

TDCAA TRACK & FIELD Booklet 2022-2023

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 see their principal to complete the concussion attestation
- 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 the HUB which is coordinated through the OFSAA office. Athletic Directors have the code for their schools to access HUB.
- 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 HUB 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, unless an O'Connor student is involved - 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.
- Any 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 2004 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.

FOR 2022 – 2023

SEASON	NOVICE	JUNIOR	SENIOR
2022 - 2023	2008 (GRADE 9)	2007-2008	2004-2005 2005-2006 2006-2007
	14 YEARS OLD		

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 Track & Field takes place (Spring).

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 Track & Field takes place (Spring).

PART C: SPORT SPECIFIC INFORMATION

1) Official Rules – Sport Governing

Competitions are governed by the rules of the IAAF with certain TDCAA & OFSAA Adaptations.

OFSAA Adaptations:

- i) False Start Rule: The first false start will be charged to the field. The second (and subsequent) false starts will be charged against the athlete(s) making a false start and results in disqualification.
- ii) An athlete who does not use starting blocks must use a four-point stance in the individual event races that begin and end in lanes: sprint hurdles, intermediate hurdles, 100m, 200m, 400m.
In both relay events, the initial athlete who does not use starting blocks must use a four-point stance.
- iii) See OFSAA playing regulations as required.

2) Awards – Medals/Pennants/Other

The top 3 individuals in each event will receive a medal.

Team Awards:

- a) A banner will be presented to each divisional champion (6 divisions)
- b) A banner will be present to the overall champion for both girls and boys

3) Schedule – Individual Sports

Various invitational meets are held throughout the season. Information will be shared with coaches when it becomes available to the convenor.

The TDCAA Track & Field Championships for 2023 will be held on Wednesday May 17 and Thursday May 18 at Centennial Stadium.

A tentative schedule will be shared at the coaches meeting.

4) Divisions

Not applicable.

5) Tie Breakers in Final Standings

Not applicable.

6) Playoff Format

Not applicable.

7) Qualifying for OFSAA.

The top 6 finishers in each event at the TDCAA Championships will automatically advance to the Metro Regional qualifier. The top 4 finishers at the Metro qualifier will automatically advance to OFSAA.

Should one of your athletes finish in the top 6 at the TDCAA championships, but be unable to compete at the meet, you can report the scratch by the communicated deadline and the 7th place finisher will be moved up.

8) Uniform/Equipment

- i) All competitors must compete in their school uniforms. All tops must include the school name or school crest or school nickname.
- ii) No sport club uniforms are permitted.
- iii) The tops of all four members of a relay team must be identical.
- iv) 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 is no grounds for an appeal.
- v) 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 directors.

9) Inclement Weather

In the event of lightning the meet will be on hold for 30 minutes after the lightning was spotted. Should subsequent lightning occur the 30 minute wait time resets. If the event is unable to be completed a determination of next steps will be made by the convenor.

10) Protest Procedure

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 jury of 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.

11) Ejections Procedure

Athletes should conduct themselves in an appropriate manner at all times. Certain behaviours can result in disqualification in a given event. Examples of such behaviour include throwing a baton, disrobing at track level, and use of profanity. The head track referee oversees disqualification decisions.

12) Medical

Medical services provided by Panno Therapeutic.

Part 2

1) Convenor(s) Information

Ashley Masterson

Neil McNeil H.S.

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2) Officiating Information

All participating schools are responsible for officiating duties. Sign up/assignment of these duties is done as the Championship approaches.

Each team must provide a minimum of one official, larger teams may be asked to provide more than one official. It is also possible to have more than one officiating duty (normally an officiating duty + relay exchange zone judge)

3) Registration Information

Registration is done online via www.trackdatabase.com. Instructions will be distributed to coaches.

Each school is permitted to enter a maximum of five (5) athletes per event and two (2) relay teams – this includes post entries. Note that para events are exempt from the 5 athlete max.

An athlete 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 age class relay and one open relay, provided they are not over-aged for the relay in which they are competing.

Seed times entered into trackdatabase must have been achieved by the athlete during the 2023 outdoor track & field season. If the athlete did not compete in a given event during invitational meets they are still permitted to enter said event at the TDCAA championships, however the seed time must be left blank.

4) Entry Fees & Forms

Entry fees are payable by cheque and are due at package pick up on Day 1 of the TDCAA Championships. See fee form for details.

Penalty of \$50 assessed for any required forms submitted past the deadline.

Post Entry fee of \$25/event.

Metro & OFSAA fees are paid up front on behalf of each school and then billed to the school after the event.

Scratch fee \$3/event at TDCAA. Since Metros is an OFSAA qualifier a scratch fee of \$10/event is assessed.

5) Mercy Rule (if applicable)

Not applicable.

6) OFSAA Information

See OFSAA website.

7) Specific Eligibility

An athlete must attend a minimum of 16 school practices to be deemed OFSAA eligible.

All athletes are required to compete in a minimum of one invitational meet prior to the TDCAA Championships. Para athletes are exempt from this requirement.

