

**ROPSSAA CO-EDUCATIONAL SPECIAL EVENTS TRACK & FIELD**

**PLAYING REGULATIONS**

1. **DATE**

- (a) The ROPSSAA Track and Field Special Event Championship Meet shall take place over a two-day period during the month of May with no rain date.
- (b) Meet Schedule (Appendix A).

2. **LOCATION**

- (a) When possible, the location of the ROPSSAA Special Event Track and Field Championship shall be at St. Marcellinus.

3. **ELIGIBILITY**

- (a) All students are eligible if they are bonafide members of the school.
- (b) All eligibility sheets must be in the hands of the Convenor by the deadline announced at the pre-season coaches meeting.
- (c) Athletes compete in 10 different categories (one category per participant).

(i) **Special Olympics**

- These events are for those with a developmental disability, as identified on their IEP.

1a D.D -- Athlete is **assisted** (i.e. ambulatory aid, health issues, modeling, verbal prompts, visually impaired).

1b D.D. -- Athlete is **ambulatory/independent**.

2 D.D. -- Athlete uses manual wheelchair. Athletes must be able to self-propel for any track events.

3 D.D. -- Athlete uses electric wheelchair.

(ii) **Sport for the Disabled**

- These events are for those students with physical disabilities who are working towards their OSSD diploma.

4 Athlete is ambulatory with mobility aid (crutches, walker, canes, etc.).

5 Athlete is ambulatory without mobility aid.

6 Manual wheelchair -- Athlete has little or no impairment of physical function in upper limbs (i.e. a student with spina bifida).

7 Athlete uses electric wheelchair.

8 Athlete is visually impaired.

(iii) **Medically Fragile**

- 9 Athletes who are fully assisted (require hand assistance to participate, full staff support 100% of the time).

4. OPERATING STRUCTURE

(a) Events: (Appendix B and C)

(i) Individual competition shall be in the following events:

30 m slalom electric wheelchair  
50 m  
100 m  
200 m  
400 m  
800 m  
precision throw  
target throw  
distance throw  
softball throw  
shotput  
vertical jump  
standing long jump  
running long jump  
high jump  
trackathalon (Appendix E)

(ii) Relay competition shall be in the following events:

- 4 x 50 manual wheelchair

Note: Athletes may not be pushed and/or assisted in any manner.

- 4 x 50m ambulatory
- 4 x 100m ambulatory

Note: Athletes may not use mobility aids for the ambulatory relays.

Note: Only the designated competitive teams' relay results will contribute to team points.

(iii) **OFSAA Events**

The following events will be offered at the ROPSSAA track and field Championships:

Girls

100m Ambulatory  
100m Visually Impaired  
100m Intellectual  
200m Wheel Chair  
800m Ambulatory  
800m Visually Impaired  
800m Intellectual  
Shot Put Ambulatory  
Shot Put Visually Impaired  
Shot Put Intellectual  
Shot Put Seated

Boys

100m Ambulatory  
100m Visually Impaired  
100m Intellectual  
200m Wheel Chair  
800m Ambulatory  
800m Visually Impaired  
800m Intellectual  
Shot Put Ambulatory  
Shot Put Visually Impaired  
Shot Put Intellectual  
Shot Put Seated

(b) Heat Events

- (i) All track events will be timed finals.

5. ENTRIES

- (a) Late entries will not be accepted. Incorrect entries will not be eligible for awards.

(b) Track Event Entry

- (i) Each athlete may enter a maximum of two running events plus one relay. Athletes who are entered into the 50m cannot be entered in the 100m.

(c) Field Event Entry

- (i) Each athletic may enter a maximum of three field events:

- a) One throwing event:
  - precision throw or
  - target throw or
  - distance throw or
  - softball throw or
  - shot put
- b) One horizontal jump:
  - standing long jump or
  - running long jump or
- c) One vertical jump:
  - vertical jump or
  - high jump

(d) Relay Event Entry

- (i) Schools will have the opportunity to enter up to 3 teams in each of the 4x50m and 4x100m event.

(e) Event Specifics

A. Vertical Jumps

High Jump increments of 5cm – boys and girls minimum 0.8m

- Athletes in standing long jump or vertical jump may not participate in high jump.

