

2022
Ontario Summer
Indigenous Games

SPORT TECHNICAL PACKAGE



ATHLETICS

The following chart contains age category and years of birth information for the 2022 Ontario Summer Indigenous Games (2022 OSIG) sport program. The sports and age categories have been previously approved by the OSIG Organizing Committee, in consultation with national and provincial sport organizations. Each sport will have male and female participants each allowed the corresponding age categories.

Updates are necessary from time to time and any changes will be shared with OSIG Council representatives.

SPORT	AGE CATEGORY	YEARS OF BIRTH
Athletics	16U, 19U	2006 & later, 2003 & later
Badminton	16U, 19U	2006 & later, 2003 & later
Baseball	16U, 19U	2006 & later, 2003 & later
Basketball	16U, 19U	2006 & later, 2003 & later
Canoe/Kayak	16U, 19U	2006 & later, 2003 & later
Lacrosse - Box	16U, 19U	2006 & later, 2003 & later
Softball	16U, 19U	2006 & later, 2003 & later
Soccer	16U, 19U	2006 & later, 2003 & later
Swimming	16U, 19U	2006 & later, 2003 & later
Volleyball	16U, 19U	2006 & later, 2003 & later
Wrestling	19U	2003–2007

1. EVENT

The OSIG Athletics competition will consist of both male and female individual events for 16U (born 2006 & later) and 19U (born 2003 & later).

2. PARTICIPANTS

2.1. ATHLETES

An athlete is allowed to compete in a minimum of four athletics events including track and field activities. Cross country counts as one of the four events.

3. GENERAL RULES

The most recent International Amateur Athletics Federation (IAAF) Competition Rules Book will apply.

4. COMPETITION FORMAT

Events are either heats and finals, or just finals depending on the number of entries.

Category	16U		19U	
Gender	M	F	M	F
100M				
200M				
400M				
800M				
Cross Country	3K	3K	5K	5K
High Jump				
Long Jump				
Shot Put				

5. OFFICIALS

All officials (timer, photo finish, starter, etc.) will be designated and approved by the Organizing Committee.

6. FIELD OF PLAY / EQUIPMENT REQUIREMENTS

- a) Competitors must wear their numbers on the front and back of their vests, except in the high jump events, where they may wear one number, either on the front or the back.
- b) Maximum spike length for track events is 7mm (except for High Jump).
- c) Maximum spike length for high jump is 9mm (All spike length limits are according to venue specific regulations).
- d) All equipment used in the 2022 OSIG shall comply with IAAF Rules.
- e) For all throwing events the implement weight shall be as follows:

Male	16U	19U
Shot put	4 kg / 8.8 lbs.	6 kg / 13.2 lbs.
Female		
Shot put	3 kg / 6.6 lbs.	4 kg / 8.8 lbs.