

**ROPSSAA CO-EDUCATIONAL SPECIAL EVENTS TRACK & FIELD**

**PLAYING REGULATIONS**

1. **DATE**

- (a) The ROPSSAA Track and Field Special Event Championship Meet shall take place over a two-day period during the month of May.
- (b) Meet Schedule (Appendix A).

2. **LOCATION**

- (a) When possible, the location of the ROPSSAA Special Event Track and Field Championship shall be at St. Marcellinus.

3. **ELIGIBILITY**

- (a) All students are eligible if they are bonafide members of the school.
- (b) All eligibility sheets must be in the hands of the Convenor by the deadline announced at the pre-season coaches meeting.
- (c) Athletes compete in 10 different categories.
  - (i) Special Olympics
    - these events are for those with a developmental disability, as identified on their IEP
      - 1a D.D -- athlete is assisted ambulatory, including visually impaired
      - 1b D.D. -- athlete is ambulatory
      - 2 D.D. -- athlete uses manual wheelchair
      - 3 D.D. -- athlete uses electric wheelchair
    - (ii) Sport for the Disabled
      - these events are for those students with physical disabilities who are working towards their OSSD diploma
        - 4 Athlete is ambulatory with mobility aid (crutches, walker, canes, etc.)
        - 5 Athlete is ambulatory without mobility aid.
        - 6 Manual wheelchair -- Athlete has little or no impairment of physical function in upper limbs (i.e., a student with spina bifida).
        - 7 Athlete uses electric wheelchair.

8 Athlete is visually impaired.

(iii) Medically Fragile

9 Athletes who are fully assisted (require hand assistance to participate, full staff support 100% of the time)

#### 4. OPERATING STRUCTURE

(a) Events: (Appendix B and C)

(i) Individual competition shall be in the following events:

30 m slalom electric wheelchair  
50 m  
100 m  
200 m  
400 m  
800 m  
precision throw  
target throw  
distance throw  
softball throw  
shotput  
verticle jump  
standing long jump  
running long jump  
high jump  
trackathalon (Appendix E)

(ii) Relay competition shall be in the following events:

- 4 x 50 manual wheelchair  
note – athletes may not be pushed and/or assisted in any manner
- 4 x 50m ambulatory
- 4 x 100m ambulatory  
note – athletes may not use mobility aids for the ambulatory relays

NOTE: relay results will not contribute to team points

(iii) OFSAA Events

The following events will be offered at the ROPSSAA track and field Championships:

Girls

800m Blind  
800m Wheelchair  
100m Ambulatory

Boys

1500m Blind  
1500m Wheelchair  
100m Ambulatory

(b) Heat Events

- all track events will be timed finals

5. ENTRIES

(a) Track Event Entry

- (i) Each athlete may enter a maximum of two running events plus one relay.

(b) Field Event Entry

- (i) Each athlete may enter a maximum of three field events, but only 1 of the 5 throwing events and 1 of standing or running long jumps in addition to high jump and/or verticle jump.

Note: event entry total may not exceed 6 and must meet the following maximums,  
2 track events plus 1 relay maximum  
plus  
3 field events maximum

(c) Event Specifics

A. Verticle Jumps

High Jump increments of 5 cm - boys and girls minimum .08  
- athletes in standing long jump may not participate in high jump

Verticle Jump – for athletes who are not participating in running long jump or high jump  
– athletes will jump vertically as high as they can 3 times a attached to the 'jump pad' apparatus. Their highest jump will be recorded.

B. Throwing Events

Shot Weight	2kg girls	4 kg boys
Softball	11inch	
Precision	beanbag	
Target	beanbag	
Distance	beanbag	

C. Horizontal Jumps

Running Long Jump - boys 1b minimum 2.0m  
- girls 1b minimum 1.8m

Standing Long Jump - boys minimum 1A 0.4m 1B 1.0m 5 0.8m 8 0.15m  
- girls minimum 1A 0.2m 1B 0.8m 5 0.8m 8 0.15m

6. EXPENSES

- (a) Entry fees for the track meet are paid by each school, at the beginning of the school year.

