

TDCAA TRACK & FIELD Booklet 2021

PART A: SAFETY REQUIREMENTS

Ontario Physical Activity Safety Standards in Education (OPASSE)

All coaches must review and follow the most recent copy of the [OPASSE GUIDELINES](#) for the sport they are coaching (under Secondary, Interschool)

Please take special note of the following requirements associated with:

Risk Management

First Aid

Special Rules/Instructions

Supervision

Coaches Expectations & Qualifications (for further information on sport specific NCCP training, visit www.coach.ca)

Excursion/Permission Forms: [TCDSB](#) [OPHEA SAMPLE](#)

Concussion Awareness and Safety

In accordance with Policy/Program Memorandum No. 158, the TDCAA will follow and support the mandates of Rowan's Law. The following must occur annually, at the commencement of the athletic season:

a) coaches must complete the on-line [TDCAA Coaches Concussion Code of Conduct](#)

b) coaches will have student athletes review and follow a Concussion Code of Conduct:

[TCDSB Student Code of Conduct](#) (in section 8)

[OPHEA's Sample Code of Conduct](#)

c) coaches will provide Ontario Concussion Awareness Resources to student athletes and parents: [Concussion Guides for Athletes and Parents](#)

In the event of a suspected concussion convenors, coaches, and student athletes must follow an established Return to Play Protocol.

Note: TCDSB has established [Concussion Return to Play Protocols](#) for its students and coaches to follow. Non TCDSB participants should reference their Board's or [OPHEA's Concussion Protocols](#)

Coaches may find it useful to have a recognized [Sport Concussion Recognition Tool](#) with them for practices and competition.

Supervision – Visiting Teams

Each school along with the coach should be aware of the local policy in each school regarding visitors.

In situations where teams are specifically bringing fans (fan bus) appropriate supervision from all participating schools that does not include the team coach(es) must be provided. Communication with school administration of participating schools is prudent in these situations.

PART B: FROM TDCAA CONSTITUTION

TDCAA Track & Field is an official TDCAA activity. Track & Field follows OPHEA/OPASSE OFSAA, and the I.A. A. F. playing regulations.

REGISTRATION

Schools must register for Track & Field at designated time. A school may withdraw its team before distribution of the final schedule. The school will be charged only the \$ 25.00 registration fee.

A school who withdraws its team after the schedule has been distributed will assume the following actions:

- automatic \$100 fine
- automatically ineligible for competition in track & field the following year. (This can be appealed to the TDCAA executive.)

ELIGIBILITY/TRANSFERS

Eligible athletes must satisfy the By-Laws and Standing Rules as per the TDCAA Constitution.

- All eligibility shall be completed electronically through Athletic Eligibility List System (AELS) which is coordinated through the OFSAA office. Athletic Directors have the code for their schools to access AELS.
- Eligibility must be completed before the first competition. (It is recommended that registration be completed before first practice).
- Athletes as well as coaches must be included on the AELS site.
- Approved transfers are included on the eligibility form. Athletes who have not been approved must not be included until the athlete has been approved.
- All students who transfer into your school (excluding Grade 9-first year of high school) are ineligible for competition for a period of twelve months from the date of transfer. To become eligible, transfer students must complete the “TRANSFER APPEAL FORM” and forward to the TDCAA Transfer Chairperson (Lorraine Kelly – Senator O’Connor or Tavia Ferreira – St. John Paul II). An athlete awaiting Transfer Appeal decision is ineligible to play in any games (league or exhibition or tournament). This athlete may practice with the team until the transfer has been approved and the athletic director has been notified.
- An student who transfers into your school in second semester is ineligible to compete in winter sports (Alpine Skiing; Snowboarding; Swimming; Jr & Sr. Girls’ Volleyball, Boys’ & Girls’ Hockey, and Jr. & Sr. Boys’ Basketball even if their transfer is approved.)
- An athlete whose transfer is denied has the right to appeal the decision to the TDCAA Transfer Appeal Board.

ELIGIBILITY/AGE

- Girls & Boys
- Open Grades 9-12
- Eligibility for the TDCAA and OFSAA is based on the athlete’s year of birth. An athlete is eligible to compete in high school sports for five years from the time they entered grade nine and were born in 2000 or later. Athletes must meet both requirements.

There is no appeal to this rule.
Please link to TDCAA website for dates for each new school year.

ELIGIBILITY / ACADEMICS

An athlete must be a bona fide student at their school.

