

Calgary Middle Level Amateur Athletics

Track and Field

**HANDBOOK
Updated 2024**

General Rules and Procedures

We would like to ensure that our track and field meets are an enjoyable experience for all competitors, coaches and spectators. Educating students and volunteers on the correct procedures and etiquette to be followed at meetings would greatly assist in attaining this goal.

A brief summary of the most pertinent rules and procedures is given in the following pages.

Crowd Control and Coaching Responsibilities

Athletes and spectators should be seated in the stands or designated field event spectator areas when not competing.

The infield must be kept clear at all times. Competitors should not be on the infield unless they are participating in the next track event. Coaches should avoid standing on the infield as their students will tend to congregate around them, thus causing a distraction to the officials.

Role of Calgary Track Council

The CMLSAA has partnered with the Calgary Track Council (CTC) to help facilitate our Track Meets. The teacher's primary responsibility is student safety, team organization and inter-school communication. For events, school representatives (teachers, volunteers, students) are there to support the smooth running of the meet/events. Each Meet has a Div Chair. If schools are concerned about any logistical issues, please direct your concerns to the Div Chair, and they will liaise with the CTC to resolve the concern.

Dress

All competitors are required to wear a shirt and shoes during competitions. **School identification is required, and no track club uniforms are permitted.** For safety reasons, footwear is compulsory in the CJHSAA and CSHSAA competitions.

Marshalling

Inform your competitors as to when, where and how to marshal for their events. **Distributing a schedule to your competitors with their event(s) circles will help keep the meet running on time.** As a rule, meets do not run ahead of schedule; however, it is possible to run behind schedule. Listen to the announcer for first calls, which are given 15 minutes prior to the event.

When the "first call" is announced, the competitor should report it immediately to Marshall. For track events, the marshalling area is generally near the starting area for that particular event. For field events, the competitor reports to the head official at the event area. Competitors should give their name and their school to the Marshall.

If a competitor is scratching from an event, he/she/they or the coach should report this to the Marshall. Substitutes should always report to the Marshall when the first call is given so they will be prepared to compete in the event of a scratch. They also need to stay in the area of the event up until they are positive they will not be competing.

After having reported to the Marshall, all competitors should remain in the marshalling area, away from the start line. When the preceding races are about start, they should remain quiet so as to not distract the runners. Each runner will be assigned a lane and, in some cases, they will be asked to stand in their lane well back from the start line. Inform your athletes that the lanes are numbered from the inside curb (lane 1) to the outside curb and encourage them to remember their heat and lane assignments.

Simultaneous Events

Two Field Events: A competitor who is entered in two field events that occur simultaneously should follow these procedures.

- Report to the head officials at both events and explain the situation.
- Alternate between the two events, taking one attempt at each event as required.

Competitors should be aware that the head official may alter the order of the rotation within a given round to accommodate a competitor who must leave to participate in another event. If a competitor misses a round, however, they may not make up their turn in any subsequent round.

A Field Event and a Track Event: Track events always take precedence over field events. Should a competitor be involved in a track event and a field event at the same time, the following procedure should be adhered to:

- The competitor or coach should report to the Marshall of both events when the first call is given
- The competitor should then continue his/her trials at the field event until the last call is given for the track event.
- The competitor should inform the field official that they are leaving to run a track event.
- After the track event is finished, the competitor should return immediately to the field event to complete his/her trial.

Competitors should be aware that the high jump bars will not be lowered at any time to accommodate a competitor who has missed their turn at that height.

Competitors should be aware that when a round of attempts has been completed at a field event, the round is finished, and if they missed their attempt in this round, an attempt cannot be made up. If they return before the round is finished, they may make an attempt (even if it is out of order)

Coaches should take care when entering athletes in events to avoid unnecessary overlaps in events.

