



LOSSA

Lake Ontario Secondary School Athletics

LOSSA TRACK AND FIELD PLAYING REGULATIONS 2023 - 2024

(Revised June 2018)

Age Classifications: Novice, Junior, Senior – Boys and Girls – as per OFSAA

Official Rules: I.A.A.F; OFSAA Track & Field Playing Regulations; LOSSA Track & Field Playing Regulations.

Rules shall be enforced in the following order: LOSSA Playing Regulations; OFSAA Playing Regulations; current IAAF rules. LOSSA Playing Regulations are as follows:

1. Those schools who declared their intention to participate in track and field must forward their *fees, entries and their eligibility sheets*, on the date determined by the convenor. Eligibility forms will be due one week before the meet.
2. Schools who declare a team and decide not to compete must still provide officials and the minimum entry fee (\$50.00).
3. Each athlete may enter a maximum of three individual events, one age class relay and one open relay.
4. There is no limit as to the number of competitors that each school may enter in any individual event. Each school may enter only one team for each relay with all relay runners' names declared by the LOSSA entry deadline.
5. The entry fee will cover the cost of the LOSSA, OFSAA Regional and OFSAA entry and participation fees.
6. All schools must provide an adult official and one student timer for the LOSSA meet
7. There will be a \$25 fine assessed to any school that must be contacted due to entry problems ex.incomplete forms, legibility, etc.
8. Schools who do not fulfill their officiating duties at LOSSA or the Regional Meet will be fined an additional \$50.
9. The convenor will determine a deadline after the performance list has been declared and Late Entries or changes to entries (i.e. age category, sex, additions) will be made only if possible:
- at \$50 per athlete per event – no maximum and these athletes cannot score team points
10. Appeals must be made within one hour of results being posted and must be accompanied by a \$50.00 fee, refundable if the appeal is upheld.
11. For events held outside of the main stadium flexibility will be allowed for a competitor to throw or jump twice within the same round in both the preliminary and final rounds.
12. No coaches are allowed on the infield or in close proximity to exchange zone judges during relay races.
13. All throwing implements can only be thrown when supervised by a coach or an official in the designated competition area.
14. Para-athlete 100 meters will be Timed Finals. Long Jump and Shot Put will be offered with each athlete getting a maximum of 3 attempts.

Eligibility:

1. To compete at LOSSA, each athlete must have attended 14 high school practices and 1 high school track and field meet PRIOR to the LOSSA meet.

Competition Format:

1. All athletes must wear a school top or body suit for the duration of their event. All members of a relay team must wear identical school tops or body suits*.
* A school top or body suit is one which has on its front one of the following: school name, team name or school crest.
Athletes are not allowed to compete in cut off shorts.
Any relay team or individual not complying with this rule will not be allowed to compete.
2. In each event awards are given to the top 6 finishers. Medals are given to the top 3 finishers and ribbons to 4th through 6th.
3. The **top 5 finishers** in each event at LOSSA qualify for the Central Regional Meet – in 2017 and every third year, when LOSSA runs the Regional Meet, the top 6 (six) finishers will advance. (*The top 4 finishers at the Regional Meet qualify for **OFSAA***).
4. Any athlete competing in an event for which he/she was not entered will be disqualified from the meet.
5. Qualification from Heats to Finals (Heats will only be run if necessary)
 - 100 meters – **with photo timing**: the top 8 times to the final; **without**: the fastest 16 times to semi-finals, then the first 3 *in each semi-final and the next 2 fastest times to the final* (semifinals will be run if more than 24 athletes check in).
 - 200, 400 - fastest 8 times to the finals

***Sprint Hurdles and the 400 will be run as timed finals.

 - The 300/400 M hurdles will be run as timed finals.
 - 1600 meter relay timed finals will be seeded into fast and slow sections based upon qualifying times.

Team Awards: There will be **ten team championship trophies** awarded at LOSSA. These are: Overall Team, Girls Overall, Boys Overall, PARA Athletes and one for each of the six age categories. The trophies will be given to the schools acquiring the greatest number of points from the events pertaining to each trophy. Points will be awarded on a **10-8-6-5-4-3-2-1** basis for the first **eight finishers** in each event. If a tie occurs for any of the team trophies, it will not be broken.

In addition to a trophy a LOSSA Banner will be awarded to Overall Team, Girls Overall, Boys Overall, PARA Athletes.