

FOREWORD

The Rules contained in the following pages are intended to help avoid problems in Athletic competitions. The Committee responsible for these Rules recognizes that they are neither perfect nor complete and will be, therefore, subject to periodic modifications and additions. They are **NOT** intended to cover all unusual situations. They are intended to be simple and concise.

When something happens that is not covered specifically by these Rules, we suggest that decisions be reached that are consistent with the spirit of fair play in which these Rules have been written.

The Official, besides knowing the Rules, is not just objective and courteous, but is also firm in enforcing them.

The Physical Education teacher/Coach, although doing the utmost within the Rules to help his or her team win, places honour and team welfare above victory.

The Athlete is a Sportsman in the finest sense, always honouring teammates and opponents with his or her very best effort, accepting victory with both pride and humility, and defeat with goodwill.

(Editor's Note:– Reference is made in the following Rules to certain publications of the International Association of Athletic Federations (IAAF), which provide more comprehensive details in certain instances.)

RULE 1

OFFICIALS

The number of officials needed to conduct an Athletics meet varies considerably. The following officials are recommended for Barbados Secondary Schools Athletics Championships.

A. ORGANIZING COMMITTEE 12

B. GAMES COMMITTEE

Meet Director	1	Chief Track Umpire	1
Assistant Meet Director	1	Track/Relay Umpires	14
Track Referee	2	Competitors' Stewards / Call	
Field Referee	2	Room	12
Jury of appeal	7	Chief Starter	1
Technical Manager	1	Starters Assistants	4
Meet Manager	7	Chief Marshal	1
Chief of Secretariat	1	Students Assistants	45
Secretariat	8	Equipment manager	1
Wind Gauge	2	Prizes : Prize list	2-4
Announcers	3		
Discus	7	<u>MEDICAL</u>	
Javelin	7	St. John's Ambulance	
High jump	6	Sports Medicine Assoc	
Long/Triple Jump	13	<u>SECURITY</u>	
Shot Putt	7	Royal B'dos Police Force	
Director of Ceremony	1	School / Private Guards	

Delays in competition, are often difficult to deal with. Competitors are entitled not to be rushed unduly, but it is the officials' task to see that the events are conducted without any waste of time, which will help to ensure that the programme runs on time. Indeed, it is to the advantage of competitors that events start at the time scheduled so that they can prepare their warming up accordingly. In the event of delays, there must be a tactful application of "pressure" to speed up the competition.

RULE 2

EVENTS

The following events are recommended.

<u>UNDER 13</u>	<u>UNDER 15</u>	<u>JUNIORS</u>
100 Metres	100 Metres	75m.Hurdles (Girls)
200 Metres	200 Metres	80m.Hurdles (Boys)
400 Metres	400 Metres	1500 Metres
800 Metres	800 Metres	Discus
4x100 Met. Relay	4x100 Met. Relay	Shot Putt
High Jump	High Jump	Javelin
Long Jump	Long Jump	3000 Metres (Boys)

UNDER 17 & UNDER 20

100 Metres	100 Metres Hurdles(Under 17 Girls)
200 Metres	100 Metres Hurdles(Under 17 Boys)
400 Metres	100 Metres Hurdles(Under 20 Girls)
800 Metres	110 Metres Hurdles(Under 20 Boys)
1500 Metres	400 Metres Hurdles(Under 20 Boys & Girls)
Long Jump	300 Metres Hurdles(Under 17 Girls)
High Jump	4x100 Metres Relay
Discus	Javelin
Shot Putt	Triple Jump (Boys)

OPEN

Triple Jump (Girls)	3000 Metres (Girls)
5000 Metres(Boys)	4 x 400 Metres Relay
Outdoor Pentathlon	

Unless otherwise specified, events will be conducted for Girls and Boys

RULE 3

RESPONSIBILITY OF COMPETITORS

In spite of the fact that Officials are both expected and willing to assist and inform competitors, the responsibility for all such prerequisites as officially checked implements/equipment, uniforms, correct numbers and reporting on time, shall be primarily that of the competitors.

Competitors must report promptly for their events. The competitor **MUST** compete in the proper uniform issued by his or her school.

RULE 4

NUMBER OF COMPETITORS

In all events, except relay races and the outdoor pentathlon, a maximum of two (2) competitors may be allowed to compete for each school per event. Both competitors **MUST** reach the minimum qualifying standard. If both competitors do not reach the qualifying standard, only one competitor per school may be allowed to compete in the event.

In relay races a school may be represented by one (1) team.
(SEE ALSO RULE 20).

RULE 5

UNIFORMS

When engaged in a competition and during the awards ceremony, competitors **MUST** wear the **official** uniform of the school they represent. Prior to the start of the competition, each school must declare, by drawing or photograph, the official uniform(s) to be used during the championships.