THE START

1. The commands in races up to and including 400m (including 4x100m and 4x400m), will be “On your marks”, “Set” and when all competitors are set (motionless), the gun shall be fired.
2. The commands for races longer than 400 m shall be “On your marks” and when all competitors are ready the gun shall be fired.
3. In all races up to and including 400m (including the first leg of the 4x100 and 4x400m), a crouch start, and the use of starting blocks are optional.
4. Competitors will stand behind their respective starting block/line in the assigned lane at the hold line. After the “On your marks” command, a competitor shall approach the start line, assume a position completely within the allocated lane and behind the start line. Both hands and one knee shall be in contact with the ground and both feet in contact with the starting blocks/ground. Once the competitor is motionless at this command the starter shall give the command set. At “Set”, a competitor will immediately rise, without delay, to his or her final starting position retaining contact of the hands with the ground and both feet in the footplates of the starting blocks or on the ground. The starter may in the “On your marks” or “Set” position have the competitors stand if he or she feels the competitors are not ready. The assistant starter will give a warning. This warning is not a false start. If the competitor does not immediately come to the above positions quickly will be given a false start.
5. Any competitor making a false start will result in a second gun or whistle and a call back to the race. The competitor will be charged with a false start and shall be warned that if the competitor is responsible for two false starts, he or she shall be disqualified
6. Competitors in races over 400 meters may be started in a waterfall start (all competitors up on the line) or a box start (two or more athletes per lane and in specific assigned lanes for the start) depending upon the race and the wishes of the organizing committee.
7. Prior to the command “On your marks”, the competitors shall stand back of the start line, on the command they will move up and assume a position either in their lane or position with their feet back of the start line. The gun will then be fired to start the race.

THE RACE

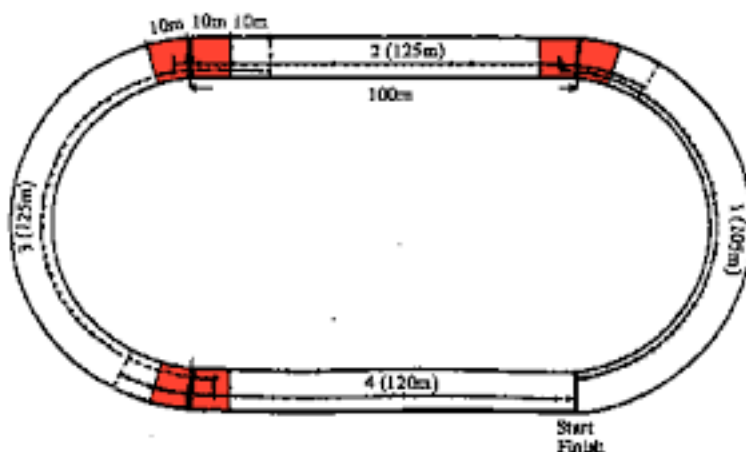
1. **Running in Lanes**; in all races run in lanes, each competitor shall keep within his or her allocated lane from start to finish. This will also apply to any portion of a race run in lanes.
2. Event 600m or 1200m:
 - a. Waterfall starts will occur on a curved start line with athletes in randomly drawn lanes. Athletes may cut to the inside lane of the track when safe to do and when it does not interfere with or impede another runner.
3. Leaving the Track: A competitor, voluntarily leaving the track, will not be allowed to continue the race.

Seeding and Qualification in Track Events

1. Preliminary rounds (heats) shall be held in track events in which the number of competitors is too large to allow the competition to be conducted satisfactorily in a single round (final). Seeding in heats is random; seeding in final will be according to either finish position and/or finish time. Competitors for the final are placed in lanes according to the fastest competitor in lane 4, followed by lane 5,3,6, 2,7,1 with the slowest in lane 8
2. All competitors or teams will be placed in lanes for timed finals in random order with no two members of the same team in the same timed final race. Team members will not be placed side by side in lanes (where applicable).

THE RELAY RACES (4x100m)

1. In the 4 x100 meter race, the outgoing runners in the 2nd, 3rd and 4th positions respectively, may commence running no more than 10 meters outside the take-over zone. A distinctive line will indicate this area. The outgoing runners must be completely within this zone if they intend on using it.
2. The athlete who has dropped it, if dropped, must recover the baton. He or she may leave their particular lane to retrieve the baton, providing they do not lessen the distance to be covered or impede another athlete.
3. In all relay races, the baton must be passed within the take-over zone. Within the take-over zone, it is only the position of the baton that is decisive and not the position of the body or limbs. Passing the baton before or after the take-over zone results in the team's disqualification.



