

Small Schools Athletics Federation (SSAF)

Technical Guidelines

U20 Track & Field

Feb. 2024

General Rules

- (1) A team may bring a maximum of 48 participants. All teams are allowed a maximum of 2 athletes in one event. As numbers may vary from year to year, this maximum number of athletes per school may also change. This will be sent out by the convenor upon confirming the number of schools participating in the track meet.
- (2) All athletes are allowed to participate in 4 events PLUS relay. This may also change depending on numbers from year to year.
- (3) All athletes must wear school shirts with school name clearly identifiable, or face possible disqualification.
- (4) Only 1 relay team per school may participate in the following relay events: U16 boys, U16 girls, U20 boys, U20 girls.
- (5) 100 m sprint, 200 m race, 400 m run (boys and girls) will have a 'Championship Heat' at the end of the age group composed of the fastest 6 times overall per age group.
- (6) 800 m run, and 1500 m run (boys and girls) will run only one race with the top three finishers in each age category receiving medals.
- (7) Track events take precedence over field events. If there is a conflict between a student going to a track or field event, they must check in at the field event then do the track event first.
- (8) Medals will be given to the top 3 finishers in each event. There is 1 banner for the school that is declared the overall winner of the track and field meet by accumulating the most points.

Age Requirements

Under 20.....All athletes who were 19 and under as of the eligibility year (under 20, but not including 20)

Under 16..... All athletes who were 15 and under as of the eligibility year (under 16, but not including 16)

Team Responsibilities

- (1) All teams must complete the SSAF eligibility sheet and fax or email it to the convenor within the specified time frame.
- (2) Teams must arrive at least 15 minutes prior to the scheduled start of the meet. If a team is late it will throw the entire meet out of schedule.
- (3) Be prepared for any weather.

- (4) Coaches must ensure all students know their events and times. Ensure all relay racers know their order (runners 1 through 4).
- (5) All athletes must wear school shirts with school name clearly identifiable, or face possible disqualification.
- (6) Remind parents and students to remain off the track.
- (7) All parents and spectators are to remain behind the boundaries at all pit events so that the officials may accurately measure and record results without disruptions and distractions.

Events offered

100 m, 200 m, 400 m, 800 m, 1500 m, 3000m
Standing Long Jump, Running Long Jump, Triple Jump, High Jump
Shot Put, Discus, Javelin
4x100 m relay

Coaches Job Descriptions

TRACK EVENTS:

Start: 2 people

- Must ensure athletes are in proper order and lane
- Students start running from standing start
- One person must start the race

Timer: 1 timer per lane

- Time the runner in your lane.

Finish: 2-3 people

- Help the finish line to funnel the runners after finishing to ensure that athletes are in the correct order when times are being recorded.

Recorder and assistant recorder: 2 people

- Record the times of all the runners per race as told by the timers of each lane
- Pass recorded times to bench so they can keep track of the top 6 fastest times

Bench: 2 people

- Keep the overall top 6 times (out of all the races for that age group combined) on a bench so they can have a 'Championship Race' at the end of their category. The first 6 racers/times will remain on the bench until they get knocked off by a better time.

Relay "Changeover": 1 person at each baton exchange

- Must ensure athletes are in proper order and lane, and watch for proper baton exchanges
- Organize the runners for the future heats

FIELD EVENTS:

2-3 people per event

- Ensure that all the rules are being followed for your event
- Ensure that only athletes who are supposed to be competing are competing
- Keep event running smoothly and on time!!
- Crowd control

EVENT RULES AND REGULATIONS

EVENT: STANDING LONG JUMP AND RUNNING LONG JUMP

Equipment: rake and measuring tape

Rules:

- Each athlete gets one practice jump and two jumps to be recorded
- The athlete must jump on or before the take-off line (board) for running long jump. If any part of the foot is over the take-off line (board), this will count as a foot-fault. The athlete will not get to take the jump again.
- Once the athlete has jumped, the closest imprint in the sand towards the take-off line (board) will be measured. Measure from the front of the take-off line (board).
- The maximum running distance is 44m for running long jump
- Ties are decided by additional jumps to declare the winner
- The athlete must stand with both feet on the ground before he/she takes a jump for standing long jump. He/she must jump on or before the take-off line (board)

EVENT: TRIPLE JUMP

Equipment: rake and measuring tape

Rules:

- Each athlete gets one practice jump and two jumps to be recorded.
- If the athlete crosses the end of the take-off line (board) with any part of his/her foot, it is a foot-fault and the jump is not measured. They may not re-take the jump.
- Measurements are made from the front edge of the take-off line (board) to the closest mark in the sand. Measure to the nearest centimeter.
- The triple jump requires that the athlete initiates the first 2 phases with the same foot (a hop). An athlete that alternates feet is committing a foul.
- The maximum running distance is 44 m.

EVENT: HIGH JUMP

Equipment: high jump crash mats and crossbar

Rules:

- Each athlete must take off from one foot.
- The athlete may not touch the ground or landing area beyond the uprights without first clearing the bar.
- If the bar falls off the uprights before the athlete leaves the mat, it is a failed jump.
- After 3 consecutive failed attempts, the athlete is eliminated.

