

SPECIFIC REGULATIONS
2022-2023 DIVISION 3 OUTDOOR TRACK AND FIELD
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 _____	5
Appendix 1 – Substitution Form – Outdoor Track and Field	_____	7
Appendix 2 – Grievances and Appeals Process	_____	8

Note : ** New article
* Modification to the article

OUTDOOR TRACK AND FIELD 2022-2023

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 is entitled to register a maximum of two (2) student-athletes per category, per event, up to a maximum of eighty-seven (87) student-athletes.
- 3.2 The RSEQ may, annually, decide to reduce the number of eligible student-athletes for the 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
Delegation leader	1

N.B.: The RSEQ regional association must clearly identify its delegation leader and their officials in charge of accommodations.

Article 5 **Changes to the events**

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

The Substitution Form (see Appendix) must be submitted to the event provincial coordinator by no later than during the accreditation period before the start of the championship. No substitutions will be accepted after this deadline.

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 from an RSEQ regional association, per event and per category, determines that RSEQ regional association standing in the rankings.

- by category/gender
- all categories

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

8 x 400-metre lanes		6 x 400-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 will receive 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 still exists, 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, however, the student-athlete may take part in the championship and the RSEQ regional association at fault will be fined one hundred dollars (\$100.00).

8.3 **Gear (shot put, discus, javelin)**
Student-athletes may use their own equipment, provided it has been weighed before the competition begins and that it is available for use by the other student-athletes.

Article 9 Additional technical guidelines

9.1 **Timelines**
Student-athletes who do not check in at their competition area within three (3) minutes after the second call will not be allowed to participate.

A student-athlete who is registered for two (2) events occurring simultaneously must show up at the track event first. They must however notify the field event official, identify themselves and inform the call room of their participation in the two (2) events.

9.2 **Race Walking**
The following procedure must be applied during the provincial championships:

A student-athlete who receives three (3) warnings from the race walking judges must immediately leave their event (disqualification).

9.3 **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.

9.4 **Long Jump**

In the case that only one long jump station is used by the organizing committee, each student-athlete will have 2 attempts in preliminary rounds. 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.

9.5 **Running track**

During the preliminary rounds of all track events, student-athletes will be seeded based on their performance indicated on the entry form. Student-athletes who do not have their performance marked on the 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 2 best performances

Article 10 Awards

10.1 Gold, silver and bronze medals are awarded to the top three in each of the scheduled events.

10.2 A commemorative banner is awarded to each student-athlete whose delegation has accumulated the most points in each category.

Article 11 Specific competition regulations

11.1 The amateur athlete's card (FQA) is required for those who 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.

OUTDOOR TRACK AND FIELD EVENTS

	EVENT	GIRLS			BOYS		
		Bantam	Midget	Juvenile	Bantam	Midget	Juvenile
1.	80 m	X			X		
2.	100 m		X	X		X	X
3.	150 m	X			X		
4.	200 m		X	X		X	X
5.	400 m			X			X
6.	800 m	X	X	X	X	X	X
7.	1200 m	X	X		X	X	
8.	1500 m			X			X
9.	2000 m		X			X	
10.	3000 m			X			X
11.	80 m hurdle	X	X		X		
12.	100 m hurdle			X		X	
13.	110 m hurdle						X
14.	800 m race walking	X			X		
15.	1500 m race walking		X			X	
16.	3000 m race walking			X			X
17.	High jump	X	X	X	X	X	X
18.	Long jump	X	X	X	X	X	X
19.	Triple jump		X	X		X	X
20.	Pole vault		X	X		X	X
21.	Shot Put	X	X	X	X	X	X
22.	Discus	X	X	X	X	X	X
23.	Javelin	X	X	X	X	X	X
24.	4 X 100 m relay	X	X	X	X	X	X
25.	4 X 400 m relay			X			X

Gear weights and hurdles height (see link below) :

[Gear weights](#) :

see appendix I **page 24**

[Hurdles height and distance](#) :

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:

Appendix 1 – Substitution Form – Outdoor Track and Field

THIS FORM MUST BE SUBMITTED TO THE CHAMPIONSHIP OFFICIAL BY NO LATER THAN DURING THE ACCREDITATION PERIOD 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 file a grievance concerning the results of an event;
- Grievances must be addressed verbally to the Head Referee of the event or his delegate;
- Grievances must be made within 30 minutes after the official announcement of the event's results;
- To reach a fair decision, the Referee must consider any available evidence that they deem 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 makes a ruling 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 ruling:
 - 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.