Students With Less Than 22 Credits:

-non-semester schools – must be registered in a minimum of six (6) full day school credit courses.

-semester schools– must be registered in a minimum of three (3) full day credit courses in the semester that Cross Country takes place (Fall).

Students With More Than 22 Credits:

-non-semester schools – must be registered in a minimum of four (4) full day school credit courses

-semester schools – must be registered in a minimum of two (2) full day credit courses in the semester that field hockey takes place (Fall).

PART C: SPORT SPECIFIC INFORMATION

TDCAA TRACK & FIELD 2019

PLAYING REGULATIONS

THE TDCAA TRACK & FIELD CHAMPIONSHIPS ARE GOVERNED BY THE RULES OF THE I.A.A.F WITH CERTAIN TDCAA & OFSAA ADAPTATIONS.

ENTRIES

- EACH SCHOOL IS PERMITTED TO ENTER A **MAXIMUM OF FIVE (5) ATHLETES PER EVENT** AND TWO (2) RELAY TEAMS – *INCLUDING POST ENTRIES*. (PARA EVENTS ARE EXEMPT FROM THE 5 ATHLETE MAX)
- A COMPETITOR IS LIMITED TO **THREE (3) INDIVIDUAL EVENTS PLUS RELAYS**

- A COMPETITOR MAY BE ENTERED IN THREE INDIVIDUAL EVENTS IN THE SAME AGE OR OPEN CLASS. IN ADDITION, A COMPETITOR MAY ENTER ONE OPEN RELAY AND ONE AGE CLASS RELAY, PROVIDED HE/SHE IS NOT OVER-AGED FOR THE RELAY IN WHICH HE/SHE IS COMPETING

ELIGIBILITY

ALL ATHLETES MUST APPEAR ON THE **OFFICIAL ELIGIBILITY FORM**

- **MIDGET-** BORN IN 2004 OR LATER AND MUST BE IN THE FIRST YEAR OF HIGH SCHOOL
- **JUNIOR -** BORN IN 2003 OR LATER
- **SENIOR -** BORN IN 2000 OR LATER AND CANNOT HAVE ENTERED HIGH SCHOOL PRIOR TO SEPTEMBER 2014

ALL ATHLETES ARE REQUIRED TO COMPETE IN A MINIMUM OF ONE INVITATIONAL MEET PRIOR TO TDCAA

TRANSFER STUDENTS

IF YOU HAVE AN ATHLETE WHO HAS TRANSFERRED INTO YOUR SCHOOL IN THE PAST 12 MONTHS, THEY ARE **INELIGIBLE TO COMPETE IN ANY MEET UNTIL THEIR TRANSFER HAS BEEN APPROVED** – THIS INCLUDES INTERNATIONAL STUDENTS.

OPHEA SAFETY GUIDELINES & FIRST AID CERTIFICATION

OPHEA CLASSIFIES THE FOLLOWING AS HIGH RISK: SHOT PUT, DISCUS, JAVELIN, HIGH JUMP, POLE VAULT, STEEPLE CHASE

IN ORDER TO ENSURE COACHES ARE ADEQUATELY TRAINED IN THESE EVENTS, ONE OF THE FOLLOWING MUST BE MET BY THE COACH RESPONSIBLE FOR THE HIGH RISK EVENT(S):

- NCCP COMPETITION COACH – SPORT COACH COURSE
- NCCP COMPETITION COACH – CLUB COACH COURSE
- ACCREDITATION AS A NCCP TRACK AND FIELD LEARNING FACILITATOR
- COMPLETION OF ATHLETICS NCCP LEVEL 1 AND/OR LEVEL 2 CERTIFICATION IN THE PAST
- ATTENDANCE AT A CLINIC OR WORKSHOP WITHIN THE LAST THREE YEARS PROVIDED BY AN INSTRUCTOR WHO IS KNOWLEDGEABLE OF THE ACTIVITY (E.G., APPROPRIATE SKILLS AND PROGRESSIONS), AND WHERE SAFETY IS ADDRESSED AS OUTLINED IN THE ONTARIO PHYSICAL EDUCATION SAFETY GUIDELINES.
- PAST EXPERIENCE WITHIN THE LAST 3 YEARS AS A COACH IN TRACK AND FIELD – (INSERT HIGH RISK SPORT HERE), HAVING KNOWLEDGE OF THE ACTIVITY (E.G., APPROPRIATE SKILLS AND PROGRESSIONS) AND CURRENT SAFETY PRACTICES AS OUTLINED IN THE ONTARIO PHYSICAL EDUCATION SAFETY GUIDELINES.