EVENT: SHOT PUT

Equipment: shot (U16 boys, U16 girls, U20 girls – 8 pounds, U20 boys – 12 pounds), measuring tape

Rules:

- Each athlete gets one practice and 3 attempts with the shot to be recorded
- The athlete must commence from a stationary position inside the circle
- The shot must be pushed from the shoulder with the hand in close proximity to the chin
- The shot must not be dropped from this position during the entire motion
- The shot must not be taken behind the line of the shoulder when doing this technique. This would be a fault and it will not be measured or re-done.
- The athlete must enter the circle at the back and exit the same way after he/she has finished with their attempts.

- The athlete may touch the edge of the circle, but cannot go over it. Going over the edge is a foot-fault, and the attempt will not be counted or re-done.
- The athlete must not leave the circle until the shot hits the ground
- Measure the distance from the centre front edge of the circle to the location where the shot originally hits the ground (NOT WHERE IT ENDS UP ROLLING)

EVENT: DISCUS THROW

Equipment: discus (U16 boys, U16 girls, U20 girls – 1 kg, U20 boys – 1.61 kg), measuring tape

Rules:

- Each athlete gets one practice and 3 attempts with the discus to be recorded
- The athlete must commence from a stationary position from inside the circle.
- The athlete may touch the edge of the circle, but cannot go over it. Going over the edge is a foot-fault, and the attempt will not be counted or re-done.
- The athlete must not leave the circle until the discus hits the ground.
- Measure the distance from the centre front edge of the circle to the location where the discus originally hits the ground.

EVENT: JAVELIN THROW

Equipment: javelin (U16 boys, U16 girls, U20 girls – 600 g, U20 boys – 800 g), measuring tape

Rules:

- Each athlete gets one practice and 3 attempts with the javelin to be recorded.
- The javelin must be held at the grip and thrown over the shoulder or upper part of the throwing arm.
- The javelin must not be slung or hurled.
- An athlete may not cross over the throwing line, even after the throw is complete.
- The javelin must land within the sector lines, and the tip of the javelin must land before the tail.
- During the throw, the athlete must not turn around completely so that their back is towards the throwing line.

EVENT: 100 M

Equipment: stop watches, flags, pylons, whistle or horn

Rules:

- Heats will be run first and top 6 runners/times overall will race in a final ‘Championship Heat’ at the end of each age group.
- Need to have a lane judge/timer for each lane used in the race
- Record the times for all runners in each heat
- Keep top 6 times on a bench until they are knocked off by a faster time. Top 6 after all heats have run will run in the “Championship Heat”

EVENT: 200 M

Equipment: stop watches, flags, pylons, whistle or horn

Rules:

- Heats will be run first and top 6 runners/times overall will race in a final ‘Championship Heat’ at the end of each age group.
- Need to have a lane judge/timer for each lane used in the race
- Record the times for all runners in each heat
- Keep top 6 times on a bench until they are knocked off by a faster time. Top 6 after all heats have run will run in the “Championship Heat”

EVENT: 400 M**Equipment: stop watches, flags, pylons, whistle or horn****Rules:**

- Heats will be run first and top 6 runners/times overall will race in a final 'Championship Heat' at the end of each age group.
- Need to have a lane judge/timer for each lane used in the race
- Record the times for all runners in each heat
- The race will be a stagger start with a straight line finish. Runners must remain in their own lane throughout the race.
- Keep top 6 times on a bench until they are knocked off by a faster time. Top 6 after all heats have run will run in the "Championship Heat"

EVENT: 800 M**Equipment: stop watches, whistle or horn****Rules:**

- Record times for all runners in each age category. Top three are the medalists.
- Need to have lane judges, as runners must stay in their own lane
- The race will be a stagger start with a straight line finish. Runners must remain in their own lane throughout the race.
- Set up pylons/markers for the age groups to line up behind

EVENT: 1500 M**Equipment: stop watches, pylons, whistle or horn****Rules:**

- Record times for all runners in each age category. Top three are the medalists.
- Competitors begin and end in a straight line. Athletes must remain in their own lane until the first bend (corner), then they may break into any position they like. They do not need to stay in their own lane after the first bend.
- Set up pylons/markers for the age groups to line up behind.

EVENT: 3000 M**Equipment: stop watches, pylons, whistle or horn****Rules:**

- Record times for all runners in each age category. Top three are the medalists.
- Competitors begin and end in a straight line. Athletes must remain in their own lane until the first bend (corner), then they may break into any position they like. They do not need to stay in their own lane after the first bend.
- Set up pylons/markers for the age groups to line up behind.

EVENT: 4 X 100 RELAY**Equipment: stop watches, batons, pylons, flags****Rules:**

- Runners will be asked to go directly to their starting area (starting line, changeover #1, #2, #3), at which point they will be sorted into their lanes and heats.
- The order of the races will alternate girl then boy team from youngest to oldest age group (U8 girls, U8 boys, U10 girls, U10 boys, U12 girls, U12 boys, Elem girls, Elem boys)
- Supervisors raise their flags once all runners at their station are ready.

- Exchange of batons may only occur in take-over zones which are marked out at 20 m long.
- The runner who is due to receive the baton may start running from any point up to 10 m behind the rear end of the take-off zone, but must receive the baton within the marked area.
- The runners must stay in their lanes, even after the baton exchange has occurred. Failure to do so is interference and may lead to disqualification of that particular relay team.
- Runners must not drop the baton or the team will be disqualified.
- Timing is very important in running this event. If a runner is late for their race, the team will be disqualified.
- Runners must know their order (1 to 4), and need to be supervised by a teacher/coach until their race starts.