

**SPECIFIC REGULATIONS**  
**2024-2025 DIVISION 3 INDOOR 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.

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**Note :** \*\* New article  
 \* Modification to the article

(Juin 2024)

## 2024-2025 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 \***

<b>Category</b>	<b>Year of birth for 2024-2025 season</b>
<b>Benjamin</b>	<b>2012 – 2013</b>
<b>Cadet</b>	<b>2010 - 2011</b>
<b>Juvenile</b>	<b>2006* - 2007 - 2008 - 2009</b>

\*Students born after June 30, 2006 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      For all scheduled events in the championship, the following score will be awarded to each student-athlete (or to the team in the case of relays):

- 1<sup>st</sup> place: 9 points
- 2<sup>nd</sup> place: 7 points
- 3<sup>rd</sup> place: 6 points
- 4<sup>th</sup> place: 5 points
- 5<sup>th</sup> place: 4 points
- 6<sup>th</sup> place: 3 points
- 7<sup>th</sup> place: 2 points
- 8<sup>th</sup> place: 1 point

6.2      The sum of points obtained by each student-athlete of an RSEQ regional association will determine that RSEQ regional association's rank in the standings:

- Bantam girls
- Bantam boys
- Midget girls
- Midget boys
- Juvenile girls
- Juvenile boys
- All categories

## **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 their 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            Weights  
Student-athletes must use the equipment provided by the organizing committee.

## **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            Shot put \*\***

If only one throwing area is available to the organizing committee, each student-athlete will have 2 trials in the preliminary round.

At the end of the preliminary round, the top 8 student-athletes will advance to the final and will have 3 additional trials to determine the 3 medallists for each category.

### **9.3            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 advance to the final and have 3 additional attempts in order to determine the 3 medallists for each category.

#### 9.4 **Running track**

During the preliminary rounds in all track events, student-athletes will be seeded based on their performance at the time of registration.

##### **Tracks with six (6) lanes:**

The six (6) best times advance to the final.

##### **Tracks with eight (8) lanes:**

The eight (8) best times advance to the final.

#### 9.5 **High Jump \***

Starting heights are as follows:

	Girls	Boys
Bantam	1 m	1 m
Midget	1 m 10	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.

### **Article 10 Awards \***

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

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

- Bantam girls
- Bantam boys
- Midget girls
- Midget boys
- Juvenile girls
- Juvenile boys

### **Article 11 Specific competition regulations**

11.1 Student-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

	<b>BANTAM</b>	<b>MIDGET</b>	<b>JUVENILE</b>
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 200 m relay <span style="color: red;">Rope start</span>	4 X 200 m relay	4 X 200 m relay

**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 COORDINATOR 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

<b>SCHOOL:</b>	
<b>REGION:</b>	

**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 their 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 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 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 \$100 will be charged if the protest is lost.
  - 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.*