



FIRST NATIONS EDUCATION COUNCIL INTER-SCHOOL GAMES



TRACK AND FIELD REGULATIONS

All Events

Wearing of Bib Numbers

- For all events, the bib number must be worn on the front.

Schedule

- A specific half-day of athletics (track and field events) is assigned for each age group (10–12 years, 13–15 years, 16–18 years).
- For all three age groups, one hour will then be dedicated to the finals.

Track Events

Priority of Track Events

- Athletes must always prioritize their track events. It is imperative that they report to their race at the scheduled time, even if it means temporarily leaving the long jump, shot put, or javelin throw to return later.

Preparation for Events

- Although a general announcement will be made, it is each participant's responsibility to know the schedule of their events.
- Out of respect for all, each participant must check in at the call table at least **20 minutes** before their event.
- Participants must then proceed **no later than 10 minutes** before their event to the waiting area located near the starting line. Only runners are permitted in this area; coaches are asked to wait outside the perimeter.
- Everyone's cooperation will greatly facilitate athlete preparation and the smooth running of the events.

100 Meters

- Participants must run in a straight line as quickly as possible over the specified distance.
- Each athlete must stay within their lane throughout the 100 m event. Any athlete who violates this rule will be disqualified, regardless of their result.
- The 100 m event will consist of a qualifying round and a final round.
- Qualification for the final will be based on times achieved during the preliminaries.
- The number of final heats will be determined by the number of participants in the preliminaries.
- A precise schedule will be established and must be adhered to for the finals.



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- Medals will be awarded only to participants in the final comprising the **8 best qualifying times**.

200 Meters

- Each athlete must remain in their lane throughout the 200 m event. Any athlete who violates this rule will be disqualified, regardless of their result.
- There is only one round for the 200 m. Athletes will be ranked according to the time achieved in this race.

400 Meters

For the 16–18 age category only

- Each athlete must remain in their lane throughout the 400 m event. Any athlete who violates this rule will be disqualified, regardless of their result.
- There is only one round for the 400 m. Athletes will be ranked according to the time achieved in this race.

4 x 100 m Relay

- Runners must stay within their lane throughout the race.
- Any contact with a runner from another team is strictly prohibited and will result in team disqualification.
- In each exchange zone, the baton handoff cannot occur before a designated line indicated to each runner.
- If the baton is dropped, the runner who was holding it must pick it up.
- Officials are instructed to enforce each team's lane adherence, not the order of each runner, which is at the coaches' discretion.
- Each relay runner must know their running order (1st, 2nd, 3rd, or 4th) as assigned by their coach before the event.
- It is crucial for all team members to know their position in the relay.
- Before the event begins, relay teams will be called by the announcer and must gather near the finish line with their coach. Team members are then placed in running order and escorted to the start of their segment. Once in position, it is essential to remain at the designated spot.
- When all runners are ready, the race will start with the first runners, who will pass the baton to the second runners, and so on until the fourth runner.
- Only the team's final result will be announced, not individual runner times.

Team Composition for the 4 x 100 m Relay

- Any team from a primary school registered in the 10–12 age category may include only **one runner aged 13**.
- It is strictly forbidden to include an older athlete in a team registered in the 13–15 age category.
- If a boy is part of a relay team, the team must compete in the male category.
- A delegation may register a maximum of **two teams per category and per gender**.



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False Starts

- False starts are prohibited.
- In the event of a false start, the starter will restart the race.
- If a second false start occurs in the same race, the offender will be disqualified, even if they were not responsible for the first false start.

Field Events

Instructions for field events

- Participants may perform their long jump, shot put, or javelin throw at any convenient time within their allotted half-day.
- Each participant is entitled to **1 practice attempt and 2 measured attempts**.
- For each event and age category, a minimum measurement limit will be established. Performances exceeding this limit will be measured precisely; performances below this limit will be evaluated using designated landing zones.
- Rankings will be determined after the half-day by comparing all participants' performances.
- In the event of a tie in their best performance, competitors will be ranked based on their second-best attempt.

Long Jump

- Participants initiate a run-up ranging from **12 to 16 strides** (at their discretion).
- They must place their foot on the take-off board without overstepping it when jumping. A foul occurs if the athlete steps on the plasticine strip at the end of the take-off board, leaving a mark.
- When measured, the jump distance is calculated from the edge of the take-off board closest to the sand pit to the nearest mark made by any part of the athlete's body.
- If the athlete falls backward upon landing, the closest mark to the take-off board is recorded.

Shot Put

- Participants must throw a shot, weighted according to their age, as far as possible.
 - **For girls:**
 - 2 kg for 10–12 years
 - 3 kg for 13–15 years and 16–18 years
 - **For boys:**
 - 3 kg for 10–12 years
 - 4 kg for 13–15 years
 - 5 kg for 16–18 years
- Competitors must stand inside a circle **2.1 m (7 feet) in diameter** and push the shot, which rests between the neck and shoulder, by fully extending the arm.



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- When measured, the throw distance is calculated from the front of the circle to the point where the shot lands.
- Leaving the circle before the shot touches the ground is prohibited. The thrower must exit from the back of the circle, not the front. Failure to comply will result in the attempt being nullified, and the throw cannot be retaken.

Javelin Throw

- Participants must throw a javelin, weighted according to their age, as far as possible.
 - **For girls:**
 - 400 g for 10–12 years
 - 500 g for 13–15 years and 16–18 years
 - **For boys:**
 - 400 g for 10–12 years
 - 500 g for 13–15 years
 - 600 g for 16–18 years
- Competitors may throw the javelin with or without a run-up, running along the entire length of the runway if desired.
- Crossing the line marking the end of the runway is prohibited. If this occurs, the throw will not be measured and cannot be retaken.
- For a throw to be measured, the tip of the javelin must touch the ground first (it does not need to stick into the ground).
- When measured, the throw distance is calculated from the line marking the end of the runway to the point where the javelin lands.

Note: The sports consultant of the FNEC Inter-School Games reserves the right to make final decisions regarding these regulations.