



Track and Field Rules

Track events

✓ 100 m

- Competitors must run in a straight line as fast as possible for the required distance.
- Each athlete must stay in his or her lane for the duration of the 100 m event.
- Any athlete found in violation of the above rule will be disqualified, regardless of the outcome of the race.

✓ 200 m

- Competitors must complete half a lap around the track as fast as possible.
- Each athlete must stay in his or her lane for the duration of the 200 m event.
- Any athlete found in violation of the above rule will be disqualified, regardless of the outcome of the race.

✓ 400 m

- Competitors must complete a full lap around the track as fast as possible.
- Each athlete must stay in his or her lane for the duration of the 400 m event.
- Any athlete found in violation of the above rule will be disqualified, regardless of the outcome of the race.

✓ 800 m

- Runners may change lanes at any point during the race. However, intentional obstructions will not be tolerated.
- Any athlete who intentionally obstructions another runner will be disqualified from this event.

✓ 1200 m

- Runners may change lanes at any point during the race. However, intentional obstructions will not be tolerated.
- Any athlete who intentionally obstructions another runner will be disqualified from this event.



✓ **4 x 100 m relay**

- Runners must stay in their lane throughout the race.
- Any physical contact with a runner from another team is strictly forbidden and could lead to the entire team being disqualified.
- The relay baton must be passed inside the change-over zone (a length of 20 metres).
- Any team that drops the baton or passes it outside this zone will be disqualified.
- Referees are instructed to make sure teams stay in their lanes. They are not however, instructed to establish the starting order of each runner. This is at the coaches' discretion.
- Coaches must inform their runners of their starting order (1st, 2nd, 3rd, or 4th) prior to the event.
- Teammates must be aware of their starting order in the relay.

Before the start of the event, all the runners and their coaches must meet on the field to be put in position ahead of time so they are ready for their race.

- Runners will be assembled according to their lane and starting position by the FNEC employee in charge of the event.
- Runners will be taken to the track according to their starting position (1st, 2nd, 3rd, or 4th) by an FNEC volunteer holding up a sign with the corresponding number.
- Runners must follow this person to the place where they will be lined up for the race.
- When all runners are in place, the runners in first position, baton in hand, will be signaled to start the race. They will then pass their baton to their teammate in second position and so forth until the runner in fourth position.
- Final times will be given for each team; not for each runner.

✓ **Special rule for the 4 x 100 m relay**

- Elementary school teams registered in the 10–12-year-old category can only have one 13-year-old runner.
- In the 13–15-year-old category, it is strictly forbidden to enter a competitor older than the other members of the relay team in the race.
- If a boy is part of the relay team, this team must compete in the boys' category.



✓ **False start**

- False starts are illegal.
- In the event of a false start, the race is restarted.
- If there is a second false in the same heat, the competitor at fault is disqualified.

Field events

✓ **Long jump**

Participants must make a minimum of two jumps. Depending on their ranking and the time remaining, some participants may make more.

- Participants may use a run-up varying between 12 and 16 strides (at the participant's discretion).
- Participants must place one foot on the take-off board without extending past it when preparing to jump. The jump is declared a foul if the participant's foot touches the small strip of plasticine on the end of the board (it will leave a mark).
- The jump is measured from the edge of the take-off board closest to the sand pit to the nearest mark left by any part of the competitor's body.
- If the participant falls backward upon landing, the measurement closest to the take-off board is recorded.

✓ **Shot put**

Competitors have a minimum of two throws each. Depending on their ranking and the time remaining, some participants may make more.

- Competitors put a shot, the weight of which depends on their age, as far as possible.
- The shot weighs 2 kg for 10–12-year-old girls; and 3 kg for 13–15-year-olds and 16–18-year-olds.
- The shot weighs 3 kg for 10–12-year-old boys; and 4 kg for 13–15-year-olds; and 5 kg for 16–18-year-olds.
- Competitors take their throw from inside a circle of 2.1 metres (7 feet) in diameter and put the shot placed between their neck and shoulder by completely extending their throwing arm. The distance of the throw is measured from the circumference of the circle to the mark made by the fall of the shot.



- Throwers cannot leave the circle and must stay in it until the shot hits the ground. Competitors must leave through the back half of the circle and not the front. If these rules are not respected, a foul will be called and the throw cannot be taken over.

✓ **Track event priority**

- Participants must prioritize their track events. Therefore, it is imperative that participants arrive at the scheduled race time even if that means leaving the long jump or the shot put events and coming back to them later.

✓ **Event preparation**

- Each competitor must be aware of the schedule of the events in which he or she is competing.
- Out of respect for everyone, participants must arrive at the venue at least ten minutes before their event starts.
- The preparation of the athletes and the functioning of the events will be greatly facilitated by the cooperation of everyone involved.

NB: The FNEC Inter-school Games sports consultant reserves the right to make a final decision regarding these rules.