



SSNL GENERAL TECH STANDARD RULES AND REGULATIONS

The following regulations will apply to ALL qualification and provincial tournaments under the jurisdiction of School Sports Newfoundland and Labrador (SSNL). Please consult the technical standards, which follow for specific sport rules.

1. All SSNL sports have some sport specific rules that differ from Provincial Sport Organization or National Governing body playing rules so make sure you and the Officials review these in the tech standards that follow. They **MUST** be followed.
2. No player will be permitted to play wearing a cast made of plaster, fibreglass or any other material considered dangerous by the official.
3. All school teams **MUST DECLARE AND REGISTER** through the [SSNL HUB](#) by the designated dates. Any school teams not declared and registered through the HUB by the designated dates will not be permitted to participate in SSNL Events (Foundation, Qualifier, or Provincial).
4. SSNL has instituted a maximum point spread to be used in tie breaking situations and to promote SSNL ideals of sportsmanship. All games should be recorded on the SSNL tournament page website and at the playing venue(s) and reported to media using only the maximum point spread as set out in the technical standards of each sport. In the tie-breaking procedure, the goal/point spread must credit all the points for the losing team only (eg. If sport has a max 7-point reporting spread and score was 12-2 then report/post as 9-2, not 7-0).
5. There is a no fighting policy in all SSNL events. Any violation will result in an immediate expulsion from the tournament and a possible multi-year suspension from all SSNL activities.
6. Players and fans are not permitted to engage in behaviour where they are intentionally trying to distract players or are impeding on the playing surface. Failure to comply could result in in-game penalties, expulsion from the playing venue, and further discipline from SSNL.
7. SSNL will follow the Schools/District policy regarding the requirements for a Teacher Sponsor.
8. Members of the coaching staff must complete the CAC Safe Sport Training.
 - ["Making Headway"](#) - To be completed by minimum of one member of the coaching staff
 - ["Safe Sport" Training](#) - To be completed by all Coaches and Teacher-Sponsors
 - ["Rule of Two"](#) - To be completed by all Coaches and Teacher-Sponsors



9. Players who are not dressing for a game are permitted to still sit in the bench area, but are still subject to all rules governing appropriate team behaviour.
10. Team composition is at the discretion of the coach and can change from the Qualifier to the Provincial Tournament. SSNL does encourage, however, that coaches consider rewarding those players that helped win a Provincial berth with a place on the team for that tournament as well.
11. SSNL game referees are to be instructed to remain on the floor after the game to sign the score sheet and participate/oversee the shaking of hands by teams.
12. In-Game Protests: It is expected that all tournament game related protests be made in-game when the issue arises. Teams wishing to protest must do so in game by telling the Referee (or in sports where self-refereeing is used, stop and tell the convenor or other designated official) at the next available stoppage in play. The Tournament Protest Committee shall review and rule on the issue within a reasonable time before the game will re-commence. For Provincials, the SSNL Rep may be used to help with the ruling. You CANNOT protest discretionary calls by the referee. **Protests must still be accompanied in game by a \$50 protest fee or they will not be considered.** See "Protest, Disciplinary Infractions, and Appeals" section in the SSNL Varsity Manual for more details.
13. Coaches are not permitted to change any SSNL rules at the coaches meeting or at any other time by consensus vote. Any change in rules in this situation could result in a loss of points by infringing teams, potential school fines and sanctions, and/or the entire tournament being voided.
14. The use of unauthorized video replays is banned from SSNL events as a measure of officiating.
15. No cell phones or any person who is not a minor official are permitted at scorer's tables.
16. Game officials **MUST** provide written reports to the convenor for all major rule infractions.
17. At least one member of the coaching staff for each team **MUST** complete the free coach.ca "Making Headway" concussion course in order for their school's team to be eligible for SSNL tournaments.
18. SSNL philosophy values team accomplishments and sportsmanship. Aside from SSNL sports with an individual component, the Sportsmanship and MVP medals will be the only individual awards presented at SSNL tournaments. There are to be no other individual awards (i.e. Player of the Game or All-Star Team) to be awarded at our tournaments. Failure to comply with this will result in a \$100 fine and possible further sanctions.
19. Fines:
 - a. Schools who have qualified (through winning their Qualifier or a receiving a bye) for a Provincial tournament and who (AFTER REGISTERING their team) do not attend the



tournament, will be fined \$300 if the reason for pulling out is not deemed valid by the Varsity Council.

