

COMPETITION RULES

1. GENERAL

- 1.1. All competitions shall be held under UKA Rules for Competition.
- 1.2. Clubs shall be responsible for ensuring that their athletes do not breach UKA Rules for Competition.
- 1.3. All clubs/teams must affiliate to their National Association and their athletes must be members of their club as set out in the current UKA rulebook.
- 1.4. The Management Committee shall be empowered to investigate any allegation of a club/team being in breach of UKA or League rules.
- 1.5. The use of audio equipment and mobile phones is banned within competition areas.
- 1.6. Club **colours** must be worn by all competitors as per **UKA rule T5 (143) S1 (3)**.
 - 1.6.1. Composite team athletes may wear the club colours of their individual first claim club or approved composite team colours that are registered with UKA for individual events.
 - 1.6.2. All relay teams must compete in the same club/team colours, as per UKA rules.
- 1.7. All equipment specified under UKA rules for each age group will be used.
- 1.8. Full regard to the safety of athletes, officials, spectators and the general public must be given high priority at all fixtures, in accordance with UKA code of practice/risk assessment.
- 1.9. If a team proposes not to attend a fixture, it must notify the host club and Area Co-ordinator at least 48 hours prior to the fixture. The Area Co-ordinator will then notify the Administrator, who will investigate the circumstances. Any penalty for non-attendance will be decided by an elected panel of Management Committee members and confirmed by the AGM.
- 1.10. In respect of all fixtures promoted by the League, athletes, team officers and club officials have a duty to be courteous.
- 1.11. Any competitor (or other person) interfering or attempting to interfere with the decision of an event official or who is guilty of unfair practice or misbehaviour, including the use of offensive, abusive language or threatening behaviour, shall, at the discretion of the appropriate referee, be excluded from the competition and reported to the Management Committee.
- 1.12. Any athlete or official, whose conduct, in the opinion of the Management Committee, may bring discredit to the sport of athletics or to the League, shall be reported under the terms of UKA rules.
- 1.13. Any athlete (or other person) causing wilful damage shall be reported to the Meeting Manager/Secretary, who shall report the matter to the Management Committee. The Management Committee shall investigate the complaint and shall have the power to order restitution by the club(s) of the offender(s) and/or suspend the club(s) from League competition for one year. Any such suspension must be approved at the AGM of the League following the incident.

- 1.14. Any protest concerning the conduct of a League meeting must be made to the appropriate referee whose decision is final and will be dealt with in accordance with **UKA rule T8 (146) S1**.
- 1.15. Any other complaint should be made in writing on club headed notepaper to the League Chair and signed by 2 principal officers of the club within 2 weeks of the incident; this complaint will be taken as indication that the club management is in agreement and the necessary action/investigation will be carried out as deemed appropriate.
- 1.16. Video recordings and/or photographic evidence made at any League meeting shall not be accepted as evidence in any dispute raised with officials or referees at that meeting.

2. RESPONSIBILITIES OF HOST CLUBS

The host club is the meeting organiser as shown in the League programme. The league will provide a detailed guide to hosting which will be made available to all host clubs.

- 2.1. The host club must inform clubs at least 14 days prior to the meeting of:-
 - 2.1.1. any event which will not be held for safety reasons;
 - 2.1.2. any change in field event order due to track layout or regulation;
 - 2.1.3. any stipulation regarding type or length of spike;
 - 2.1.4. the track or stadium name and directions to the venue. A map should be provided if possible and contact telephone numbers of the stadium and the Meeting Manager/Secretary.
- 2.2. The host club must arrange for a dedicated competent First Aider to be in attendance and his/her whereabouts must be made clear to all clubs before the start of the meeting.
- 2.3. The host club shall make all arrangements for the provision of the appropriate athletic equipment for the match (excluding vaulting poles) and ensure that this equipment meets the required standards of Health and Safety.
- 2.4. The host club shall provide all the materials needed for the results, recording and public address and agree staffing levels for the stadium.
- 2.5. The host club shall provide the track management with a full programme of events.
- 2.6. Results should be circulated to all competing clubs on the evening of the fixture. Any corrections or amendments should then be returned to the host clubs within 24 hours.
- 2.7. On the evening of the fixture, the host club shall send the match and all individual results to the League Area Co-ordinator and the League Webmaster by email. Corrected results should be sent to the League Administrator, Power of 10 and Athletics Weekly by 09:00 of the Tuesday following the match by email.
- 2.8. The original match result sheets, declaration sheets, non-scoring sheets, track results, field cards and officials' signing in sheets should be sent in the addressed envelope provided by the League within 48 hours of the match to the League Administrator.
- 2.9. Corrections to published results should be sent to the League Administrator within two weeks of the fixture taking place.

