



TRACK AND FIELD REGULATIONS

All events

➤ **Bib numbers**

- Bib numbers must always be worn in the front, for all events.

Track events

➤ **Event preparation**

- Even though we make a general call, competitors must check the schedule to see when their events are taking place.
- Out of respect for everyone, competitors must check-in at the designated call table at least twenty minutes before their event starts.
- All participants must enter the waiting zone near the start line at least 10 minutes prior to their start time. Only competitors are allowed in this area. Coaches must wait outside the perimeter.
- The preparation of the athletes and the functioning of the events will be greatly facilitated by the cooperation of everyone involved.

➤ **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.

➤ **Qualifying for the finals**

- Qualification for the finals will be done through the timed performance during preliminaries.
- The number of finals will be decided depending on the amount registrants in the preliminaries.
- Medals will only be awarded to participants in the A final, composed of the top 9 qualifiers.



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➤ **4 x 100 m relay**

- Relays will be a shuttle relay (there and back).
- 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 runner receiving the exchange must be standing still, behind the starting line until the exchange has taken place. The baton must be given from hand to hand.
- If the baton falls to the ground, it is the runner who had it in hand who must pick it up.
- Referees are instructed to make sure teams stay in their lanes, not 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 relay competitors and their coaches must meet at the finish line area, to get into position. Once placed into position, it is important to remain in place.
- Runners will be taken to the track according to their starting position (1st, 2nd, 3rd, or 4th) by an FNEC volunteer holding a sign with the corresponding number.
- Once runners are in place, the starting signal will be given to runners in first position with their batons to pass 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.

➤ **Team composition 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.
- It is strictly forbidden to have an older runner on a team registered in the 13–15-year-old category.
- If a boy is part of the relay team, this team must compete in the boys' category.
- A delegation may only register two teams per category.



➤ **False starts**

- False starts are illegal.
- In the event of a false start, the race will be restarted.
- If there is a second false start in the same heat, the competitor at fault will be disqualified, even if that competitor was not responsible for the first false start.

Field events

➤ **Instructions for field events**

- A specific time slot is given for each age group (10-12 10–12-year-olds, 13-15 10–12-year-olds, 16-18 10–12-year-olds).
- Participants can perform their long jump and shot put at a time that suits them within their designated time slot.
- The ranking will be established after the end of the time slot by comparing the performances of all participants.
- In case of a tie with their best performance, competitors will be ranked by comparing the performance of their second best attempt.

➤ **Long jump**

- Participants will have a minimum of two jumps. Depending on the time available, they may have 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.



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- 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 the time available, they may have 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, 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 meters (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.
- Competitors cannot leave the circle 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.

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