



RULES AND REGULATIONS
of the
Jamaica Independent Schools' Association (JISA)
INTER-PREP SCHOOL TRACK AND FIELD CHAMPIONSHIP
Revised February 2018

1. This Meet shall be called the **National Preparatory Schools Track & Field Championship**.
2. Control of this Meet shall be vested in (JISA), hereafter called **The Organizing Committee**.
3. Except as provided in these rules, the rules of the **International Association of Athletics Federations (IAAF)** shall apply.
4. **COMPETITOR QUALIFICATIONS:** A competitor is eligible to take part in the Championship if the competitor:
 - a. Is **in full-time attendance** for at least **one year** (3 full terms) preceding registration for the Championship at a JISA member Preparatory School or in the Preparatory Division (Grades 1 - 6) of a JISA member school; and in this regard, the school's Admission Register shall be proof of the competitor's attendance at the school. Transfer of students between JISA member schools must be accompanied by a letter of release from the originating school, which must be submitted with entries. Students transferring from a Primary School **are NOT eligible to participate until completing a full year (3 full terms)** in a JISA Preparatory School or in the Preparatory Division (Grades 1 - 6) of a JISA member school; and in this regard, the school's Admission Register shall be proof of the competitor's attendance at the school.
 - b. If not in full-time attendance for at least one year preceding, **was residing outside of Jamaica during the school year immediately** prior to the start of the school year of the Championship, and in this regard proof of landed entry in his/her passport shall be sufficient.
 - c. Has been properly registered to take part in the Championship.
5. **THE CLASSES AND AGE GROUPS:**
 - a. **Class III (6 – 7)** is for competitors who **had attained a minimum age of 6 and had not yet attained the age of 8 prior to 1st September** in the school year of the Championship.
 - b. **Class II (8 – 9)** is for competitors who **are above the age group for Class III and had not yet attained the age of 10 prior to 1st September** in the school year of the Championship.
 - c. **Class I (10 – 11)** is for competitors who **are above the age group for Class II and had not yet attained the age of 12 prior to 1st September** in the school year of the Championship.
 - d. **Open Events (U/13)** may also include competitors who **are above the age group for Class I and had not yet attained the age of 13 prior to the first day of January** occurring within the school year of the Championship.
 - e. Each competitor is allowed **a maximum of two (2) years** in each class.
 - f. Any violation of the regulations as stated in Rules 4 and 5 above shall result in the suspension of the defaulting school from participating in this annual championship for a period of time to be decided by the Preparatory School Sports Disciplinary Committee.
6. **REGISTRATION AND ENTRIES:**
 - a. The closing date for entries will be decided by the Organizing Committee.
 - b. Registration and entries should be sent as directed on the Competition Entry Form.
 - c. Changes may be made after the closing date, if and when advised by the Organizing Committee.
NO FURTHER CHANGES MAY BE MADE AFTER THIS.

- d. Each school may enter up to two (2) competitors for each event, with the exception of relay events where the number shall be six (6), from which any four (4) may be declared to compete in the heats, and a maximum of two (2) may be replaced by the remaining two (2) in the finals.

7. EVENTS:

- a. All events will be listed in a Programme of Events. Lanes for heats will be pre-drawn.
- b. The method to decide the athletes qualifying to advance to succeeding rounds following on the preliminary round will be set out in the Programme of Events.
- c. In the event of similar times recorded by individual competitors or teams in the same or separate heats thereby causing more than eight or any combination of eight competitors or teams qualifying by time to advance to a succeeding round, the final qualifier will be decided thus:
 - i. better finish position in his/her heat
 - ii. a draw to be made by the Meet Manager in the presence of team officials.
- d. Athletes will be called to assemble in a Call Room up to 40 minutes before their event depending on the number of heats, semifinals and finals.
- e. Call Room Managers will assume sole responsibility of athletes at Call Room.
- f. Class 3 athletes will use a standing start for their events. Classes 1 and 2 will use the crouch starts with the use of starting blocks.
- g. **Athletes are eligible to compete in a maximum of four (4) events, of which there can be no more two (2) individual track events. Athletes are not allowed to compete in more than three (3) individual events, overall.**
- h. All competitors are allowed to run in spikes (3-5mm in length) or soft soles. No competitor shall be allowed to run bare footed or in socks only.
- i. Each competitor will be assigned a number which must be displayed on both chest and back. Failure to have numbers properly displayed may result in disqualification.
- j. Each member of a competing school shall be attired in the colours of his/her school.

8. DISQUALIFICATION FOR FALSE STARTS:

- a. Class I and Open Events – Competitors or teams who have two (2) false starts in any one event will be disqualified from the race.
- b. Class II and Class III – Disqualification will be waived for these classes.