3. ELIGIBILITY OF ATHLETES

3.1. Upper Age Group (UAG) U17/U20

- 3.1.1. Competitors can be either first claim members of their club or second claim (2nd claim) members whose first claim club is not a member of the League. Clubs are limited to 5 (five) male and 5 (five) female second-claim athletes per match.

(For Clarification: Composite teams are not permitted to use second claim members – see Appendix 1)

- 3.1.2. Second-claim athletes are only allowed to compete for one club in any one season.
- 3.1.3. U17 athletes may compete in the U20 age group but cannot compete in the same event in both age groups on the same day.
- 3.1.4. U17 athletes competing as U20s are restricted to 4 events and, if so doing, one must be a relay. A non-scoring event will count in the total.

3.2. Lower Age Group (LAG) U13/U15.

- 3.2.1. Competitors shall be first-claim members of their clubs or composite team and are restricted to competing in their age group only.

3.3. Both Age Groups

- 3.3.1. Any athlete who has recently changed clubs and is serving a ban must not compete as either a first- or second-claim member but may compete in non-scoring events in the timetable.
- 3.3.2. In the event of a transfer between clubs, relevant written clearance must be available and presented to the appropriate referee before the start of the meeting.
- 3.3.3. Any athletes found to be ineligible because of age for any event(s) in which he or she competed shall forfeit the match points gained in the event(s) which shall be re-scored as though he or she had not taken part.
- 3.3.4. Only athletes who have a previous record of competition in the current, or previous, season in this League are permitted to compete in the National Final. Breach of this rule will result in the deduction of the points scored by the athlete including relays. **(For clarification: Non-scoring events are deemed to be acceptable for this purpose).**

4. COMPOSITE TEAMS

- 4.1. Composite teams as registered with UKA may be accepted as members of the League, subject to scrutiny and approval by Management Committee.
- 4.1.1. Composite teams are eligible for promotion.
- 4.1.2. Composite teams in Premier divisions, including those gaining promotion to a Premier division, may not increase the number of, or substitute any of, the teams in the composition.
- 4.1.3. ***If a club within an existing Premier division wishes to form a new composite team, they will need to submit their application in the usual manner to the league for consideration and, if successful, re-enter the league at one division lower for the following season.***
- 4.2. Athletes can only compete for a composite team if they are first claim to a club within that composite team.

5. OFFICIALS

- 5.1. The host club shall ensure that any officials appointed by them are suitably qualified, hold an official's pass and a current certificate issued by the Disclosure and Barring Service (DBS)

- or the equivalent body in Scotland and N. Ireland. This can be checked by referring to their National Association or UKA.
- 5.2 The chiefs appointed by the host club and all other officials used by any club, must 'sign in' using the Health and Safety Attendance Forms indicating their level and registration number. These forms will be supplied to the discipline chiefs appointed by the host club.
- 5.3 The host club shall appoint the following:
- 5.3.1 the Chief Officials (Track Referee, Field Referee(s), Chief Timekeeper, and Chief Starter) all of whom must be graded.
(For clarification: chief officials should be graded appropriately according to the level of the meeting licence).
 - 5.3.2 the Starters' Assistants, Announcer(s) and Recorders.
 - 5.3.3 someone to be responsible for ensuring that all equipment required is available for use on the day and that hurdles and steeplechase barriers are adjustable and moved into place in a timely manner to allow the events to progress according to the timetable.
 - 5.3.4 The above officials do not qualify for match points – see 5.4.
 - 5.3.5 The host club shall ensure that each of these officials has a copy of the programme and that copies of the Handbook are available. (NB The Handbook and Programme is available to be printed from the website).
- 5.4 In addition to the above:
- 5.4.1 Each club, including the host club, shall provide one Track Judge, one Timekeeper and a team of 5 Field Judges. One of the Field Judges must be graded at Level 2 or above with Health and Safety certification. For the host club these are in addition to the officials in 5.3.1, 5.3.2 and 5.3.3 above. Field judges should be available to assist in additional events as required by the Field Referee.
 - 5.4.2 Competing athletes may not compete and judge at the same time.
 - 5.4.3 Points will be awarded for up to 7 officials who sign in as a Track judge, Timekeeper or Field judge on the league H & S signing in sheets, subject to satisfying the criteria above.
Eight (8) match points will be credited for each qualified official who signs in for the relevant discipline up to a maximum of 56 points. Unqualified volunteers who sign in for any of the above duties shall be awarded four (4) match points.
There will however be a deduction of 20 points if a club does not provide at least a Level 2 or above field official, reducing the points to 36 maximum if all officials are qualified in their relevant discipline.
 - 5.4.4 These officials must report to their Chief Officials and must also sign the Health and Safety Attendance Certification indicating their level and registration number. Where appropriate, failure to sign in will result in points not being awarded. A signature cannot be accepted as being proof of being present at the discipline, the final decision on this matter to be taken by the Chief official for each discipline on the day.
(For clarification: All officials must sign in with their URN, (or FULL name & Date of Birth if URN is not known) in order that verification checks can be carried out).
 - 5.4.5 Host clubs are responsible for scrutinising the Health and Safety Attendance Forms and checking with the Chief Officials prior to awarding the appropriate number of points to each club for the officials provided.