Vertical Jump

- For athletes who are not participating in high jump.
- Athletes will jump vertically as high as they can three times attached to the 'jump pad' apparatus. Their highest jump will be recorded.
- Measurement apparatus must be attached to the participant at the waist

B. Throwing Events

Shot Weight Boys 4kg

Shot Weight Girls 3kg

Softball	11inch Note: students who can throw 30m+ are encouraged to participate in the shot put
Precision	beanbag
Target	beanbag
Distance	beanbag

C. Horizontal Jumps

Running Long Jump - boys 1b minimum 2.0m  
- girls 1b minimum 1.8m

Standing Long Jump - boys minimum: 1A 0.4m 1B 1.0m 5 0.8m  
8 0.15m  
- girls minimum: 1A 0.2m 1B 0.8m 5 0.8m  
8 0.15m

6. EXPENSES

- (a) A per student entry fee may be charged to offset some costs of the meet. If required, the amount will be confirmed at the pre-season meeting.
- (b) Participating schools may be required to help pay for medical personnel. Coaches will be informed of this as early as possible.

7. RULES AND OFFICIALS

- (a) The Track and Field Rules of Sport for Disabled and Special Olympics will be used to cover all technicalities not covered by ROPSSAA regulations.
- (b) *All participating member schools are required to send an official, which is not the coach, to the event regardless of the number of students a school is sending. The official must attend the officials meeting on meet days.*
- (c) *The convenor will assign officiating responsibilities to the various schools for the meet. Failure of an official to be present for their designated officiating duty may result in disqualification of that school from competition.*
- (d) Schools with leadership programs will be contacted by the athletic convenor prior to the preseason meeting to inform them of the possibility to assist with the meet.
- (e) Competitor numbers MUST be worn on the front of the jersey.
- (f) A whistle start will be used for all events.
- (g) *For all track and field events (except for wheelchair events), there must be a minimum of 6 schools or 15 students participating in the event to be offered on the meet days.*

## 8. AWARDS

- (a) Participant ribbons to be awarded to each competitor in the meet, including category 9 athletes.
- (b) Medallions to the 1<sup>st</sup> - 3<sup>rd</sup> place individual finishers per event, plus ribbons for 4<sup>th</sup> – 6<sup>th</sup> place individual finishers. These awards for participants in categories 1a, 1b, 2, 3, 4, 5, 6, 7, 8.
- (c) ROPSSAA team trophies to the top boys and girls, small, medium, large schools overall and combined for D.C. athletes (categories 1a,1b,2,3). A ROPSSAA trophy will be awarded to the top school for sport for the disabled athletes (categories 4,5,6,7,8).
- (d) Schools will be designated as small, medium or large based on the following criteria.
  - Small School – 1-20 participants
  - Medium School – 21-41 participants
  - Large School – 41 + participants
- (e) Category 9 competitors to receive gold medallions for completing 3 of 3 events, silver medallions for completing 2 of 3 events and bronze medallions for competing 1 of 3 events.

## 9. UNIFORMS

- (a) Competitors must compete in their school track uniform top or phys-ed t-shirt. No jeans may be worn. All apparel must be athletic wear (shorts, tights, track pants etc). It is recommended that running shoes be worn.

## 10. SCORING

### (a) Ties in Events

Will be broken based on event specifications.

### (b) Ties in Team Standings

In the event of a tie for a team championship, the schools share the championship and the names of both schools shall be engraved on the trophy for the year.

### (c) Team Scoring

- (i) Points for team standings will be awarded based on finish position.

1 <sup>st</sup> – 10 points	5 <sup>th</sup> – 4 points
2 <sup>nd</sup> – 8 points	6 <sup>th</sup> – 3 points
3 <sup>rd</sup> – 6 points	7 <sup>th</sup> – 2 points
4 <sup>th</sup> – 5 points	8 <sup>th</sup> – 1 point

- (ii) In events with less than 8 participants, points will be awarded in a declining manner with the 1<sup>st</sup> place athlete receiving points equal to the number of participants

**EXAMPLE**

1 <sup>st</sup>	-	5 points
2 <sup>nd</sup>	-	4 points
3 <sup>rd</sup>	-	3 points
4 <sup>th</sup>	-	2 points
5 <sup>th</sup>	-	1 point

11. **EQUIPMENT**

- (a) It will be the responsibility of the Convenor to ensure that all equipment required for the Meet is available. Member schools may be required to help provide the necessary equipment.
- (b) All volunteers must sign out equipment.
- (c) Bean bags will be vinyl.
- (d) A fiber glass bar to be used for high jump.