RUNNING INFRACTIONS

Lane Infractions:

Article 1: When a race is run in lanes each competitor shall keep his/her own position in the course during the entire race. A competitor who, without being fouled and while running around a curve, gains an advantage by stepping on or over the inside lane will be disqualified.

Article 2: A race involving a curve and where lanes are not specified, a runner may change towards the inside or outside when he/she is two full running strides in advance of the runner whose path is crossed. It is not a foul if a runner crosses to the inside or outside if this action does not interfere in any way with another competitor's stride.

Article 3: If a runner is lapped in a distance race, the competitor shall run his or her normal course if permitted to remain in the race. If the competitor is required to withdraw from the race, the lapped runner shall leave to the inside of the track.

Interference:

Article 1: If a runner impedes another competitor by jostling or running across an opponent's path, or deliberately runs inside the track curb (or painted lines), or illegally runs outside the assigned land or course, the referee shall disqualify the runner, or in a team race the entire team, if in his or her opinion the athlete has gained an advantage over or impeded the progress of another competitor.

Article 2: If interference occurs in any preliminary heat, the referee may allow the offended runner or team to start in a subsequent heat in the same round of heats if a lane is available, or in the next round of heats, the same as if he/she or the team had won a place. If interference occurs in the final heat, the referee may order a new race between all of those in the final, or between those, who, in his/her opinion, are entitled to the privilege.

Hurdling Infractions:

Article 1: A hurdler shall be disqualified if the contestant:

- does not attempt to clear each hurdle
- puts a hurdle over with the hand
- advances or trails a leg alongside of a hurdle
- runs over a hurdle not in the assigned lane
- runs around a hurdle
- runs under a hurdle
- or when outside an assigned lane, impedes another hurdler

It is not a disqualification if a hurdle is knocked down by the foot or leg of a contestant.

Aiding a Competitor:

Article 1: It is unsportsmanlike conduct when:

- Anyone associated directly or indirectly with a competitor paces the contestant by running or taking position along the track to coach or assist the runner.
- a competitor who is a lap behind the leading runner paces or otherwise assists a team-mate or impedes another runner
- any runner intentionally leaves the track and then re-enters to continue the race
- any competitor willfully fails to follow the direction of the starter

For any of these acts the competitor shall be disqualified.

Article 2: The use of any aid during a race, including carrying a baton, in other than a relay race is prohibited.

FIELD EVENTS

1. **Competing Order**: Will be random
2. In field events where a runway is used, markers will be allowed alongside of it and not on the runway. Excluding high jump.
3. In all field events, except for the High Jump and Discus, where there are more than eight competitors, each competitor will receive three trials and the eight competitors with the best valid performances will receive three additional trials. Eight or less competitors will receive all six trials.
4. **Track events take precedence over field events**. A competitor shall notify the official in charge that they must leave the field event to go and complete the track event they are entered in. If while in their absence the competition goes into the next rounds, the competitor will not be given a chance to complete the rounds missed. For example, John Smith leaves long jump after his first round is completed and goes to the 100m. While there, the competition completes the second round. John Smith will only have one competition round left.
5. **Ties**; In field events excluding high jump and pole vault, the second best performance of the competitors shall break the tie. If necessary the third best and so on.
6. **Measurements**: High Jump: The judges at the event shall check the measurement when the bar is placed a new height. All measurements shall be made in whole centimetres from the ground to the lowest part of the upper side of the bar. High Jump crossbars all have sag. Officials are to find which placement on the uprights has the most sag and then turn the bar over to minimize this. Officials should mark the bar in some manner so they can place the bar back correctly for subsequent jump attempts. Long Jump is measured from the portion of the board closest to the pit, and the throws are measured from the inside of the toe board or circle ring, all to the closest whole centimetre.