- 5.4.6 *Clubs/Teams who consistently fail (for at least 50% of matches) to provide at least one level 2 field judge, plus one other qualified field judge and at least one track judge and/or one timekeeper; at YDL matches during the year of competition; will not be eligible for promotion, or to participate in Promotion Matches or Finals. If officials do not sign in in the correct manner (see clarification in 5.4.4 above) they will be deemed to be unqualified.*
All official's qualifications will be checked using the UKA licence checker: <https://myathletics.uka.org.uk/licencecheckofficial/>

6. NUMBERS

- 6.1 The League will supply competition numbers/letters for all competing clubs in quantities to last the whole season. They must be worn, front and back, in all events except in Jumping Events where one is permissible worn either on the front or back.
(Addendum- due to a change in UKA rules, competitors in all field events may just wear one number front or back)
- 6.2 Numbers for non-scoring athletes are to be provided by the Host Club. They must be worn, front and back.
(For clarification: In the LAG, most non-scoring athletes should be able to wear club numbers especially where non-scoring races are run independently. In the UAG all non-scoring athletes will require a unique number for identification.)
- 6.3 Clubs must supply safety pins, or similar, for their own athletes.

7. DECLARATIONS

- 7.1 All athletes' details must be fully completed in the Squad list on the portal. The details must include the athlete's full name, age group, correct URN and accurate date of birth, and indicate first- or second- claim competitor; in the case of composite teams, athletes' first claim club must also be indicated.
- 7.2 Declarations must be made on the Team Managers' portal and must be made at least 24 hours before the start of the meeting. This includes non-scoring athletes.
(For clarification: This refers to declarations for athletes and officials)
- 7.3 Second-claim athletes (applicable only to upper age group athletes – subject to a maximum of 5 male and 5 female per club per match) must be clearly identified on the portal.
- 7.4 Changes on the day should be entered on the portal 10 minutes before the scheduled event time. This to include non-scoring athletes.
- 7.5 In the event of an athlete competing without having been declared in the correct manner, all points gained will be deducted.

8. MEETINGS

- 8.1 All fixtures shall be held on synthetic surfaced tracks.
- 8.2 Teams should, where possible, arrive at the venue of the match at least 30 minutes before the first event.
- 8.3 Teams will be expected to host a match when requested (at least once every two seasons, unless the Management Committee agrees otherwise).

8.4 The track used should be the nearest suitable one available.

9 COMPETITION EVENTS See Appendix 1 for events.

- 9.1 In any match where sufficient lanes are not available, separate races shall be held as “time trials” and positions and match points allocated accordingly. Competitors attaining equal times shall be accorded the same place for scoring purposes regardless of the finishing order of the trial.
- 9.2 The order of field events as shown in the League timetable must be adhered to by the host club although any necessary changes to field events due to the layout of the arena will require all visiting clubs being notified in advance of the meeting.
- 9.3 The order of track events shall not be changed unless deemed necessary as an emergency measure by the track referee.
- 9.4 In throws and horizontal jumps, 3 trials are allowed in the Lower Age Group and 3 trials in the Upper Age Group, with a further 3 trials being offered to the top 3 athletes in the U20 competition and the top 3 athletes in the U17 competition subject to the requisite standard being achieved in the first 3 rounds (See Appendix 2).
- 9.5 Any athlete who misses a round in a field event shall forfeit that round.
- 9.6 Track events will normally be run as ‘A’ and ‘B’ races except the 1500m, the 3000m, the 1500 S/C and 2000m S/C.
(For Clarification: in any track events where numbers are sufficiently low, races may be combined, scoring subject to rule 11.3)