ADDITIONALLY AT LEAST ONE TEACHER-COACH MUST HAVE CURRENT FIRST AID AND CPR TRAINING.

TRACK EVENTS – INFORMATION

SEED TIMES: SEED TIMES ENTERED INTO TRACKDATABASE MUST HAVE BEEN ACHIEVED BY THE ATHLETE DURING THE 2019 SEASON. IF THE ATHLETE DID NOT COMPETE IN A GIVEN EVENT DURING INVITATIONAL MEETS, THEY ARE STILL PERMITTED TO ENTER SAID EVENT AT TDCAA, HOWEVER THE SEED TIME MUST BE LEFT BLANK.

SLOW TO FAST SECTIONS: IN EVENTS RUN AS TIMED SECTION FINALS, THE HEATS WILL RUN FROM SLOW TO FAST (FASTEST SEED TIMES WILL BE IN THE LAST HEAT).

MULTIPLE RELAY TEAMS: EACH SCHOOL IS ONLY PERMITTED TO HAVE ONE RELAY TEAM IN THE FAST SECTION, REGARDLESS OF SEED TIME (I.E. A 'B' RELAY TEAM WILL AUTOMATICALLY BE PUT INTO THE SECOND LAST HEAT, EVEN IF THEIR SEED TIME IS FASTER THAN 'A' TEAMS FROM OTHER SCHOOLS IN THE LAST (FASTEST) HEAT).

PROTESTS/APPEALS: IN THE EVENT THAT AN ATHLETE IS DISQUALIFIED, THE COACH HAS THE ABILITY TO PROTEST THE DISQUALIFICATION. THE PROTEST MUST BE MADE, IN WRITING, WITHIN 30 MINUTES OF THE OFFICIAL RESULTS BEING POSTED. THE PROTEST MUST ALSO BE ACCOMPANIED BY \$50. UPON RECEIPT OF THE PROTEST THE APPEAL COMMITTEE WILL MEET AND DECIDE IF THE DISQUALIFICATION WILL BE UPHELD, OR OVERTURNED. IF THE DISQUALIFICATION IS UPHELD, THE \$50 FEE IS NOT RETURNED TO THE COACH.

4x100M RELAY EXCHANGE ZONE: ****NEW FOR 2019**** THERE IS NO LONGER AN ACCELERATION ZONE FOR THE 4x100M. THE EXCHANGE ZONE NOW INCLUDES THE FORMER ACCELERATION ZONE AND THE EXCHANGE ZONE TOGETHER.

HURDLE EVENTS

80M HURDLES - MG, JG	- 2' 6"	300M HURDLES - MG, JG	- 2' 6"
100M HURDLES - SG	- 2' 6"	300M HURDLES - MB, JB	- 2' 9"
100M HURDLES - MB	- 2' 9"		
100M HURDLES - JB	- 3' 0"	400M HURDLES - SG	- 2' 6"
110M HURDLES - SB	- 3' 0"	400M HURDLES - SB	- 3' 0"

STEEPLECHASE

2000M MEN'S - 3'0" 2000M WOMEN'S - 2'6" ***new distance for 2019**

FIELD EVENTS -- INFORMATION

IMPLEMENTS FOR SHOT PUT, JAVELIN AND DISCUS WILL BE INSPECTED BY THE EVENT OFFICIAL AND DEEMED ELIGIBLE FOR COMPETITION OR NOT. NOTE THAT ANY IMPLEMENTS DEEMED ELIGIBLE FOR THE COMPETITION MAY BE USED BY ANY OF THE COMPETITORS.

<u>DIVISION</u>	<u>SHOT</u>	<u>DISCUS</u>	<u>JAVELIN</u>
SG	4 KG	1 KG	600 GRAMS
MG /JG	3KG	1KG	600 GRAMS
MB /JB	4 KG	1 KG	600 GRAMS
SR BOYS	5.443 KG	1.616 KG	800 GRAMS

HIGH JUMP & POLE VAULT

BOTH EVENTS WILL HAVE STARTING HEIGHTS AS LISTED BELOW. THE CHIEF OFFICIAL HAS THE OPTION OF LOWERING THE HEIGHT BEFORE THE COMPETITION COMMENCES. IN POLE VAULT, THE CHIEF REFEREE FOR JUMPS WILL DETERMINE THE STARTING HEIGHT PRIOR TO THE MEET.

