

SSNL GENERAL TECH STANDARD RULES AND REGULATIONS

The following regulations will apply to ALL 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.
2. No player will be permitted to play wearing a cast made of plaster, fibreglass or any other material considered dangerous by the referee.
3. All schools must be registered for SSNL tournaments through our web site. For Provincials, all rosters must be registered online. For all other tournament all rosters must be provided to the tournament convenor directly.
4. All tournament athletes must be registered prior to your FIRST GAME STARTING in order to be eligible to play in an SSNL Tournament. Playing with an ineligible player will result in the defaulting of the games in question and awarding of points to the teams your school played.
5. SSNL has instituted a maximum point spread to be used in tie breaking situations and to promote SSNL ideals of sportsmanship. All games/matches should be recorded on the SSNL tournament page website, 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/use for tiebreaker as 9-2, not 7-0).
6. 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.
7. Players and fans are not permitted to engage in behaviour where they are intentionally trying to distract players or impeding on the playing surface. Failure to comply could result in in-game penalties, expulsion from the playing venue, and further discipline from SSNL.
8. Teacher-sponsors must be on the bench or in reasonable proximity to the team at all times. Games do not start without the teacher-sponsor present. If the teacher-sponsor is not on the bench 10 minutes after the scheduled start time, the team without the essential personnel will lose the game by default.
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. 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.

11. In-Game Protests: It is expected that all tournament game related protests should 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 (game referee, head referee, and convenor or other replacement previously set up by the convenor if there is a conflict of interest or also for self-refereeing sports) shall review and rule on the issue within a reasonable time before the game will re-commence. 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.** The ruling by the Tournament Protest Committee regarding an in-game protest is final and cannot be appealed. See "Protest, Disciplinary Infractions, and Appeals" section of the SSNL Handbook for more details.

12. Coaches are not permitted to change any SSNL rules at the coaches meeting/tournament or at any other time by consensus vote. Any change in rules in this situation will result in a loss of points by infracting teams, potential school fines and sanctions, and/or the entire tournament being voided.

13. The use of unauthorized video replays is banned from SSNL events as a measure of officiating.

14. No cell phones or any person who is not a minor official are permitted at scorer's tables.

15. Game officials MUST provide written reports to the convenor for all major rule infractions.

16. At least one member of the coaching staff for each team MUST complete the free "Making Headway" coach.ca concussion course in order for their school's team to be eligible for SSNL tournaments.

17. 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 for example) to be awarded at our tournaments. Failure to comply with this will result in a \$100 fine.

18. Schools who pull out of a Foundation Sport Tournament after registering may be subject to discipline if the reason is not deemed valid by the Varsity Council.

2018-19 SSNL TRACK & FIELD TECH STANDARDS
(*Modified Version for Partnership with NLAA for this year)

IMPORTANT NOTE: For the 2018-19 Provincials all Junior High grades of 7-9 can compete in the NLAA Junior High Meet only. JH runners will follow NLAA rules and be eligible for their awards. All High School grades of 10-12 will compete at the SSNL Provincials under a modified set of SSNL Tech Standards below and be eligible for SSNL awards only. Both events will happen on Saturday June 1st at the Pearlgate Track & Field Complex in Mount Pearl and will be convened by NLAA Technical Director, George Stanoev and SSNL Rep, Rosemary Ryan.

EVENTS

Provincial Individual Champions will be declared in:

*(S.O./Para = Special Olympic and Para-Sport event)

Sprints	Middle Distances	Throws	Jumps	Relays
100m	800m	Shot Put (5kg)	Long Jump	4x100m
100m (S.O./Para)	1500m		High Jump	4x100m Integrated (S.O./Para)
200m	2000m		Standing Long Jump (S.O. Only)	
200m (S.O./Para)				
400m				
400m (Para Only)				

Provincial team champions will be declared in BOYS and GIRLS. Winners are determined from the placing of those athletes from each school in the Individual Competition.

