

SPECIFIC REGULATIONS
2022-2023 DIVISION 3 INDOOR TRACK AND FIELD
INVITATIONAL - PROVINCIAL CHAMPIONSHIP

Note: In the event of any discrepancy between the French and English versions of these regulations, the French version shall prevail.

Article 1	Official Regulations in use.....	2
Article 2	Age Categories.....	2
Article 3	Composition of the delegation.....	2
Article 4	Team personnel	3
Article 5	Changes to the events.....	3
Article 6	RSEQ Regional association rankings	3
Article 7	Tiebreaker rule.....	3
Article 8	Permitted equipment.....	4
Article 9	Additional technical guidelines.....	4
Article 10	Awards	5
Article 11	Specific competition regulations	6
	INDOOR TRACK AND FIELD EVENTS	6
	Appendix1 - Substitution Form- Indoor Track and Field.....	7
	Appendix 2 – Grievances and Appeals Process	8

Note : ** New article
 * Modification to the article

(June 2022)

2021-2022 INDOOR TRACK AND FIELD

Article 1 **Official Regulations in use**

- 1.1 The Official Regulations used are issued by the Fédération québécoise d'athlétisme (FQA).
- 1.2 Nevertheless, the following RSEQ Sport-Specific Regulations take precedence over the Official Regulations.
- 1.3 The RSEQ High School Governing Rules must be respected.

Article 2 **Age Categories ***

Category	Year of birth for 2022-2023 season
Benjamin	2010 – 2011
Cadet	2008 - 2009
Juvenile	2004* - 2005 - 2006 - 2007

*Students born after June 30, 2004 are admissible

Article 3 **Composition of the delegation**

- 3.1 An RSEQ regional association may register a maximum of two (2) student-athletes per category, per event. The maximum permitted number of student-athletes per region is forty-five (45).
- 3.2 The RSEQ may, annually, depending on the size of the championship host's competition venue, decide to reduce the number of admissible student-athletes per delegation; however, this must be done sixty (60) days before the event.
- 3.3 Student-athletes may participate in a maximum of three (3) individual events, plus one (1) relay. The three (3) individual events must be distributed as follows:

Two (2) track events and one (1) field event
or
Two (2) field events and one (1) track event
- 3.4 An RSEQ regional association may enter one (1) relay team per category and per type of relay. This team will be comprised of student-athletes from the regional delegation and must be confirmed to the organizing committee in respect of the delay it has established and mentioned at the coach's meeting. A student-athlete may register for one (1) relay event only.
- 3.5 Although a single move up one age category is permitted, a student-athlete who moves up must remain in that category for all individual events.

For the relays, a student-athlete may move up one age category, without being required to move up in the individual events.

Article 4 **Team personnel**

Coach/chaperone:	Minimum of 1 per 15 student-athletes
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Article 5 **Changes to the events**

5.1 A maximum of five (5) substitutions (but not new entries) may be made. However, one (1) substitution only may be made in the track events.

The Substitution Form (see Appendix) must be submitted to the event provincial coordinator 30 minutes before the start of the championship. No substitutions will be accepted after this deadline has passed.

Any unauthorized substitution will result in disqualification of the student-athlete at fault.

Article 6 **RSEQ Regional association rankings**

6.1 The total number of points obtained by each of the student-athlete of an RSEQ regional association, per event and per category, determines that RSEQ regional association's standing in the rankings.

- by category/gender
- all categories

6.2 Regardless of the number of lanes, eight (8) student-athletes or a relay team will be awarded points in the rankings. This applies to all of the events in the championship schedule. Points are awarded as follows:

8 x 60-metre lanes		6 x 60-metre lanes	
1st place:	9 points	1st place:	9 points
2nd place	7 points	2nd place:	7 points
3rd place	6 points	3rd place:	6 points
4th place	5 points	4th place:	5 points
5th place	4 points	5th place:	4 points
6th place	3 points	6th place:	3 points
7th place	2 points	1st substitution (7th best): 2 points	
8th place	1 point	2nd substitution (8th best): 1 point	

Article 7 **Tiebreaker rule**

7.1 Where it is impossible to achieve a tiebreaker during an event, the equal ranking is entitled to the same number of points and awards.

- 7.2 The tiebreaker for determining an RSEQ regional association champion by category/gender and for all categories is: the most gold medals won, or if a tie persists, the most silver and finally, the most bronze medals.

Article 8 **Permitted equipment**

- 8.1 Shoes with spikes and/or running shoes are permitted. The student-athlete is responsible to ensure that his shoes with spikes are appropriate according to his registered events.

- 8.2 During the events, student-athletes must wear the singlet that displays the name of their RSEQ regional association, their bib as well as an accreditation bracelet. Any student-athlete who does not comply with this rule will be disqualified. In the event of an administrative error by the RSEQ regional association, the student-athlete may nevertheless take part in the championship and the RSEQ regional association at fault will be fined one hundred dollars (\$100.00).

- 8.3 **Shot Put**
Student-athletes may use their own shot, provided it has been weighed before the competition and that it is available for use by the other student-athletes.

Article 9 **Additional technical guidelines**

9.1 **Timelines and Call Room**

There is no call room.

Student-athletes registered for track events must check in at the starting line ten (10) minutes before the start of their event. Student-athletes registered for field events must check in twenty (20) minutes before the start of their event at their competition site.

Where one (1) student-athlete is registered for two (2) events occurring simultaneously, they must prioritize the track event by notifying the field event official.

9.2 **Long jump**

In the case that only one long jump station is available to the organizing committee, each student-athlete will have 2 attempts in preliminary round. At the end of the preliminary round, the top 8 student-athletes will access to the final and have 3 additional attempts in order to determine the 3 medal-holders in each category.