BOYS HIGH JUMP

MIDGET – 1.50 M
JUNIOR – 1.55 M
SENIOR – 1.60 M

INCREMENT

NO MORE THAN 5 CM.
NO MORE THAN 5 CM.
NO MORE THAN 5 CM

GIRLS HIGH JUMP

MIDGET – 1.25 M
JUNIOR – 1.30 M
SENIOR – 1.40 M

Increments will be 5cm until 6 competitors remain, at which time the increment will be 2cm

BOYS POLE VAULT

MIDGET – 2.10 M

JUNIOR – 2.40 M

SENIOR – 2.50 M

INCREMENT

NO MORE THAN 10 CM.

NO MORE THAN 10 CM.

NO MORE THAN 10 CM.

GIRLS POLE VAULT

MIDGET TBD

JUNIOR TBD

SENIOR TBD

Increments will be 10cm until 6 competitors remain, at which time the increment will be 5 cm.

TRIPLE JUMP

THE MINIMUM TAKE OFF BOARD WILL BE 7 METRES.

MEASUREMENT

- ALL MEASUREMENTS MUST BE MADE WITH A CERTIFIED STEEL OR PLASTIC TAPE
- DISTANCES AND HEIGHTS SHALL BE RECORDED TO THE NEAREST CENTIMETER BELOW THE DISTANCE ACHIEVED

ORDER OF PRECEDENCE OF EVENTS

IN THE CASE THAT AN ATHLETE IS ENTERED IN TWO EVENTS SCHEDULED FOR THE SAME TIME, THE ATHLETE AND COACH MUST BE AWARE OF THIS ORDER:

- TRACK EVENTS
- POLE VAULT AND HIGH JUMP
- OTHER FIELD EVENTS

IN FIELD EVENTS, THE QUALIFYING ROUND ENDS WHEN THE FINAL JUMPER / THROWER COMPLETES THEIR FINAL ATTEMPT IN ROUND.

UNIFORMS/COMPETITOR NUMBERS

ALL COMPETITORS MUST WEAR THEIR SCHOOL TRACK & FIELD UNIFORMS. CLUB UNIFORMS, COMMERCIAL TOPS, OR BOTTOMS ARE NOT PERMITTED.

ALL MEMBERS OF A RELAY TEAM MUST WEAR IDENTICAL JERSEYS, BOTH IN THE FRONT AND IN THE BACK.

HEAD GEAR MAY BE WORN BUT SHOULD BE DISCOURAGED. IF THE HEAD GEAR FALLS OFF DURING THE EVENT FOR ANY REASON, THE ATHLETE WILL BE AUTOMATICALLY DISQUALIFIED FROM THAT EVENT. THERE WILL BE NO APPEAL IN THIS CASE.

ALL COMPETITOR NUMBERS WILL BE DISTRIBUTED WITH COACHES PACKAGES AT THE MEETING. IN **ALL EVENTS**, NUMBERS MUST BE WORN ON THE **FRONT** OF THE SINGLET. THE SAME NUMBER IS USED FOR BOTH DAYS OF THE MEET.

EQUIPMENT

IT IS STRONGLY RECOMMENDED THAT ALL ATHLETES COMPETING IN EVENTS OTHER THAN SHOT PUT AND DISCUS WEAR TRACK SPIKES

MEET OFFICIALS, DUE TO CONDITIONS, MAY REQUEST ATHLETES TO WEAR APPROPRIATE FOOTWEAR WHEN COMPETING IN JUMPING OR HURDLING EVENTS. FINAL DECISIONS ON FOOTWEAR ARE AT THE DISCRETION OF THE MEET DIRECTOR.

SUBSTITUTIONS

- A SUBSTITUTION MAY BE MADE FOR **AN ATHLETE INJURED DURING THE MEET**
- A SUBSTITUTION MAY NOT BE MADE FOR AN ATHLETE WHO DID NOT SHOW UP AT THE MEET EVEN IF THEY SUFFERED AN INJURY PRIOR TO THE MEET
- A SUBSTITUTION FORM MUST BE COMPLETED FOR EACH SUBSTITUTE
- A SUBSTITUTE IS NOT PERMITTED IN A SEMI FINAL OR FINAL EVENT