12. **DEPORTMENT**

- (a) Competitors, coaches and parents are expected to behave in a sportsmanlike manner as per the ROPSSAA Constitution, Article XVI, Section II.
- (b) At the ROPSSAA Meet, personal radios or tape recorders are to be permitted in the stand area only.

13. **JURY OF APPEAL**

- (a) A Jury of Appeal shall consist of the Meet Convenors, the track committee and any involved officials. The Jury of Appeal will rule on any protests put forward at the Meet.
- (b) All protests are to be submitted in writing to the Meet Convenors within 30 minutes of the posting of the results. All protests must be accompanied with a \$25.00 deposit. The deposit will be returned should the protest be successful, or will be forfeited to the Association if the protest is lost.
- (c) The Jury of Appeal is to decide upon all protests as soon as possible without disruption to the meet.

14. **MEDICAL PERSONNEL**

- (a) Schools are responsible for bringing their own first aid kit, and someone to administer first aid.
- (b) ROPSSAA will provide on-site first aid personnel for emergencies only. Schools may be required to contribute to payment of medical personnel.

## MEET SCHEDULE Day 1

8:45 – Officials Meeting

9:15 – Coaches Meeting

9:30 – O'Canada/Athlete's Oath

Track

9:45

400m Timed Final – Boys/Girls

Track B

50m Timed Final

Boys Track A

Girls Track B

100m Timed Final

Girls Track A

Boys Track B

Field

9:45

Shot Put – Boys

Running Long Jump – Boys

Softball Throw – Girls

Precision Throw – Girls

High Jump – Boys/Girls

Vertical Jump – Boys

Standing Long Jump - Girls

Field

11:45

Shot Put – Girls

Softball Throw – Boys

Precision Throw - Girls

9:45-1:00 – Trackathalon

11:15-11:45 – Lunch Break

1:30-1:45 – Finish Meet

## Day 2

8:45 – Officials Meeting

9:15 – Coaches Meeting

9:30 – O'Canada/Athlete's Oath

Track

9:45

800m Timed Final – Boys/Girls

200m Timed Final – Boys/Girls

30m Slalom (same time as 200m)

Field

9:45

Running Long Jump – Girls

Target Throw – Boys/Girls

Vertical Jump – Girls

Distance Throw – Boys/Girls

Standing Long Jump - Boys

11:15 – 11:45 – Lunch break for Officials

11:45

2x50m Wheelchair Relay

4x50m Ambulatory Relay

4x100m Ambulatory Relay

1:30-1:45 – Finish Meet

**ROPSSAA SPECIAL EVENT TRACK AND FIELD**  
**CATEGORY EXPLANATION AND MINIMUM REQUIREMENTS**

**FOR FIELD EVENTS**

EACH ATHLETE MAY SELECT A MAXIMUM OF TWO FIELD EVENTS, BUT ONLY 1 OF THE 5 THROWING EVENTS, AND 1 OF THE STANDING OR RUNNING LONG JUMPS.

EVENT	EXPLANATION	ELIGIBLE CATEGORIES*		MINIMUM STANDARDS	
				BOYS	GIRLS
PRECISION THROW	This event is for athletes with severe upper body limitations, who would not be capable of doing any other throwing event. Athletes will be given 3 attempts at throwing bean bags at hula-hoop targets. See target diagram for details.	1a	5	N/A	N/A
		2	6		
		3	7		
		4	8		
TARGET THROW	This event is for athletes with moderate upper body limitations who would be capable of throwing a bean bag <u>underhanded</u> 2 meters into a target. See target diagram for details.	1a	5	N/A	N/A
		2	6		
		3	7		
		4	8		
DISTANCE THROW	This event is for athletes who would not be capable of throwing a softball using proper overhand mechanics. Athletes will be given 3 attempts at throwing (no specified throw) bean bags for distance.	1a	5	1B distance guideline 23m max ***	1B distance guideline 12m max ***
		1b	6		
		2	7		
		3	8		
		4			
SOFTBALL THROW	This event is for athletes with good upper body mobility who are capable of using proper overhand mechanics and are unable to 'put' a shot. Athletes will be given 3 attempts.	1a	5	N/A	N/A
		1b	6		
		2	7		
		3	8		
		4			
SHOT PUT	This event is for athletes who have good upper body mobility and strength. Athletes will be given 3 attempts and must 'put' the shot.	1a,1b,2,5,6,8		N/A	N/A
STANDING LONG JUMP	For athletes who are only capable of a two foot take off.	1a	5	**	**
		1b	6	1A 0.4M	1A 0.2M
		4	8	1B 1.0M	1B 0.8M
				5 0.8M	5 0.8M
				8 0.15M	8 0.15M
RUNNING LONG JUMP	Must be able to take off on one foot. Those unable to do this will be DQ'd. The take off may be on the line at the edge of the pit.	1B		**	**
				1B 2.0M	1B 1.8M
VERTICAL JUMP	For athletes who are not participating in high jump or running long jump.	1a 1b, 4, 5, 8		N/A	N/A
HIGH JUMP	This event requires complex skills and training. All athletes must be trained in an appropriate technique ie: the Fosbury Flop, Western Roll, Scissor Kick. Participants may not go over the bar head first. Those unable to do this will be DQ'd. Competitors participating in standing long jump or vertical jump are not eligible for this event.	1b		1B 0.85m	1B 0.85m

