

**SPECIFIC REGULATIONS**  
**2024-2025 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.**

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

(August 2024)

## **OUTDOOR TRACK AND FIELD 2024-2025**

### **Article 1    Official Regulations in use**

- 1.1            The Official Regulations used are issued by Athlétisme Québec.
- 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 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 may be made. However, only one (1) substitution may be made to the track events. No new entries may be made.

The Substitution Form (see Appendix 1) 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 student-athlete from 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 track lanes, either eight (8) student-athletes or relay teams will be awarded points in the rankings, and this applies to all the events in the championship schedule. Points are awarded as follows:

<b>8 x 400-metre lanes</b>		<b>6 x 400-metre lanes</b>	
<b>1<sup>st</sup> place:</b>	<b>9 points</b>	<b>1<sup>st</sup> place:</b>	<b>9 points</b>
<b>2<sup>nd</sup> place</b>	<b>7 points</b>	<b>2<sup>nd</sup> place:</b>	<b>7 points</b>
<b>3<sup>rd</sup> place</b>	<b>6 points</b>	<b>3<sup>rd</sup> place:</b>	<b>6 points</b>
<b>4<sup>th</sup> place</b>	<b>5 points</b>	<b>4<sup>th</sup> place:</b>	<b>5 points</b>
<b>5<sup>th</sup> place</b>	<b>4 points</b>	<b>5<sup>th</sup> place:</b>	<b>4 points</b>
<b>6<sup>th</sup> place</b>	<b>3 points</b>	<b>6<sup>th</sup> place:</b>	<b>3 points</b>
<b>7<sup>th</sup> place</b>	<b>2 points</b>	<b>1<sup>st</sup> substitution (7<sup>th</sup> best): 2 points</b>	
<b>8<sup>th</sup> place</b>	<b>1 point</b>	<b>2<sup>nd</sup> substitution (8<sup>th</sup> best): 1 point</b>	

#### **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 for ensuring that their footwear is 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, and their accreditation bracelet. Any student-athlete who does not comply with this rule will be disqualified. However, in the event of an administrative error by the RSEQ regional association, the student-athlete may take part in the championship and the RSEQ regional association at fault will be fined one hundred dollars (\$100).

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 to 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:

	Girls	Boys
Bantam	1 m 05	1 m 05
Midget	1 m 15	1 m 25
Juvenile	1 m 20	1 m 35

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 and Triple Jump**  
The call board will be used for all categories of horizontal jumps.

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

**Tracks with six (6) lanes:**  
The six (6) best times qualify for finals.

**Tracks with eight (8) lanes:**  
The eight (8) best times qualify for finals.

**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 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

<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: ONLY ONE SUBSTITUTION 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 their 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 \$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.*