No jewelry, except for medical purposes, is permitted.

RULE 6

NUMBERS

Unless decided otherwise, by the Games Committee, no competitor shall be allowed to start and compete without his or her number. Track event competitors must wear the number **on the front and on the back** of the jersey, **pinned at four corners**, or as prescribed by the games committee. Replacements for lost numbers **MUST** be easily visible to officials.

RULE 7

PROTEST

Protests relating to matters that develop during the conduct of the Championships should be made at once and not later than 30 minutes after the final result has been officially announced. All protests shall, in the first instance, be made orally to the Referee. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury. **(SEE RULE 8)**

RULE 8

JURY OF APPEAL

If a Jury of Appeal has been appointed, the decision of the Referee may be appealed. Any application to the Jury of Appeal must be in writing, signed by a responsible Official on behalf of the athlete, and **MUST** be accompanied by a deposit of **\$20.00** before the appeal is heard.

The deposit will be forfeited if the protest is considered to be frivolous.

RULE 9

CONTROL OF START

The Starter has sole control over all aspects of the start. The Starter's decision shall be final. A Marshall shall be assigned to assist in keeping the starting area clear and quiet.

RULE 10

STARTING BLOCKS

Starting blocks must be used for all races up to 400 metres (including the first legs of the 4x100 metres and 4x400 metres relays) and must not be used for any other races. (Note: Under 13 and Under 15 Age Groups are exempted from this stipulation).

RULE 11

ORDER OF EVENTS

The Games Committee will set a definite time schedule in advance of the Championships. This schedule will be subject to modification by the Director, in the interest of safety and the smooth running of the championships. Advance notice will be given of any changes.

RULE 12

SUBSTITUTIONS

When a contestant or relay team has qualified and withdraws from the Semifinals or Finals of that Event, a maximum of two (2) substitutions may be allowed. Any registered athlete may participate in a relay: however, once a team has started in the competition, only two additional athletes may be used as substitutes in the composition of the team for subsequent rounds. Substitutions in a relay team, or any other event, can only be made from the list of registered athletes. Substitution forms **MUST** be signed by the Meet Director or the Assistant.

RULE 13

PLACING FINISHERS

To assist the Judges in identifying the place winners of races run in lanes, runners must return, in their lanes, to the finish line, on the completion of races. In the case of fully electronic timing, instructions will be given to finishers, by finish line officials.

RULE 14

REGULATIONS FOR FORMING HEATS

The Heats in running events shall be formed according to the following regulations.

- 1) The declared contestants will be assigned to the first round heats in the order in which their names are drawn by lot.
- 2) The only exception to the above is when this procedure would cause two individuals from the same school to be listed in the same heat, in which case the second contestant shall be moved to another heat.
- 3) After the first round, Semifinal placement will be determined by place and time.
- 4) No two athletes from the same school may be allowed to run in the same Semifinal.

RULE 15

QUALIFYING PROCEDURES – TRACK EVENTS

At least the winner from each Heat and the fastest losers shall advance to the next round of Semifinals. **The first four (4) places per Semifinal Heat will advance to the Final.**

RULE 16

QUALIFYING TRIALS – FIELD EVENTS

In all field events, except the High Jump, when qualifying competition is required, three trials shall be permitted. Field event contestants who first report after the first competitive attempt has been made shall forfeit that turn.

Performances in qualifying may count as records, but they are not counted in the placing or scoring.

RULE 17

ABSENCE FROM COMPETITION

- A. If a competitor is competing in some other event that requires a long absence, The Head Judge of an event may allow the competitor to take qualifying trials out of the official order but not necessarily in succession.
- B. Competitors excused to take trials in preliminary rounds out of order must not unduly delay the start of the Finals. Should a competitor miss a regular turn in the Finals, the Head Judge may refuse permission for that competitor to take that turn.

RULE 18

TIME LIMIT

The Games Committee may fix a time by which all preliminaries in a field event must be completed. Trials not taken before this time shall be forfeited.

RULE 19

SCORING

Scoring in the Inter-School Sports shall be recorded as follows.

INDIVIDUAL EVENTS

RELAYS

PLACE	POINTS	PLACE	POINTS
1st	10	1st	12
2nd	8	2nd	10
3rd	6	3rd	8
4th	5	4th	6
5th	4	5th	5
6th	3	6th	4
7th	2	7th	3
8th	1	8th	2

RULE 20

1. A school may enter a maximum of two competitors in each event, provided both have met the qualifying standard.

The certification of eligibility form (Date of Birth) for the Barbados Secondary Schools' Athletics Championships must include all possible competitors.