- b. If said team pulls out of the Provincials after Wednesday 5pm of the registration week they will also be required to pay the full Provincial Tournament registration.
- c. Any school that withdraws from a Provincial tournament after the schedule has been approved/released will receive a two-year ban on hosting in that sport and gender.
- d. Aside from the fines, teams will still be responsible for any expenses they incurred regarding the Provincial tournament (e.g. t-shirts, meals).
 - a. Any school that fails to pay the assessed fines by June 30 of the current year, will be suspended until the fine has been paid.
 - b. Aside from the fines, teams will still be responsible for any expenses they incurred regarding the Provincial tournament (e.g. t-shirts, meals).
 - c. Any school that fails to pay the assessed fines by June 30 of the current year, will be suspended until the fine has been paid.

2026-27 SSNL VARSITY TRACK & FIELD TECHNICAL STANDARDS

EVENTS

Unless there is a competition between at least two teams/individuals in any SSNL tournament, there will be no medals or banners awarded.

Foundation team champions will be declared in:

1. Boys
2. Girls

Foundation

individual champions for boys and girls will be declared in the following (SO = Special Olympics):

Sprints	Middle Distance	Throws	Jumps	Relays
100m	800m	Shot Put	High Jump	4 x 100m
100m (SO)	1500m	Shot Put (SO)	Long Jump	4 x 100m Integrated (SO Included)
100m (Para-Wheel)	1500m Racewalk	Javelin	Standing Long Jump (SO)	4 x 400m
200m	3000m	Discus		
200m (SO)				



400m				
400m (Para- Wheel)				

Team Composition

A team consists of a maximum of 15 male and 15 female athletes. (Special Olympic and Para athletes are not counted toward the max of 15)

Rules

Track & Field will be an Open event.

The schedule of events will be distributed to all tournament convenors and available on the school sports website: www.schoolsportsnl.ca

1. A school is permitted to put an unlimited number of entrants in any event, but each athlete is only permitted to participate in a maximum of 3 events, plus relays. Only 2 athletes per event will count for points.
2. A school can only enter 1 team in the relay.
3. 4 x 100m integrated relay will include a minimum of 1 Special Olympian.
4. Points for the team placement will be awarded based on the number of qualifying schools in the competition (ex. if there are 10 qualifying teams in the event, points will begin at 20 for the top competitor and descent by 1). Individual competitors will stay in the standings but will not be awarded points.
5. Special Olympic/Para Wheelchair athletes will receive individual awards but their results will not be awarded points toward team standings.
6. Para Athletes will be encouraged to compete and be scheduled in the Provincial Championship.

Registration

1. Teams must register their athletes through the Trackie registration platform.
2. Schools must register for the competition by the Monday 10 days prior to the Provincial meet. All individual athletes must be registered through Trackie by the Tuesday prior to the meet. Any team edits will be completed by coaches up to the registration deadline. Event lists will be circulated by Wednesday, 2 days prior to the start of the meet.
3. Any changes, or corrections should be forwarded to the convenor by Thursday at 4pm, the day before the meet.
4. Any athletes unable to compete in an event must be scratched one hour prior to the start of the session. Substitutions due to injury are permitted, provided the substituting athlete meets the criteria. Athletes will not be permitted to change events after the coaches meeting. Any substitutions must be communicated through e-mail to the meet manager.
5. Athletes who have entered an event, and did not compete, without being properly scratched, will not be permitted to compete in the remainder of the competition.



