart are marked out on the track. Lines are also drawn 10 m before and after the scratch line to denote the “exchange zone” within which baton must be passed. Competitors may commence running at a distance not more than 10 metres before the exchange zone.
- In all relays, the baton must be passed within the exchange zone. The passing of the baton is completed at the moment it is in the hand of the receiving runner only. Within the exchange zone, it is only the position of the baton which is decisive and not the position of the body or limbs of the competitor.
- The baton must be carried in the hand throughout. If dropped it must be recovered by the competitor who dropped it.
- Competitors, after handing over the baton, should remain in their own lanes or zones until the track is clear to avoid obstruction to other competitors. Should any other competitor impede a member of another team by running out of position or lane at the finish of the stage, his/her team. (Discretion of judge and starter)
- Assistance by pushing off or any other method will cause disqualification.
- No competitor may run two (2) sections for a team.
- In all other respects, that is, start of the race, lanes and finish, the rules or sprinting shall apply.

Distance Running (800m, 1500m)

- All rules governing start and finish, lanes and disqualifications shall apply.
- The 800m race shall be run partially in lanes. The arc situated on the track at the end of the curve, indicates where the competitor may leave his/her lane.
- In the 1500m race, competitors may move to the inside of the track as soon as the way is clear, as long as no interference occurs. The starter will issue a signal (shot of gun) during the progress of the race to indicate the final lap of the lead runner.

LONG JUMP

- Competitors are allowed three attempts only, with the best jump to be scored for placement purposes.
- If the runner stops before the board, they can retry. They have to go back and run again but **ONLY** once. If they step on or cross the board it is a fault
- It shall be counted as a failure if any competitor:
 - touches the ground beyond the take-off line with any part of the body, whether running up without jumping or in the act of jumping
 - takes off from the side of the board whether beyond or behind the take-off line extended.
 - After a completed jump, walks back through the landing area.
 - Employs any form of somersaulting
- If a competitor takes off before reaching the board, it shall not for that reason be counted as a failure.
- All jumps should be measured from the nearest break in the landing area (made by any part of the body or limbs) to the take-off board and at right angles to that line.
- A competitor will be credited with the best three attempts, but in the event of a tie, the second best attempt will decide the result and so on if tied.

TRIPLE JUMP

- The length of the approach is unlimited, but the competitor may use only a one (1) foot take-off.
- The triple jump shall consist of a hop, step and a jump in that order.
- A 'hop' means the competitor must land on the same foot which he has taken off. In the 'step' he shall land on the other foot.
- The take-off (the hop), is marked by a board on the runway. The edge nearest to the pit shall be the take-off line. Should a competitor take-off before reaching this line, his/her jump will NOT, for that reason, be counted as a failure.
- It shall NOT be considered a failure if the competitor, while jumping, touches the ground with the 'sleeping' leg.
- The measurement is taken from the nearest break in the sand made by any part of the body or limbs to the take-off line.
- If, in the opinion of the judge, a competitor is interfered with or impeded in any manner, a retrial may be given.

STANDING JUMP

- The athlete stands behind a line marked on the ground with feet slightly apart. A two-foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards.
- The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts.

SHOT PUT

- Each competitor shall be credited with the best his/her three puts.
- The put shall be made from the circle.
- The competitor must commence the put from a stationary position inside the circle. The shot shall be put from the shoulder with one hand only. At the time the competitor takes a stance in the ring to commence a put, the shot shall touch or be in proximity to the chin and the hand shall not be dropped below this position during the action of putting. The shot must not be brought behind the line of the shoulders. It is to be PUT and not thrown
- It is a foul if:
 - during the action of putting, the competitor steps outside the circle
 - the shot put is released improperly
 - the competitor leaves the circle before the shot touched the ground
 - the competitor leaves the circle from the front half after completing his/her attempt
 - he/she fails to land the shot in the 40 sector in the ground
- The distance shall be measured from the nearest mark made on the ground by the fall of the shot to the inside edge of the board while the tape measure is pulled through the center of the circle.
- MASS OF SHOT
 - JUNIOR BOYS – 3 kilograms
 - JUNIOR GIRLS – 3 kilograms
 - SENIOR GIRLS – 3 kilograms
 - SENIOR BOYS – 4 kilograms