7. RULES AND OFFICIALS

- (a) The Track and Field Rules of Sport for Disabled and Special Olympics will be used to cover all technicalities not covered by ROPSSAA regulations.
- (b) All member schools are required to provide a minimum of 1 adult and 1 student official each day to the ROPSSAA Special Event Track and Field Championship regardless of the number of athletes a school is sending. The official must attend the officials meeting at 9:00am on meet days.
- (c) The Convenor will assign officiating responsibilities to the various schools for the Meet.
- (d)
  - (i) A designate coach/staff or designated official must be present for their officiating assignment.
  - (ii) A designated school official must be present from the start of each day (coaches meeting) up to and including the end of the meet.
- (e) Students leaving field events to participate in track events will be given an opportunity at the end of all flights to complete field events.
- (f) Competitor numbers to be worn on the front of the jersey.

8. AWARDS

- (a) Participant ribbons to be awarded to each competitor in the meet.
- (b) Medallions to the 1<sup>st</sup> - 3<sup>rd</sup> place individual finishers per event. Ribbons to the 4<sup>th</sup> - 6<sup>th</sup> place individual finishers per event. These awards for participants in categories 1a, 1b, 2, 3, 4, 5, 6, 7, 8.
- (c) ROPSSAA team trophies to the top small, medium, and large schools for D.C. athletes (categories 1a,1b,2,3). A ROPSSAA trophy to be awarded to the top school for sport for the disabled athletes (categories 4,5,6,7,8).
- (d) Category 9 competitors to receive gold medallions for completing 3 of 3 events, silver medallions for completing 2 of 3 events and bronze medallions for completing 1 of 3 events.

9. UNIFORMS

- (a) Competitors must compete in their school track uniform top or physed t-shirt. No jeans may be worn. All apparel must be athletic wear (shorts, tights, track pants etc). It is recommended that running shoes be worn.

10. SCORING

(a) Ties in Events

Will be broken based on event specifications.

(b) Ties in Team Standings

In the event of a tie for a team championship, the schools share the championship and the names of both schools shall be engraved on the trophy for the year.

(c) Team Scoring

Points for team standings will be awarded based on finish position.

1 <sup>st</sup>	-	10 points
2 <sup>nd</sup>	-	8
3 <sup>rd</sup>	-	6
4 <sup>th</sup>	-	4
5 <sup>th</sup>	-	2
6 <sup>th</sup>	-	1

11. EQUIPMENT

- (a) It will be the responsibility of the Convenor to ensure that all equipment required for the Meet is available. Member schools may be required to help provide the necessary equipment.
- (b) All volunteers must sign out equipment.
- (c) Bean bags will be vinyl.
- (d) A fibre glass bar to be used for high jump.

12. DEPORTMENT

- (a) Competitors, coaches and parents are expected to behave in a sportsmanlike manner as per the ROPSSAA Constitution, Article XVI, Section II.
- (b) At the ROPSSAA Meet, personal radios or tape recorders are to be permitted in the stand area only.

13. JURY OF APPEAL

- (a) A Jury of Appeal shall consist of the Meet Convenors, the track committee and any involved officials. The Jury of Appeal will rule on any protests put forward at the Meet.
- (b) All protests are to be submitted in writing to the Meet Convenors within 30 minutes of the posting of the results. All protests must be accompanied with a \$25.00 deposit. The deposit will be returned should the protest be successful, or will be forfeited to the Association if the protest is lost.
- (c) The Jury of Appeal is to decide upon all protests as soon as possible without disruption to the meet.

14. MEDICAL PERSONNEL

- (a) Schools are responsible for bringing their own first aid kit, and someone to administer first aid.