6. Relay team composition, with correct running order, must be finalized 1 hour before the start of each relay event.
7. Athletes must report to track events 20 minutes prior to the start of the event and 30 minutes prior to the start of the field events.

Facility

1. Washrooms and change rooms must be available on or near the venue.

Track Events

1. The track shall have a minimum of 6 lanes with a marked finish line.
2. The starting line for the 200m, 400m, 800m, 1500m, 1500m RW and 3000m shall have the appropriate stagger according to the Athletics Canada specifications.
3. The starting line for the 1500m and 3000m shall have a curve according to the Athletics Canada specifications.
4. Starting blocks are optional for races up to and including 400m, 4 x 100m relay, 1st leg of the 4 x 400 m relay, 4 x 100m Integrated relay. Starting position is optional, standing or crouching.
5. At the finish line, a judge stand shall be positioned on the sidelines adjacent to lane 1 and timers shall be positioned on the sideline adjacent to lane 6 or 8.
6. Any athlete making a false start will be warned. Any athlete making their 2nd false start will be disqualified from the race.

The Throws

1. The throwing area should be made of concrete, asphalt or some other firm but non-slippery surface according to Athletics Canada guidelines.
2. The rim of the circles for shot and discus shall be made of iron, steel or other suitable material, the top of which shall be flush with the surrounding surface.
3. The inside diameter shall be: shot – 2.135m, discus – 2.50m
4. The stopboard for the shot put is in the form of an arc, made of wood or any other suitable materials and painted white. Its inner edge must coincide with the edge of the circle and must be made to be firmly fixed to the ground in accordance with Athletics Canada regulations.
5. All discus throws shall be made from an enclosure or cage.
6. Shot put and discus sector lines shall be 5cm wide marking a section of 34.92 degrees so that the sector lines cross at the center of the circle. The ends of the lines shall be marked with flags. The throwing sector should be roped off at a height of approximately 1m and at least a minimum distance of 2m outside the sector lines.
7. The javelin should be of legal size approved by Athletics Canada. The runway shall be 4m wide marked by 5cm wide parallel lines. The ends of the runway nearest the throwing area shall be joined by the arc of a circle whose radius shall measure 8m from a point midway between the runway lines. The arc shall be white, 7cm wide, flush with the ground and either painted or made of wood or metal.



8. The sector for the javelin shall be marked by 5cm lines. This sector should be roped off at a height approximately 1m and a minimum distance of 2m outside the sector lines.
9. Where there are more than eight athletes, each athlete shall be allowed three attempts and the eight athletes with the best valid performances shall be allowed three additional attempts.

The Jumps

1. The high jump landing area (mat) should measure at least 5m long by 3m wide. The length of the runway is unlimited, with a minimum length of 15m. The takeoff area must be level. The space between the uprights and the land area should be at least 10cm. The distance between the uprights shall not be less than 3.98m and no more than 4.02m. The cross bar shall be circular in shape in accordance with Athletics Canada regulations
2. The minimum starting height for the High Jump bar will be 1.10m for Girls and 1.25m for Boys. The bar will then be raised 5cm at a time moving forward until heights of 1.30m for girls and 1.50m for boys are met and then the bar moves 3cm at a time.
3. The long jump runway width shall be a minimum of 1.22m. Its length is unlimited but it must have a minimum length of 40m. No marks are permitted on the runway but may be placed alongside the runway. The take-off board must be white and measure 1.21 to 1.22m long, 19.8 to 20.2 cm wide and up to 10cm thick. The surface of sand in the landing area (pit) should be level with the top of the take-off board. The minimum width should be 2.75m.
4. Where there are more than eight athletes, each athlete shall be allowed three attempts and the eight athletes with the best valid performances shall be allowed three additional attempts.