2. A qualifying mark for entry into the Barbados Secondary Schools' Athletics Championships must be made during the season following December 1st and no later than the Sunday prior to the Barbados Secondary Schools' Athletics Championships Meeting.
3. Relay times will not be accepted for individual events.

RULE 21

QUALIFYING STANDARDS

In an effort to enhance the level of competition, it is recommended that a set of qualifying standards be established. Suggested qualifying standards for the Barbados Secondary Schools' Athletics Championships are listed below. Athletes whose performances are submitted erroneously will not be allowed to compete. Further, the school's principal will be made aware of the infraction by a letter from the chair of the Barbados Secondary Schools' Athletics Championships Committee.

To enter the competition an athlete must have met the minimum qualifying standard. The only provision for a "Free Entry" is that every school may enter one competitor per event.

QUALIFYING STANDARDS**GIRLS _____**

<u>EVENT</u>	<u>UNDER13</u>	<u>UNDER15</u>	<u>UNDER 17</u>	<u>UNDER 20</u>
100m	14.5 secs	13.7 secs	13.0 secs	12.8 secs
200m	30.0 secs	28.0 secs	27.0 secs	26.0 secs
400m	67.0 secs	64.9 secs	63.5 secs	62.5 secs
800m	2:50. mins	2:46.5 mins	2:40.0 mins	2:36.5 mins
1500m	5:50.0 mins.	5:40.0 mins	5:30.0 mins
3000m	(OPEN)	13:00.0 min	
High Jump	1.25m.	1.35m	1.40m	1.45m
Long Jump	3.75m	4.65 m	4.75 m	4.83 m
Discus	19.50 m	21.00 m	24.00 m
Javelin	21.00m	24.50m	25.00m
Shot Putt	6.75 m	8.20 m	8.75 m
Triple Jump		(OPEN)	8.50 m
<u>HURDLES</u>
75 metres		15.5 secs
100 metres	19.5 secs
100 metres	18.5 secs
300 metres	54.0 secs
400 metres		67.0 sec

QUALIFYING STANDARDS**BOYS**

<u>EVENT</u>	<u>UNDER 13</u>	<u>UNDER 15</u>	<u>UNDER 17</u>	<u>UNDER 20</u>
100m	14.0 secs	13.0 secs	12.5 secs	11.5 secs
200m	28.8 secs	26.6 secs	24.5 secs	23.3 secs
400m	65.0 secs	60.0 secs	55.0 secs	52.5 secs
800m	2:40.0 mins	2:25.0 mins	2:15.0 mins	2:09.5 mins
1500m	5:50.0 mins	4:40.0 mins	4:30.0 mins
5000m	(OPEN)	19:45.0 mins
High Jump	1.35m	1.45m	1.50m	1.65m
Long Jump	4.40m	5.00 m	5.80 m	6.25 m
Discus	26.00 m	26.00 m	29.50 m
Javelin	30.00m	37.50m	42.00m
Shot Putt	8.80 m	10.00 m	10.00 m
Triple Jump	11.90 m	12.90 m
<u>HURDLES</u>				.
80 metres	15.0 secs
100 metres	17.0 secs
110 metres	18.0 secs
400 metres	57.0 secs
400 metres	60.0 secs

RULE 22

AGE GROUPINGS

Competitors are placed in AGE Categories as follows:

JUNIORS

**UNDER 13
UNDER 15**

SENIORS

**UNDER 17
UNDER 20**

- A) To be eligible to compete in an Age category, the competitor must be under the stipulated Age on December 31st in the year of competition.
- B) A competitor may compete in an Age Group above his/hers, but is never allowed in a lower Age Group. That competitor must remain in the higher Age Group throughout the competition, and is only allowed to compete in that Age Group throughout the competition. This includes relays.
- C) **Each competitor is limited to four (4) individual events and two (2) relays.**

RULE 23

ENTRIES

Preliminary entries must be submitted to the Meet Director in the form of a Diskette using the Hy-Tek Team Manager Soft ware, prior to the closing date for final entries. As a backup, a hard copy list of entries must also be submitted. The closing date for final entries shall be **not less than 7 days prior to the start of the competition.**

RULE 24

ENTRY FEE

There will be a \$300.00 entry fee paid by the individual schools. This fee is to be paid prior to the first day of competition.

RULE 25**HURDLES**

The heights for the Hurdles events shall be as follows: –

BOYS**GIRLS**

Under 15	80 metres....84 cm.	Under 15	75 metres....76 cm.
Under 17	100 metres...91 cm.	Under 17	80 metres....76 cm.
Under 20	110 metres...99 cm.	Under 20	100 metres...84 cm.
Under 17	400 metres...76 cm.	Under 17	300 metres...76 cm.
Under 20	400 metres...84 cm.	Under 20	400 metres...76 cm.