9.3 **Running track**

During the preliminary rounds in all track events, student-athletes will be seeded based on their performance indicated on the regional entry form. Student-athletes who do not have their performance marked on their entry form will be placed in the slowest heats and lanes.

Tracks with six (6) lanes:

For tracks with 6 lanes, the finals selection is made in the following manner:

- 5 or more heats: the 6 best performances
- 4 heats: the first plus the 2 best performances
- 3 heats: the first plus the 3 best performances
- 2 heats: the first plus the 4 best performances

Tracks with eight (8) lanes:

For tracks with 8 lanes, the finals selection is made in the following manner:

- 7 or more heats: the 8 best performances
- 6 heats: the first plus the 2 best performances
- 5 heats: the first plus the 3 best performances
- 4 heats: the first plus the 4 best performances
- 3 heats: the first 2 plus the 2 best performances
- 2 heats: the first 3 plus the 3 best performances

9.4

High Jump

Starting heights are as follows:

	Boys	Girls
Bantam	1 m	1 m
Midget	1 m	1 m 15
Juvenile	1 m 20	1 m 30

When a jump is successful, the crossbar will be raised in successive 5-cm increments.

When there are fewer than 3 student-athletes left in this event, the crossbar may be raised in 3-cm increments if a student-athlete makes such a request.

9.5

Relays

In the Bantam category, the scheduled event is a 4 x 60 metre relay/shuttle (no spotter) with a handoff within the exchange zone.

Article 10 Awards

10.1

Gold, silver and bronze medals will be awarded to the top three in each scheduled event.

10.2

A commemorative banner is awarded to each student-athlete of the delegation that has accumulated the most points in each category:

Article 11 Specific competition regulations

- 11.1 Athletes must be FQA cardholders if they wish to have their records certified by the Fédération québécoise d'athlétisme.
- 11.2 A false declaration of any kind may lead to various sanctions, including suspension of the team accused of misconduct.

INDOOR TRACK AND FIELD EVENTS

	BANTAM	MIDGET	JUVENILE
1	60 m	60 m	60 m
2	60 m hurdle	60 m hurdle	60 m hurdle
3	150 m	200 m	200 m
4	800 m	800 m	800 m
5	1200 m	1200 m	1500 m
6	Long jump	Long jump	Long jump
7	High jump	High jump	High jump
8	Shot put	Shot put	Shot put
9	4 X 60 m shuttle relay*	4 X 200 m relay	4 X 200 m relay

* Relay 4 X 60 m with contact in the exchange zone (without a baton)

N.B.: Boys' and girls' events are the same for each of the categories.

Weight of the shot put and hurdle's height (see link below)

[Weight of shot put:](#) see appendix I page 21

[Hurdles height :](#) see appendix III page 26

References : « Guide d'organisation d'une compétition d'athlétisme de la Fédération Québécoise d'athlétisme pour le poids des engins et la hauteur des haies pour chacune des catégories »

Appendix1 - Substitution Form- Indoor Track and Field

THIS FORM MUST BE SUBMITTED TO THE CHAMPIONSHIP OFFICIAL NO LATER THAN 30 MINUTES BEFORE THE START OF THE CHAMPIONSHIP(SCHEDULED START TIME)

EXAMPLE:

CAT	SEX	EVENT	ENTERED STUDENT-ATHLETE	SUBSTITUTE STUDENT-ATHLETE
JUV	M	Long jump	Name : Victor Brown Bib no. 156	Name : Stephen McDonald Bib no. 167

SCHOOL:	
REGION:	

SUBSTITUTION 1

CAT	SEX	EVENT	ENTERED STUDENT-ATHLETE	SUBSTITUTE STUDENT-ATHLETE
			Name:	Name:
			Bib no.:	Bib no.:

SUBSTITUTION 2

CAT	SEX	EVENT	ENTERED STUDENT-ATHLETE	SUBSTITUTE STUDENT-ATHLETE
			Name:	Name:
			Bib no.:	Bib no.:

SUBSTITUTION 3

CAT	SEX	EVENT	ENTERED STUDENT-ATHLETE	SUBSTITUTE STUDENT-ATHLETE
			Name:	Name:
			Bib no.:	Bib no.:

SUBSTITUTION 4

CAT	SEX	EVENT	ENTERED STUDENT-ATHLETE	SUBSTITUTE STUDENT-ATHLETE
			Name:	Name:
			Bib no.:	Bib no.:

SUBSTITUTION 5

CAT	SEX	EVENT	ENTERED STUDENT-ATHLETE	SUBSTITUTE STUDENT-ATHLETE
			Name:	Name:
			Bib no.:	Bib no.:

NOTE: ONE SUBSTITUTION ONLY IS PERMITTED IN THE TRACK EVENTS

Appendix 2 – Grievances and Appeals Process

GRIEVANCES AND APPEALS PROCESS

- Only the delegation leaders designated by their RSEQ regional association and the student-athletes directly involved will be permitted to make a grievance concerning the results of an event;
- Grievances must be addressed verbally to the Referee of the event or his delegate;
- Grievances must be made within 30 minutes after the official announcement of the result of this event;
- To reach a fair decision, the Referee must consider any available evidence that he deems necessary, including a photograph or film from an official video device or any other available video evidence;
- The Referee may rule on the grievance or forward it to the protest committee;
- If the Referee takes a decision on the grievance, there will be a right of appeal to the protest committee;
- The appeal to the protest committee must be filed within 30 minutes of the decision taken:
 - The appeal must be made in writing and signed by the delegation leader designated by the RSEQ regional association;
 - An amount of \$50 will be charged for any protest request. This amount will be refunded if the protest is won.
 - The decision of the protest committee is final and without appeal.

N.B.: This procedure was drafted in consultation with the Fédération Québécoise d'athlétisme.