Equipment Specifications

1. Competitors must use equipment as governed by Athletics Canada.
2. Uniform: Where possible, competitors should wear the school uniform. Competitors must wear a vest (single/t-shirt) and shorts and/or tights.
3. Footwear: Competitors may compete in bare feet or with footwear on 1 or both feet. Maximum of 6 spikes in the sole and 2 in the heel, except in the high jump and javelin where a maximum of 5 spikes in the heel is permitted. Spike length – check with the meet director.
4. Numbers: Every competitor shall be supplied with and wear a bib number during the competition that corresponds with the entry list. The number must not be cut, folded or obscured in any way, and must be visibly displayed. When competing in lanes, numbers must be worn on the back, and on the front in all other races. In the field events, the numbers must be worn on the back, except in the high jump, where it maybe worn on either the back or the front. Athletes will not be permitted to compete without the bib and lost or damaged bibs will not be replaced

Weight of Throwing Implements



	Female	Male	Special Olympics
Shot Put	4kg	5kg	3kg
Discus	1kg	1.5kg	
Javelin	600g	700g	

Safety Standards

1. Because this is a multi-event sport and on occasion many of the competitors are inexperienced, it is important that the meet director, the officials and coaches ensure that the competitors be responsible for their own safety and that of others.
2. All spectators should be restricted to a specific area in the venue. All competitors should be restricted to a specific area when not competing. Spectators and competitors should be periodically reminded about the events in progress with safety precautions noted for the throws. Only competing athletes are permitted in the field of play. Coaches and other athletes must stay off the field and the track during competition.
3. It is recommended that a qualified first aider be present and that a medical or first aid kit shall be in the venue.

Officials

1. The NLAA (Newfoundland and Labrador Athletics Association) is willing to conduct officials' clinics in a region. Ensure sufficient notice to accommodate your request. As well, the NLAA can assist in providing head officials for each discipline at provincial meets.
2. It is recommended that where possible, a region should request that a school become responsible for a specific discipline. With the help of a coordinating teacher, there will be a core of officials to assist at qualification and provincial meets.

Awards

For each competition, the following awards are provided:

1. Gold and Silver Team Medals
2. Gold, Silver, and Bronze Individual Medals
3. Individual Sportsmanship Medal (1 per team)
4. Provincial Championship Banner

Registration Fees

1. A \$7 tournament participation fee per athlete.
2. A maximum of \$2 fee per athlete per event excluding relays. Individual athletes competing in the relay only would only pay the \$2 fee for that event.

Resource Materials



An elementary Level 1 Coaching Manual and Level II Specific Events Manual are available from CTFA, as well as complete rules and by-laws.

SCHEDULE

The schedule for Track & Field is established in consultation with NLAA and will generally be set up in 3 sessions. The following is an outline for an approved track & field schedule:

Session 1: Friday evening

Track Events

6:00pm	200m Girls and Special Olympics heats
6:20pm	200m Boys and Special Olympics heats
7:00pm	1500m Girls final
7:15pm:	1500m Boys final
7:30pm	200m Girls final
7:40pm	200m Boys final
8:00pm	4 x 400m girls relay
8:15pm	4 x 400m boys relay

Field Events

Girls javelin throw
Boys and Special Olympics shot put

Session 2: Saturday Morning

Track Events

10:00am	100m Girls and Special Olympics heats
10:20am	100m Boys and Special Olympics heats
10:45am	800m Girls final
11:00am	800m Boys final
11:30am	100m Girls final
11:35am	100m Boys final
11:50am	1500m Girls racewalk
12:10pm	1500 Boys racewalk

Field Events

Girls discus
Boys discus
Boys high jump
Girls long jump
Girls Standing Long Jump, Special Olympics

Session 3: Saturday Afternoon



Track Events

2:00pm	400m girls final
2:20pm	400m boys final
2:45pm	3000m girls final
3:05pm	3000m boys final
3:30pm	4 x 100m girls relay
3:50pm	4 x 100m boys final
4:10pm	4 x 100m girls integrated relay
4:15pm	4 x 100m boys integrated relay

Field Events

Girls High Jump
Boys Long Jump
Girls and Special Olympics Shot Put
Boys Javelin Throw
Boys Standing Long Jump Special Olympics