**ROPSSAA SPECIAL EVENT TRACK AND FIELD MEET  
MEET SCHEDULE  
DAY ONE**

**9:00** Officials Meeting

**9:30** Coaches Meeting

**TRACK**

**9:45** 100m Timed Final (Boys 'A' Side/Girls 'B' Side)

50m Timed Final (designated area)

400m Timed Final (Boys/Girls)

Trackathalon

**FIELD**

**9:45** Shot Put Boys

Softball Throw Girls

Precision Throw Girls

High Jump Boys

**11:45** Running Long Jump Boys (South)

Standing Long Jump Girls (North)

Shot Put Girls

Softball Throw Boys

Precision Throw Boys

High Jump Girls

**1:30** Finish Meet

**1:45** on Buses

**DAY TWO**

**9:00** Officials Meeting

**9:30** Coaches Meeting

**TRACK**

**9:45** 800m Timed Final Boys/Girls

200m Timed Final Boys/Girls

30m Slalom(same time as 200's)

4x50m Manual Wheelchair Relay

4x50m Ambulatory Relay

4x100 Ambulatory Relay

Trackathalon

**FIELD**

**9:45** Running Long Jump Girls (South)

Standing Long Jump Boys (North)

Distance Throw Girls

Target Throw Boys

**11:45** Distance Throw Boys

Target Throw Girls

Vertical Jump (Boys/Girls)

**1:30** Finish Meet

**1:45** on Buses

**APPENDIX B**

**ROPSSAA SPECIAL EVENT TRACK AND FIELD  
CATEGORY EXPLANATION AND MINIMUM REQUIREMENTS**

**FOR FIELD EVENTS**

EACH ATHLETE MAY SELECT A MAXIMUM OF TWO FIELD EVENTS, BUT ONLY 1 OF THE 5 THROWING EVENTS, AND 1 OF THE STANDING OR RUNNING LONG JUMPS.

EVENT	EXPLANATION	ELIGIBLE CATEGORIES*		MINIMUM STANDARDS	
				BOYS	GIRLS
PRECISION THROW	This event is for athletes with severe upper body limitations, who would not be capable of doing any other throwing event. Athletes will be given 3 attempts at throwing bean bags <u>underhanded</u> at hoolahoop targets. See target diagram for details.	1a 2 3 4	5 6 7 8	N/A	N/A
TARGET THROW	This event is for athletes with moderate upper body limitations who would be capable of throwing a bean bag <u>underhanded</u> 5 meters into a target. See target diagram for details.	1a 2 3 4	5 6 7 8	N/A	N/A
DISTANCE THROW	This event is for athletes who would not be capable of throwing a softball using proper overhand mechanics. Athletes will be given 3 attempts at throwing (no specified throw) bean bags for distance.	1a 1b 2 3 4	5 6 7 8	1B distance guideline 23m max ***	1B distance guideline 12m max ***
SOFTBALL THROW	This event is for athletes with good upper body mobility who are capable of using proper overhand mechanics and are unable to 'put' a shot. Athletes will be given 3 attempts.	1a 1b 2 3 4	5 6 7 8	N/A	N/A
SHOT PUT	This event is for athletes who have good upper body mobility and strength. Athletes will be given 3 attempts and must 'put' the shot.	1a,1b,2,5,6,8		N/A	N/A
STANDING LONG JUMP	For athletes who are only capable of a two foot take off.	1a 1b 4	5 6 8	** 1A 0.4M 1B 1.0M 5 0.8M 8 0.15M	** 1A 0.2M 1B 0.8M 5 0.8M 8 0.15M
RUNNING LONG JUMP	Must be able to take off on one foot. Those unable to do this will be DQ'd.	1B		** 1B 2.0M	** 1B 1.8M
VERTICLE JUMP	For athletes who are not participating in high jump or running long jump.	1a 8		N/A	N/A
HIGH JUMP	This event requires complex skills and training. All athletes must be trained in an appropriate technique ie: the Fosbury Flop, Western Roll, Scissor Kick. Participants may not go over the bar head first. Those unable to do this will be DQ'd. Competitors participating in standing long jump or verticle jump are not eligible for this event.	1b		1B 0.85m	1B 0.85m

\* Schools with athletes in categories not offered in an event may request entry by the deadline announced.