\* Schools with athletes in categories not offered in an event may request entry by the deadline announced.

\*\* Jumps below standard will not be measured

\*\*\* 1b throws above the maximum will not be measured

**ROPSSAA SPECIAL EVENT TRACK AND FIELD**  
**CATEGORY EXPLANATION AND MINIMUM REQUIREMENTS**

**FOR TRACK EVENTS**

EACH ATHLETE MAY SELECT A MAXIMUM OF TWO RUNNING EVENTS  
but only 1 of the 50m or 100m PLUS ONE RELAY.

EVENT	EXPLANATION	ELIGIBLE CATEGORIES*	MINIMUM STANDARDS BOYS	GIRLS
30m slalom	This event requires the athlete to weave around the cones placed on the track. Timed finals.	2 3 7	N/A	N/A
50m	This event is for the slower runners or athletes that have running gait limitations. Runners in this event may only participate in the 4x50 ambulatory relay and may not participate in the 100m and 200m events. Category 2 athletes must be able to self propel down the track	1a 5 1b 6 2 8 4	N/A	N/A
100m	This event is for the faster runners who have good running ability. Runners in this event may not enter the 4 x 50 ambulatory relay or the 50m event. Category 2 athletes must be able to self propel down the track	1a 5 1b 6 2 8 4	N/A	N/A
200m	Not for athletes competing in the 50m event.	1a 5 1b 6 2 8 4	N/A	N/A
400m	For athletes who are able to complete one lap without stopping.	1a 5 1b 6 2 8	N/A	N/A
800m	Ambulatory athletes must be able to run the entire distance. Manual wheelchair athletes must be able to propel themselves the entire distance without stopping.	1a 5 1b 6 2 8	N/A	N/A
4x50m AMBULATORY RELAY	Choose athletes from the 50m category only. Schools may combine to make a team.	1a 5 1b 6 2 8 4	N/A	N/A
4x100m AMBULATORY RELAY	Choose athletes from the 100m category only. Schools may combine to make a team.	1a 5 1b 6 2 8 4	N/A	N/A
2x50 WHEELCHAIR RELAY	Open to a combination of manual and electric wheelchair categories. Schools may use any variation of wheelchairs for this relay. Schools may combine to create a team.	2, 6	N/A	N/A

\* Schools with athletes in categories not offered in an event may request entry by the deadline announced.

## PRECISION THROW/TARGET THROW EVENTS

**You will need**

- 1 - 24" hoop
- 5 - 30" hoops
- 10 - 36" hoops
- masking tape
- marker of some kind to mark the meter mark
- meter stick
- bean bag

**Set - up**

1. Layout hoops as pictured below with the 24" hoop in the center, 30" hoops around it, and the 36" hoops around the outside. Make sure they are touching each other.
2. Use the masking tape to piece together the hoops.

**To Play**

Depending on upper body ability the toss to occur from one of two spots, precision (stand at edge of hoop) target (stand 2m back from hoop).