High Jump

1. **Each attempt can take NO MORE than 45 seconds.** An **X** will be given for going over 45s.
2. **Measurements:** The judges at the event shall check the measurement when the bar is placed at a new height. All measurements shall be made in whole centimetres from the ground to the lowest part of the upper side of the centre of the crossbar. High Jump crossbars all have sag. Officials are to find which placement on the uprights has the most sag and then turn the bar over to minimize this.
3. **High Jump Uprights and Cross bar;** There should be at least 1 cm between the ends of the cross bar and the uprights. The support for the crossbar on the uprights should be parallel with the leading edge of the pit and the crossbar itself.
4. **Starting Height:** A competitor may commence jumping at any height and may jump at his or her discretion at any height to follow. Three consecutive failures, regardless of the height at which they occurred, will result in the competitor's disqualification. A competitor, after faulting at their first or second attempt, may forgo the second or third attempt at a particular height.
5. A competitor may forgo (pass) an attempt at any height during the competition.
6. All competitors must take off from one foot.
7. **Ties:** Ties shall be broken as follows:
 - a. The competitor with the lowest number of jumps at the height at which the tie occurs will be given the higher placing.
 - b. If a tie remains after (a) above, the competitor with the lowest total of failures, throughout the competition up to and including the last height cleared, will be given the higher placing.
 - c. If a tie still remains after (a) and (b) above, then the competitors will have a jump off (for first place only, other placements shall remain as a tie), then the competitors will have one more jump at the last height attempted. If neither competitor is successful, then the high jump bar will be lowered 3 cm, and this process continues.
7. A competitor will fail the attempt if, after the jump, the bar does not remain on the support because of the competitor's action while jumping, even after the competitor has left the mat. Note: If, in the opinion of the judge at the event, the bar was displaced by a force other than the competitor (e.g. a gust of wind), then the attempt will be marked as successful. If the bar falls off the uprights when the competitor is off the landing area and the displacement was not caused by an external force other than the competitor, the attempt shall be marked as a failure.
9. Judges will mark under the proper height on the field event sheet with the following symbols: O = Cleared, X = Failed, - = Did not jump.
10. Scoring Example: Competitor A is first, Competitor C is second, Competitor D is third, and Competitor B is fourth.

Competitor	1.75m	1.80m	1.85m
A	O	XO	O
B	-	XO	XXX
C	-	O	XO
D	-	XO	XO

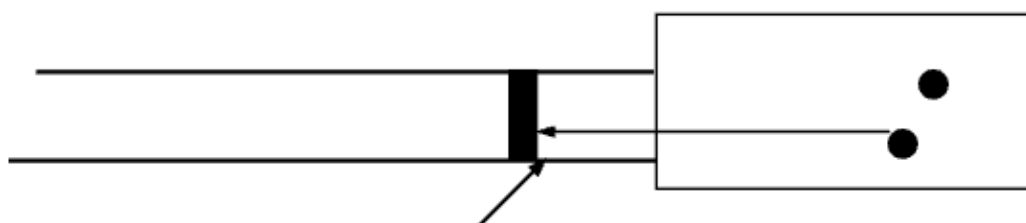
High Jump Starting Heights

Jr Varsity Boys 1.00m	Junior Boys 1.12m	Intermediate Boys 1.25m	Senior Boys 1.32m
Jr Varsity Girls .90m	Junior Girls 1.00m	Intermediate Girls 1.07m	Senior Girls 1.12 m

The bar will be raised by 5 cm for the first two moves, and from then by 3 cm for each subsequent raise.

Long Jump

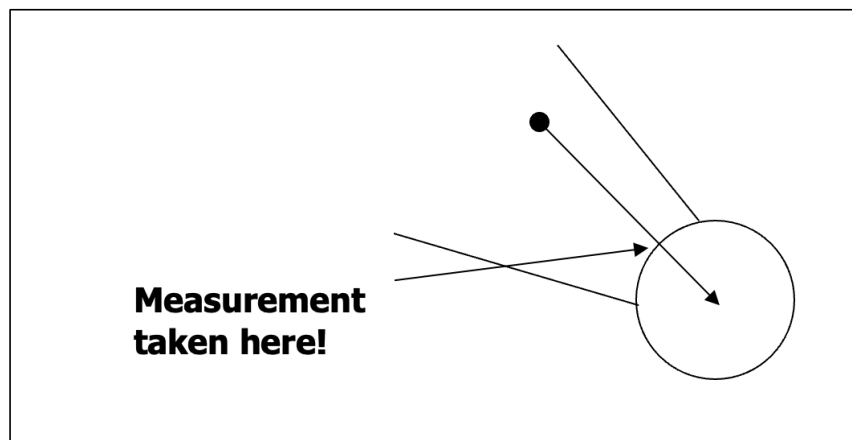
1. Measurements should be made to the nearest whole centimetre. I.E. **3.56 cm**
2. A competitor fails the attempt if;
 - a. While taking off, touches the ground beyond the take-off line with any part of the body, whether in the run-up without a jump attempt or while in the act of jumping.
 - b. Takes off outside the ends of the take-off board
 - c. Touches the ground between the take-off line and the landing area
 - d. During landing, he or she touches the ground outside the pit closer to the take-off line than the point of the nearest break made in the sand.
 - e. When leaving the landing area, the first contact the competitor makes with the ground outside the pit is closer to the take-off line than the nearest break in the sand on landing.
 1. Note: It is not a foul if the competitor runs outside the white lines marking the runway.
3. All jumps are to be measured from the nearest break in the landing area made by any part of the body or limbs or back to the takeoff line, and should be exactly perpendicular to the take-off line and its extension.
4. The “0” end of the tape measure goes at the break (use a nail or marker to mark the back edge of the break. The tape should be flat, not twisted, and parallel to the runway.