\*\* Jumps below standard will not be measured

\*\*\* 1b throws above the maximum will not be measured

## APPENDIX C

### ROPSSAA SPECIAL EVENT TRACK AND FIELD CATEGORY EXPLANATION AND MINIMUM REQUIREMENTS

#### FOR TRACK EVENTS

EACH ATHLETE MAY SELECT A MAXIMUM OF TWO RUNNING EVENTS  
but only 1 of the 50m or 100m PLUS ONE RELAY.

EVENT	EXPLANATION	ELIGIBLE CATEGORIES*	MINIMUM STANDARDS	
			BOYS	GIRLS
30m slalom Electric Wheelchair	This event requires the athlete to weave around the cones placed 5m. apart on the track. Each athlete will be given 3 attempts.	3 7	N/A	N/A
50m	This event is for the slower runners or athletes that have running gait limitations. Runners in this event may only participate in the 4x50 ambulatory relay and may not participate in the 100m and 200m events.	1a 5 1b 6 2 8 4	N/A	N/A
100m	This event is for the faster runners who have good running ability. Runners in this event may not enter the 4 x 50 ambulatory relay or the 50m event.	1a 5 1b 6 2 8 4	N/A	N/A
200m	Not for athletes competing in the 50m event.	1a 5 1b 6 2 8 4	N/A	N/A
400m	For athletes who are able to complete one lap without stopping.	1a 5 1b 6 2 8	N/A	N/A
800m	Ambulatory athletes must be able to run the entire distance. Manual wheelchair athletes must be able to propel themselves the entire distance without stopping.	1a 5 1b 6 2 8	N/A	N/A
4x50m AMBULATORY RELAY	Choose athletes from the 50m category only. Schools may combine to make a team.	1a 5 1b 6 2 8 4	N/A	N/A
4x100m AMBULATORY RELAY	Choose athletes from the 100m category only. Schools may combine to make a team.	1a 5 1b 6 2 8 4	N/A	N/A
4x50 MANUAL WHEELCHAIR RELAY	Open to manual wheelchair categories <u>only</u> . Schools may combine to make a team.	2, 6	N/A	N/A

\* Schools with athletes in categories not offered in an event may request entry by the deadline announced.

**PRECISION THROW/TARGET THROW EVENTS**

**You will need**

- 1 - 24" hoop
- 5 - 30" hoops
- 10 - 36" hoops
- masking tape
- marker of some kind to mark the meter mark
- meter stick
- bean bag