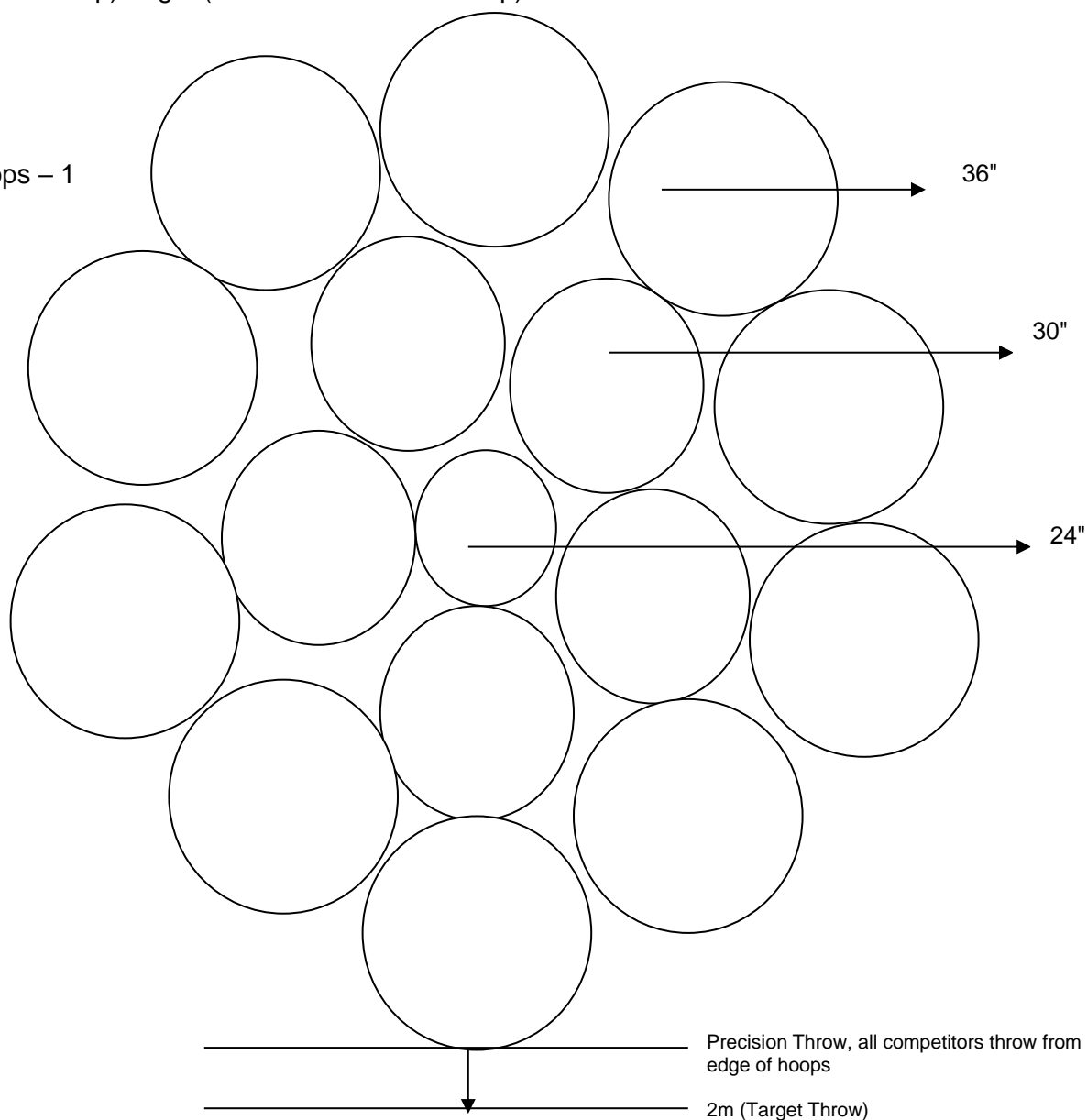
**Scoring**

36" – 5

30" – 10

24" – 20

Between Hoops – 1



**TRACKATHALON EVENT**

The trackathalon is for category 3 and category 9 students ONLY

Event	Explanation
Colour Dice Roll	The athlete rolls the 2 coloured/textured dice. If the colours/textures mate, the athlete gets a point. If they don't match, no points are awarded. The athlete rolls both dice a total of 3 times.
Pylon/Flag Weave	Starting at the first colored pylon/flag, the athlete must choose the correct colour from the 3 colour choice board. The athlete then weaves around the pylon to the next one where they have to choose again. This process continues until the athlete passes the last pylon/flag. *This can be a timed event.*
Target Ball Roll	The athlete rolls the ball down the tube to a target mat. He/she is then shown where the ball landed (how many points) on the mini photocopied target. The athlete rolls a total of 3 times.