**Measurement
taken here!**

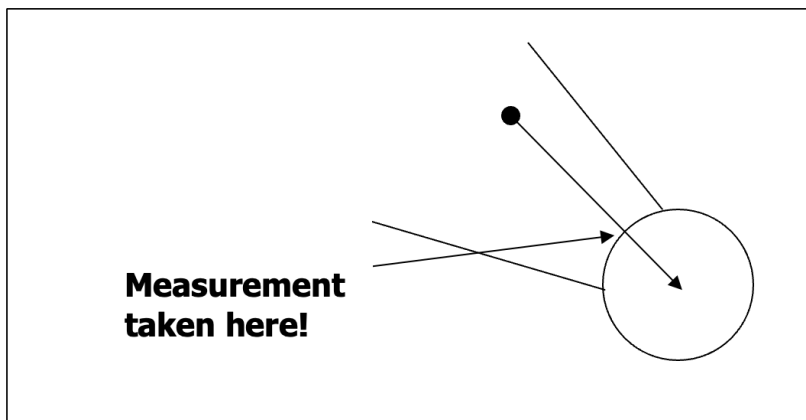
Shot Put

1. Once competition has begun, competitors are not permitted to use the implements for practice purposes or to use the throwing area.
2. No device of any kind – e.g. the taping of two or more fingers together – that in any way assists a competitor when making a throw shall not be allowed. The use of a glove is not allowed.
Note: In order to obtain a better grip, competitors are allowed to use a suitable substance on their hands only, i.e. chalk.
3. Technique: The shot shall be put from the shoulder with **one hand**. When the competitor takes a stance in the circle, the **shot must touch or be in close proximity to the chin**. If the competitor's hand drops below this position during the put, it is a foul.
4. It is a foul, if the competitor, once he or she has stepped into the circle and begun to make the throw, touches with any part of the body, the ground outside the circle or the top of the iron band, the top of the stop board or as in (3) above, release the shot improperly.
5. The competitor should not leave the circle until the implement has touched the ground. When leaving the circle, the first contact with the ground or top of the iron band outside the circle will be completely behind the white line, which is drawn through the center of the circle.
6. The measurement of each throw will be made immediately after the throw from the nearest mark made by the shot to the inside circumference of the circle along a straight line through the center. In other words, the tape should be flat, not twisted and stretched from the mark through the center of the throwing circle.
7. Measurements should be made to the nearest whole centimetre.
8. A valid trial is one that falls completely within the inner edges of the landing sector. A shot landing on a sector line is considered a foul.
9. Shot Put Throwing Implement Weights
 - a. 3kg: Junior Varsity Girls and Boys, Junior Girls and Boys, Intermediate Girls, Senior Girls
 - b. 4kg: Intermediate Boys, Senior Boys