8) Specific Divisions

Novice – Athletes born in 2008 (and in their first year of high school)

Junior – Athletes born in 2007

Senior - Athletes born between 2006 and 2003

Para – includes ambulatory, visual impaired, intellectually impaired and wheelchair

9) Race Distances

Track: 100m, 200m, 400m, 800m, 1500m, 3000m, 80/100/110m Hurdles, 300/400m Hurdles, 2000m Steeple Chase, 4x100m Relay, 4x400m Relay

Field: Shot Put, Discus, Javelin, Long Jump, High Jump, Triple Jump, Pole Vault

Para: 100m- Amb, VI, II, 800m - Amb, VI, II, 200m WC, Shot Put - Standing (Amb, VI, ID), Seated/Tie-down (WC, Amb if applicable)

10) Actual Schedule of Events

To be distributed to coaches.

11) Scoring

Divisional and overall titles are determined by the highest point total accumulated by athletes from each school. Scoring is as follows:

1st – 10 points, 2nd – 8 points, 3rd – 6 points, 4th – 5 points, 5th – 4 points, 6th – 3 points, 7th – 2 points, 8th – 1 point

In an individual event if two competitors are in a tie for first place, the points for 1st and 2nd place are combined (18) and then divided by 2 (9). The two competitors will each receive 9 points. The next place finished would receive the points for a third place finish.

Points earned in open events (steeple chase, 4x400m relay) are assigned to the senior division.

No points are earned in the para events.

12) Specific Forms Required

Details regarding forms and submission will be communicated once requirements have been finalized by OFSAA. The following are normally required.

1. Eligibility - completed via the HUB (use 'varsity/coed' so only one roster needs to be completed - i.e. don't have to separate by division)
2. OFSAA Rules of Behaviour Form
3. Student-Athlete/Parent Concussion Review Confirmation*
4. Coach/Trainer Concussion Review Confirmation
5. OFSAA Release of Liability Form*
6. OFSAA Supervision Form
7. Para Registration Form (if applicable)

*Requires parent signatures - good idea to include in your beginning of season paperwork

13) Other

Track Event Information

i) 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).

ii) 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).

iii) 4x100m Relay Exchange Zone: New from 2019 (used last year in 2022), there is no longer an acceleration zone for the 4x100m. The exchange zone now includes the former acceleration zone and the exchange zone together.

iv) Event Specifications

Sprint Hurdles: 80m NG, JG – 2'6", 100m SG – 2'6", 100m NB – 2'9", 100m JB, 110m SB – 3'0"

Intermediate Hurdles: 300m NG, JG – 2'6", 300m NB, JB – 2'9", 400m SG – 2' 6", 400m SB – 3'0"

Steeple Chase: 2000m OG – 2'6", 2000m OB – 3'0"

Field Event Information

i) 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.

ii) Throws Implements Weights

Shot Put: NG, JG – 3kg, SG, NB, JB – 4kg, SB – 5.443kg

Discus: NG, JG, SG, NB, JB – 1kg, SB – 1.6kg

Javelin: NG, JG, SG, NB, JB – 600 grams, SB – 800 grams

iii) Horizontal Jumps

Starting heights for high jump and pole vault will be as follows. The head official has the option of lowering the height before the competition commences. In pole vault the head jumps referee will determine the starting height prior to the meet.

Boys High Jump

NB – 1.50 m

JB – 1.55 m

SB – 1.60 m

Increment

No more than 5 cm.

No more than 5 cm.

No more than 5 cm.

Girls High Jump

NG – 1.25 m

JG – 1.30 m

SG – 1.40 m

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

Boys Pole Vault

NB – 2.10 m

JB – 2.40 m

SG – 2.50 m

Increment

No more than 10 cm.

No more than 10 cm.

No more than 10 cm.

Girls Pole Vault

NG TBD

JG TBD

SG TBD

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

iv) Triple Jump: The minimum take off board will be 7 metres.

v) Measurement

All measurements must be made with a certified steel or plastic tape. Distances and heights shall be recorded to the nearest millimeter below the distance achieved.

Order of Precedence of Events

In the case that an athlete is entered in two events scheduled at the same time, the athlete and coach must be aware of this order:

Track events > Pole Vault & High Jump > Other field events

In field events, the qualifying round ends when the final jumper/thrower completes their final attempt in a round.

Post Entries

Post entries will only be allowed when a clerical mistake has been made in the online entries (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 convenor by way of completing a post-entry form at the meet.

Post entries will be entered into unseeded heats only.

Athletes entered as post entries are eligible for medals, points, and Metro Regionals.

Substitutions

A substitution may be made for an athlete injured during the meet. It may not be made for an athlete that was injured prior to the meet, even if they do not show up to the meet.

A substitution form must be complete with the convenor.

A substitute is not permitted in a semi-final or final.

Scratches

An athlete who scratches from an event in which they have qualified through a heat or 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 timed section final, they would remain eligible for their remaining events. Similarly if an athlete scratches prior to a heat, they would remain eligible to compete for the remainder of the day.

A scratch fee of \$3 will be assessed for each scratch.