THROWING IMPLEMENTS

The field event implements shall conform to the following specifications:

EVENT	JUNIORS	UNDER 17	UNDER 20
DISCUS	1k. 1k.	1k. 1.5k.	1k. (GIRLS) 1.75k.(BOYS)
JAVELIN	600g 600g	600g 700g	600g (GIRLS) 800g (BOYS)
SHOT PUTT	4k 4k	4k 5k	4k (GIRLS) 6.25k (BOYS)

RULE 26

High Jump Guide

<u>Division</u>	<u>Starting Height</u>	<u>5cm. Intervals to 3cm. after</u>
U13 GIRLS	1.15	1.25
U13 BOYS	1.25	1.35
U15 GIRLS	1.30	1.45
U15 BOYS	1.45	1.60
U17 GIRLS	1.35	1.50
U17 BOYS	1.55	1.75
U20 GIRLS	1.35	1.55
U20 BOYS	1.70	1.85

THROWS AND LONG JUMP NOTES

1. All athletes from a given age group will do the preliminary throws or jumps in flights.
2. All age groups will use the sand pit in front of the Louis Lynch stand.
3. **Triple Jump.**
 - a) U20 Boys will use the pit in front of the Louis Lynch Stand. Competitors will have a choice of either the 11m. or 13m. board.
 - b) Girls will use the pit in front of the Louis Lynch stand, and may choose either the 8m. or the 9m. board.

General Reminders

4. All competitors must wear the correct number.
5. All competitors will have a maximum of three qualifying effort to reach a given standard. Those reaching the standard in the qualifying round automatically advance to the finals and need not take any further efforts at this stage. Where the number of qualifiers is less than eight, the number will be made up of the best non-qualifiers.
- 6.. The Chief Judge has the authority to reject any athlete who does not meet the standard of the dress code. **(See Rule 5)**
7. Athletes should be informed of their best performances.

RULE 27

CEREMONIES

All participating teams shall take part in the opening ceremony which will take place on the morning of the third day of the Championships. Teams of not more than 25 athletes shall march behind the name card and/or flag of their school.

At the conclusion of the championships, teams shall assemble, **in an orderly manner**, in front of the Louis Lynch Stand, for the final presentation.

Victory parades shall take place at such times as not to interfere with any events in progress in the stadium. The first three athletes in each event. shall mount the victory stand. School or competition uniforms, with no spiked shoes, is obligatory.

RULE 28

ILLEGAL ASSISTANCE

It is illegal to assist or coach an athlete from the infield, track or field event areas, during the competition, in any way that may aid or give unfair advantage to an athlete. Assistance is direct help conveyed by any means and includes pacing by persons not participating in the race, by runners lapped or about to be lapped, or by any kind of technical device. If on the report of an official and in the opinion of the Referee, a violation is evident, that the contestant shall be disqualified.

RULE 29

CALLING AREA

At the Eastern side of the Stadium, (near to the Nova Scotia Gate) there will be four tents where the competitors' and Call Room stewards will be located. Each competitor MUST report to the competitors' steward, no later than the time indicated below, before the start of the competition. Competitors will be assigned lanes, asked to sit in the Call Room and escorted into the arena. They will leave, at the end of their events, by way of the tunnel or as directed by meet officials.

	<u>TRACK EVENTS</u>	<u>FIELD EVENTS</u>
FIRST CALL.....	60 MINUTES	90 MINUTES
SECOND CALL.....	30 MINUTES	60 MINUTES
FINAL CALL.....	15 MINUTES	45 MINUTES

NB: *No athlete will be allowed to check-in after the final call has been made.*

RULE 30

FAILURE TO PARTICIPATE

A competitor shall be excluded from participation in all further events in the competition, including relays, in cases where:

- i. A final confirmation was given that the athlete would start in an event but then failed to participate without giving a valid reason, so that it was not practicable to delete the name from the list of starters for that event;
- ii. He/she qualified in preliminaries or heats for further participation in an event but then failed to participate further without giving a valid reason.

FINAL CONFIRMATION OR WITHDRAWAL, WITH A VALID REASON, SHOULD BE GIVEN ½ HOUR BEFORE THE SCHEDULED START OF AN EVENT.

Note: Failure to participate includes failure to compete honestly with bona fide effort. (IAAF RULE 138)

RULE 31

ENTRANCE TO THE STADIUM

All athletes, coaches and officials must present their BSSAC identification to the security personnel at the gates, to be allowed entrance to the stadium. PE Teachers are reminded that, at the end of the competition, all ID cards MUST be collected and retained for future use. Schools may be charged the cost for reproducing cards which were lost or uncollected.