Discus

1. Once competition has begun, competitors are not permitted to use the implements for practice purposes or to use the throwing area.
2. No device of any kind – e.g. the taping of two or more fingers together – that in any way assists a competitor when making a throw shall not be allowed. The use of a glove is not allowed.
3. Note: In order to obtain a better grip, competitors are allowed to use a suitable substance on their hands only, i.e. Chalk.
4. It is a foul, if the competitor, once he or she has stepped into the circle and begun to make the throw, touches with any part of the body, the ground outside the circle or the top of the iron band, the top of the stop board or as in (3) above, release the discus improperly.
5. The competitor should not leave the circle until the implement has touched the ground. When leaving the circle, the first contact with the ground or top of the iron band outside the circle will be completely behind the white line, which is drawn through the center of the circle.
6. The “Flag Marking” system will be utilized to speed up this event. Each athlete will have an assigned number and a matching numbered flag. Each athlete’s flag will be placed where the discus lands on their first throw, but not measured. The flag will then be moved if the second or third throws are longer. After the 3 rounds of throws, each flag will be measured to see the furthest throw for each athlete and for placing in the top 8.
7. Measurements should be made to the nearest whole centimetre.
8. A valid trial is one that falls completely within the inner edges of the landing sector. A discus landing on a sector line is considered a foul.
9. Only intermediate and senior athletes may execute the spin technique. Junior athletes executing a spin technique will result in a fault.
10. Discus Throwing Implement Weights
 - 0.750kg: All Girls Divisions and Junior Boys (Grade 7)
 - 1kg: Intermediate and Senior Boys



THE START LINE

Marshal (Calgary Track Council)

1. The marshal is responsible for confirming athletes into the various races that take place on the track.
2. Marshalls will be supplied with a list of athletes in their lanes and their heats if applicable.
3. Marshalls will confirm scratches with the track recorder and additions or substitutions with the data center both by radio/
4. Marshalls are to ensure that athletes know what lanes and/or heats that they are to be in prior to the scheduled race time.

Starter (Calgary Track Council)

1. Before the start of a race the starter shall insure that the finish line area is ready.
2. **Teachers are to support with student organization & behaviour**

THE FINISH LINE

Track Results (Calgary Track Council)

With the use of Trackie and Photo timing the Calgary Track Council post results and shares final results at the end of the track meet for all entered athletes

General Information Regarding Athlete Entry and Events

1. Event Specifications

1. Discus

a. Discus Throwing Implement Weights

- .750kg: All Girls Divisions and Junior Boys (Grade 7)
- 1kg: Intermediate and Senior Boys
- No Jr Varsity (Grade 6)
- Only intermediate and senior athletes may execute the spin technique. Junior athletes executing a spin technique will result in a fault.

2. Shot-put

a. Shot Put Throwing Implement Weights

- i. 3kg: Junior Varsity Girls and Boys, Junior Girls and Boys Intermediate Girls, Senior Girls
- ii. 4kg: Intermediate Boys, Senior Boys

3. High Jump

- High Jump Starting Heights
 1. Junior Varsity Boys 1.00m
 2. Junior Varsity Girls 0.90m
 3. Junior Boys 1.12m
 4. Junior Girls 1.00m
 5. Intermediate Boys 1.25m
 6. Intermediate Girls 1.07m
 7. Senior boys 1.32m
 8. Senior Girls 1.12m
- The bar will be raised by 5 cm for the first two moves, and from then on will be moved by 3 cm for each subsequent move.

4. Hurdles

- 60m hurdle distances are
 1. Five flights
 2. Height of hurdles = 75.9 cm/30"
 3. Distance from start line to first hurdle 12 m
 4. Distance between hurdles 8m
 5. Distance from last hurdle to finish line 16 m

2. Age Categories

- Junior Varsity (Grade 6) **NO Junior Varsity (Grade 6) DISCUS & HURDLES.**
- Junior (Grade 7),
- Intermediate (Grade 8),
- Senior (Grade 9)

3. **Entries**

1. A member school can enter “3” three athletes per event, unless, as a division, member schools agree upon a different number of entries per school per event.
2. An athlete can do a maximum of “4” four events, 3 individual events plus 1 relay event.
3. Alternates (substitutes) at meets can be chosen from the eligible athletes that a member school has entered, providing the athlete has no more than four events. An athlete cannot compete in two different age categories (except open events). This includes 4 x100.

4. **Event Scoring (Track, Field, Relay)**

Place	Points Awarded
1	10
2	8
3	6
4	5
5	4
6	3
7	2
8	1