**Set - up**

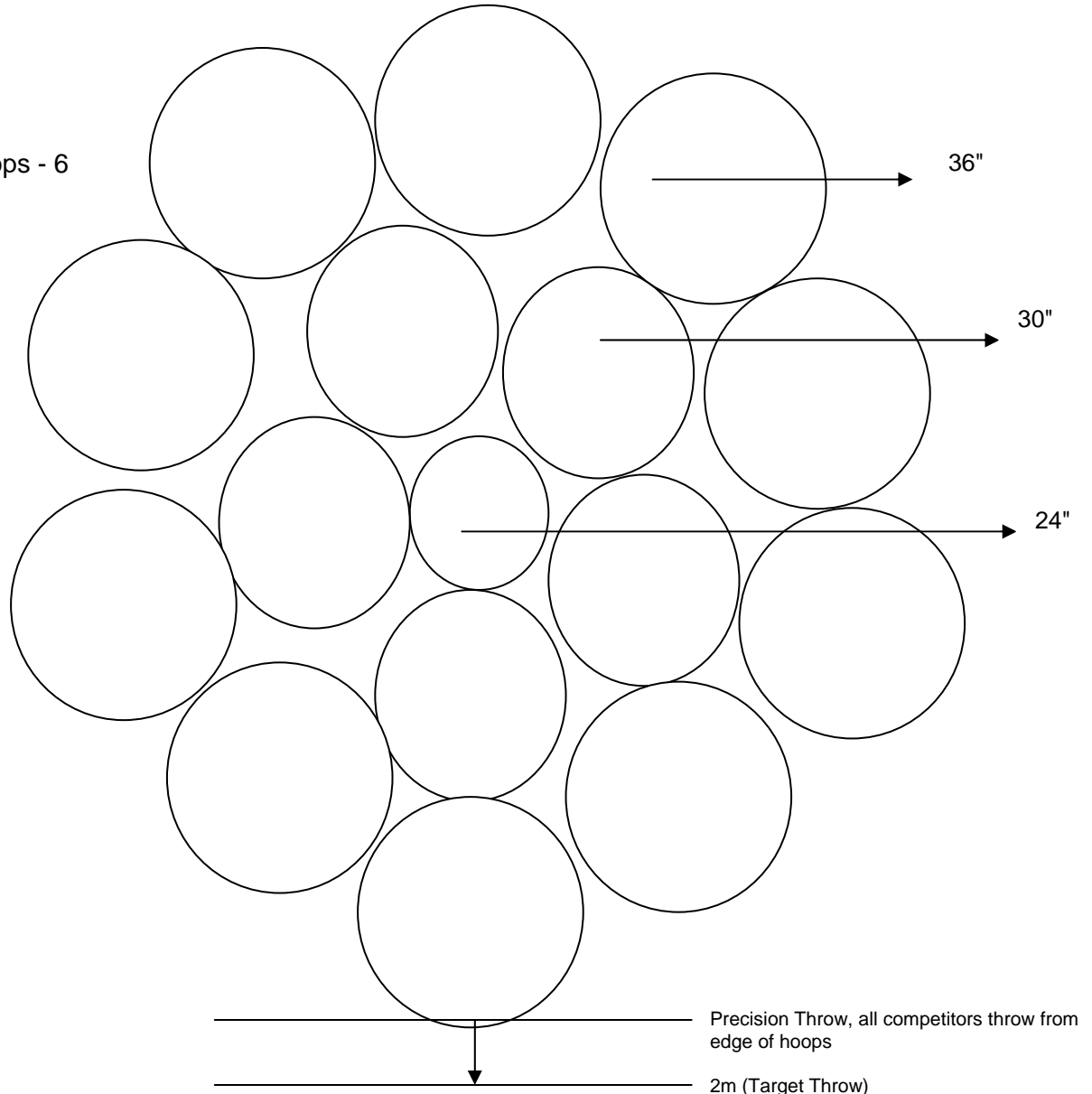
1. Layout hoops as pictured below with the 24" hoop in the center, 30" hoops around it, and the 36" hoops around the outside. Make sure they are touching each other.
2. Use the masking tape to piece together the hoops.

**To Play**

Depending on upper body ability the toss to occur from one of two spots, precision (stand at edge of hoop) target (stand 2m back from hoop).

**Scoring**

- 36" - 5
- 30" - 7
- 24" - 10
- Between Hoops - 6



## TRACKATHALON EVENT

Event	Explanation
12m weave	Athlete to negotiate around 3 pylons, each 2m apart, by rolling a coloured cube to match the pylon colour (there and back).
Target Roll	Athlete will roll a tennis ball down a ramp onto a target mat enclosed in a wooden frame. Maximum 5 rolls.
Rock/Paper/Scissors	Athletes will toss cubes that are labelled with 'rock' , 'paper', scissors' and compete against at least one other athlete. Maximum 10 rolls each.