9. RELAYS:

- a. Athletes should know the order in which they will run in the team.
- b. The person who drops the baton must pick it up himself/herself.
- c. When the exchange is completed, athletes must stay in their own lane.
- d. Any four of the six-registered competitors may run in the relay.
- e. The Medley Relay and 4x200m Relay will be contested by **Classes I, II and Open** athletes only. **Athletes competing in the Medley Relay will only be allowed to compete in one other event.**
- f. Relays contested over a distance of 600m or less will be run entirely in lanes. Relays contested over a distance of 800m will be run entirely in lanes if the track is marked with the appropriate start line and exchange zone staggers. Otherwise they will utilize the 4x400m start line staggers and be run in lanes for the first 500m then utilize the 500m cut-in break line.
- g. The Medley Relay will be run as follows:
 - Boys - 200m, 100m, 100m, 400m
 - Girls - 200m, 100m, 100m, 200m

10. HIGH JUMP

- a. The starting height for Class II Girls shall be 1.00m; the starting height for Class I Girls shall be 1.15m; the starting height for Class II Boys shall be 1.10m; and the starting height for Class I Boys 1.20m (with increments of 5cm).
- b. Three consecutive failures, regardless of the height at which any of such failures occur, disqualifies the athlete from further jumping except in a tie for first place.

11. LONG JUMP

- a. The board shall be placed 2.9m from the beginning of the pit for Class I Girls and Boys and Class II Boys. The board shall be placed 2.0m from the beginning of the pit for Class II Girls.
- b. Each competitor will be allowed a maximum of three (3) attempts in the preliminary round.
- c. Any number of athletes who meet the automatic qualifying distance will advance from the preliminary round to the final.
- d. If less than twelve athletes attain the automatic qualifying distance then the best twelve (12) placed athletes will advance from the preliminary round.

12. BALL THROW

- a. Except for rules governing the technical specifications for the throwing implement, all prevailing IAAF rules for the general conduct of individual field events and all IAAF rules pertaining to the general conditions for individual throwing events and all IAAF rules specific to the conduct of individual competition in the Javelin Throw will apply for this event.
- b. The throwing implement shall be a spherical ball of any colour or composite material that conforms to the following specifications:
 - I. A minimum circumference of 21.5cm and a maximum circumference of 24cm.
 - II. A minimum weight of 140g and a maximum weight of 165g.
 - III. Only throwing implements provided by the Organizing Committee will be used for competition.
 - IV. The ball provided by the Organizing Committee will have a circumference of 22.0cm and a weight of 150g.
- c. The throw must be executed over the shoulder. Otherwise the throw will be ruled a failed attempt.
- d. In attempting the throw, the athlete will exercise his or her right to utilize a running approach, or throw from a standing position.
- e. In attempting the throw, the athlete must be facing the landing sector at the point of release of the ball. Otherwise the throw will be ruled a failed attempt.
- f. Each competitor will be allowed a maximum of three (3) attempts in the preliminary round.
- g. Any number of athletes who meet the automatic qualifying distance will advance from the preliminary round to the final.
- h. If less than twelve (12) athletes attain the automatic qualifying distance then the best twelve (12) placed athletes will advance from the preliminary round.
- i. There will be a qualifying performance distance mark placed across the landing sector, beyond which the thrown implement must land in order for a measurement of the athlete's performance to be taken.
- j. The Ball Throw will be contested by **Classes I, II and Open** athletes only.

13. HURDLES

- a. The Hurdles shall be contested by **Class I** athletes only.
- b. The standard distance shall be 60m on the straight track.
- c. The layout of the hurdles for races is shown in the table below.

	Boys	Girls
Height of hurdle	0.762m (lowest)	0.762m (lowest)
Distance	60m	60m
Number of hurdles	6	6
Start line to first hurdle	12.0m	12.0m
Between hurdles	7.5m	7.5m
Last hurdle to finish line	10.5m	10.5m

14. PROTEST

- a. Any protest or objection against the conduct or placing of a team, shall be submitted to the Referee, on the prescribed form, by the accredited Coach or accredited Team Manager or Principal of the protesting team immediately after the official result has been announced.
- b. The maximum time allowed for a protest to be lodged is thirty (30) minutes after the official result has been posted.
- c. The Coach or Principal may appeal to the Jury of Appeal for a review the Referee's ruling. This appeal must be submitted to the Jury of Appeal on the prescribed form, and must be accompanied by a fee of \$1,500, which will be refunded only if the appeal is upheld.
- d. The maximum time allowed for an appeal to be lodged is forty-five (45) minutes after the Referee has ruled on the protest.

15. THE POINTS SYSTEM IS AS FOLLOWS:

	FLAT EVENTS	RELAYS
1 st	9	12
2 nd	7	10
3 rd	6	8
4 th	5	7
5 th	4	6
6 th	3	5
7 th	2	4
8 th	1	3

16. None but officials or competing athletes under the direction of officials will be allowed on the field of competition.
17. Failure to comply with any of the rules of this Championship may result in disqualification.
18. The Organizing Committee shall have the power to deal with any matter not provided for in the rules.
19. EMERGENCIES:

Any school may substitute a member of their team within the last 7 days prior to the competition if that child succumbed to an emergency condition such as:

- a. Broken limb
- b. Contagious/ communicable disease (such as chicken pox).

This substitution will only be considered if accompanied by a doctors certificate and cover letter signed and stamped by the Principal.