POST ENTRIES

- POST ENTRIES WILL ONLY BE ALLOWED WHEN A CLERICAL MISTAKE HAS BEEN MADE (ex incorrect age category).
- EACH POST ENTRY WILL BE CHARGED \$25, WHICH WILL BE BILLED TO YOUR SCHOOL.
- ALL POST ENTRIES MUST BE SUBMITTED TO THE MEET DIRECTOR ON THE **POST ENTRY FORM** AT THE MEET ONLY
- POST ENTRIES WILL BE ENTERED IN UNSEEDED HEATS ONLY
- ATHLETES ENTERED AS A POST ENTRY ARE ELIGIBLE FOR MEDALS, POINTS AND METRO REGIONALS

SCRATCHES

AN ATHLETE WHO SCRATCHES FROM AN EVENT IN WHICH THEY HAVE QUALIFIED THROUGH A HEAT OR A SEMI FINAL **IS INELIGIBLE TO COMPETE FOR THE REMAINDER OF THE DAY**. FOR TDCAA THIS ONLY AFFECTS THE 100M.

IF AN ATHLETE SCRATCHES FROM A **TIME SECTION FINAL**, THEY WOULD REMAIN ELIGIBLE. SIMILARLY, IF AN ATHLETE SCRATCHES PRIOR TO A HEAT, HE/SHE WOULD REMAIN ELIGIBLE TO COMPETE FOR THE REMAINDER OF THE DAY.

A SCRATCH FEE OF \$3.00 WILL BE ASSESSED FOR EACH SCRATCH.

SCORING

10 POINTS – FIRST PLACE	4 POINTS – FIFTH PLACE
8 POINTS – SECOND PLACE	3 POINTS – SIXTH PLACE
6 POINTS – THIRD PLACE	2 POINTS – SEVENTH PLACE
5 POINTS – FOURTH PLACE	1 POINT – EIGHTH PLACE

IF TWO COMPETITORS ARE TIED FOR FIRST PLACE, WE WILL TAKE THE POINTS FOR 1st & 2nd PLACE COMBINED (18 POINTS) AND DIVIDE BY 2 (9 POINTS). THE TWO COMPETITORS WILL EACH RECEIVE 9 POINTS. THE NEXT PLACE FINISHER WOULD RECEIVE THE POINTS FOR A THIRD PLACE FINISHER.

SCORING OPEN EVENTS

- **4x400 m RELAY** – POINTS WILL BE ASSIGNED TO THE SENIOR DIVISION
- **STEEPLECHASE** – POINTS WILL BE ASSIGNED TO THE SENIOR DIVISION

METROS

THE TOP 6 INDIVIDUALS AND TOP 6 RELAY TEAMS IN EACH EVENT WILL AUTOMATICALLY BE ADVANCED TO METROS. NO ADDITIONAL REGISTRATION IS NEEDED, ASIDE FROM THE RELEASE OF LIABILITY FORM FOR EACH ATHLETE. IN THE CASE OF RELAY, ONLY ONE TEAM FROM A SCHOOL CAN ADVANCE (B TEAMS CANNOT MOVE ON EVEN IF THEY FINISH IN THE TOP 6)

IF ONE OF YOUR ATHLETES FINISHES IN THE TOP 6 AND YOU KNOW THEY WILL NOT BE ABLE TO COMPETE AT METROS THE FOLLOWING WEEK, YOU MUST 'SCRATCH' THEM FROM THE MEET. THIS CAN BE DONE IN ONE OF TWO WAYS:

1. AT THE MEET: METRO SCRATCHES CAN BE REPORTED TO THE CONVENORS AT THE TDCAA CHAMPIONSHIPS.

2. AFTER THE MEET: ANY SCRATCHES THAT COACHES BECOME AWARE OF AFTER THE TDCAA MEET MUST BE REPORTED TO AL BAIGENT (alanbaigent@sympatico.ca), PLEASE ALSO CC jason.wood@tcdsb.org. DO NOT EMAIL BETWEEN COACHES REGARDING SCRATCHES AS IT IS DEALT WITH CENTRALLY BY THE RESULTS COORDINATOR. **THE DEADLINE FOR METRO SCRATCHES IS FRIDAY MAY 25TH, 2018 @ 6:00pm.** This is non-negotiable.

AFTER THE SCRATCH DEADLINE HAS PASSED A LIST OF 7TH PLACE ADVANCERS WILL BE EMAILED OUT.

THE SAME PROCESS HAPPENS FROM METROS --> OFSAA, however only the top 4 finishers at Metros move on to OFSAA.