TEAM COMPOSITION

A team consists of a maximum of 15 athletes of each gender. There is no minimum for a team. All schools wishing to enter in the team competition will have their participant's (up to the max of 15) points entered for the team competition awards. See "General Rules" below for restrictions on the number of events in which each team athlete can participate.

GENERAL RULES

The SSNL Track & Field Tech Standards are specific to SSNL tournaments. **It is the responsibility of the tournament Convenor to make sure all Officials are aware of these rules and the responsibility of all teams to familiarize themselves with these rules.** For all other rules not covered in these tech standards we defer to Athletics Canada.

1. This is an open event that any student athlete of a member school can attend barring they meet all SSNL student eligibility requirements and register by the deadline.
2. An individual competitor may enter an unlimited number of events.
3. A school team may enter an unlimited number of competitors per event however, only the top two finishers will accumulate points towards the team score.
4. A school team can enter only 1 team in a relay race.
5. 4 x 100m integrated relay will include a minimum of 1 Special Olympian or Para-Sport athlete, but can consist of more than 1.
6. Points for team placement will be awarded based on where eligible athletes finish in each event. The 1st place finisher in each event will receive 30 points, with each subsequent athlete receiving one less point. The team accumulating the highest cumulative point total over all events will be declared the winner of the Team Competition.
7. Special Olympic and Para-Sport athletes will be eligible for individual awards, but their results will not be awarded points toward team competition standings.

REGISTRATION

1. All competitors must register through the nlaa.com website. Registration will open May 13th, 2019 and will close Friday May 31st, 2019 at 1pm. No changes or substitutions will be permitted after this time. Scratches must be dealt with according to the procedure outlined below.
2. Any athlete unable to compete in an event must be officially scratched. Scratches must be declared prior to the start of each session. An athlete who fails to scratch by the deadline and does not compete will not be permitted to compete in any other events in that meet.
3. Relay team composition, with correct running order, must be finalized 1 hour before the start of each relay event.
4. 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.

TRACK AND FIELD 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, and 2000m shall have the appropriate stagger according to the Athletics Canada specifications.
3. The starting line for the 1500m and 2000m 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, and 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 weight of the shot shall be 5kg for males and 4kg for females.
2. The throwing area should be made of concrete, asphalt or some other firm but non-slippery surface according to Athletics Canada guidelines.
3. The rim of the circles for shotput shall be made of iron, steel or other suitable material, the top of which shall be flush with the surrounding surface.
4. The inside diameter shall be: shotput – 2.135m.
5. The stop-board for the shotput 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.
6. Shotput 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. When 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. High School competitors (grades 10-12) will follow the same bar height increments as the Junior High competitors (grades 7-9).
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.

WASHROOMS AND CHANGE ROOMS

Must be available on or near the venue.

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 (singlet/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 where a maximum of 5 spikes in the heel is permitted. Check with the meet director about permissible spike length.
4. **Bib 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. Lost or damaged bibs will not be replaced.

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. A medical or first aid kit should be at the venue and a qualified first aider be present.

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 will assist in providing head officials for each discipline at provincial meets.

AWARDS

For the Team Competition, the following awards are provided for Boys and Girls:

1. Gold and Silver Team Medals
2. Provincial Championship Banners
3. MVP Medal (awarded 1 per team)
4. Most Sportsmanlike Medal (awarded 1 per team)

For the Individual Competition, the following awards are provided:

1. Gold, Silver and Bronze Individual Medals

REGISTRATION FEES

1. All schools MUST be NLAA Members (\$25) to be eligible to compete in the Team Competition.
2. NLAA Member schools pay \$10 per athlete.
3. NLAA Non-Member schools can still participate in the Individual Competition, but must pay \$11 per athlete.
4. The per athlete costs above in #2 and #3 have the \$3 SSNL Provincial fee and the \$2 per event athlete fee included in that cost already.

RESOURCE MATERIALS

Coach.ca has a number of FREE coaching courses that specifically caters to Track & Field and for those not coming from a strong Track & Field background that can be very beneficial. Log in or sign up to go through these short courses.

SCHEDULE

The schedule is listed on the SSNL and NLAA websites.