10 CANCELLATION OF MEETINGS/EVENTS

- 10.1 If a host club is faced with the possible cancellation prior to a fixture it must adhere to the following:
- 10.1.1 The host club will contact the **Area Co-ordinator** who will contact the **Administrator** as soon as an issue arises.
- 10.1.2 The **Area Co-ordinator** will agree a course of action with the **Administrator**.
- 10.1.3 The Area Co-ordinator will notify all participating club of the subsequent decision.
- 10.1.4 The host club will notify the appropriate chief officials whom they have engaged.
- 10.2 Points will not be awarded for any individual event (or relay) cancelled prior to the day of the fixture.
(For clarification: individual events cancelled on the day of the fixture are covered by rules 10.2.1 & 10.2.2 below)
- 10.2.1 If an event is cancelled during the course of a match by either the Track or Field Referee on safety grounds, the decision must be communicated to a meeting of Team Managers. If conditions change during the meeting, that event will remain cancelled. **(The referee must make the decision which is final.)**
- 10.2.2 Points for any events cancelled on the day of the meeting will be awarded according to the declarations at the start of the meeting. Athletes scoring points will be deemed to have competed and the event will count as part of their maximum number of events.
- 10.3 The following conditions will apply to an abandoned League match:

- 10.3.1 For any match where at least 30 events in the Upper Age Group and 25 events in the Lower Age Group have been completed, the match result will stand.
Teams will be allocated League points based on their relative positions at the time the match is abandoned.
- 10.3.2 For any match where less than 30 events in the Upper Age group and 25 in the Lower Age group have been completed, the match will be treated as a cancelled match with no points awarded.
(For clarification: the meeting manager, in conjunction with the referees(s), will consult with all team managers in regard to any decision to abandon a fixture).

11 SCORING

Matches will be scored as shown in the Appendix 1 based on 'A' and 'B' strings which follow the number of teams in the division to which teams have been allocated.

The official league results software must be used to record the results

- 11.1 Upper Age Group: In all field events, 3 competitors per team shall be permitted, all of whom will score. If there are two U17 competitors, then both shall compete in the U17 age group, if there are three U17 competitors then one shall compete in the U20 age group and two shall compete in the u17 age group. **(For clarification: if there is only one U17 competitor then they must compete in the U17 age group).**
Lower Age Group field: 2 competitors per event per team permitted.
- 11.2 In all *individual* track events, 2 competitors per team shall be permitted. In the U20 competition, if 2 athletes are entered, then at least one of them must be in the U20 age group.
(For clarification: relays are not subject to this rule)
- 11.3 In all events, the superior performer should be nominated for the 'A' string event. In all circumstances where events are run as combined events the better-performing competitor at the end of the competition will be deemed the 'A' string.
- 11.4 Should any athlete exceed their event restrictions as laid out in Appendix 1, the performances from any subsequent event(s) will be removed from the results. In addition, the points scored by the athlete in their highest scoring event will be deducted.
- 11.5 Male and female events are scored together in all League matches.
- 11.6 In any contest, if two or more competitors are judged equal, they shall share the combined match points for the relevant places.
- 11.7 If the match points in a particular fixture are equal, the League points for that fixture shall be shared.
- 11.8 In the event of teams being equal on League points at the end of the season, total match points will decide positions.
- 11.9 In the event of a tied match score in *all finals and promotion matches* the greatest number of 'A' string first places will decide the finishing order. If this does not resolve the matter, then it will be decided on the greatest number of 'B' string first places. If still unresolved, then 'A' string second places, 'B' string second places and so on, until a decisive result is achieved.

12 NON-SCORING EVENTS

12.1 In the Upper Age Group each team is allowed to enter a non-scoring athlete in up to six events (of either age group) per gender per meeting. No more than three of these events, per gender, may be field events. If more than one such athlete is entered in an event, for the purposes of this rule, each athlete shall be deemed to be entered in a separate event. These athletes shall be included on the declaration sheet.

(For clarification – each team will be allowed up to 6 non-scoring performances per gender in each fixture. NB Non-scoring teams in Relay races comprise of 4 of the non-scoring places).

12.2 In the Lower Age Group, two U13 and two U15 athletes per gender per team will be allowed in the non-scoring 800m and 75m/100m events ONLY. These athletes shall be declared on the relevant declaration sheet.

12.3 Athletes will still be restricted to their overall event limit according to their age group. This to include non-scoring events.

APPENDIX 1

UPPER AGE GROUP U17 AND U20

5 male, and 5 female, second claim athletes are allowed per club in the upper age group, no second claim athletes are allowed for composite teams.

Under 17 competitors **must** be aged 15 or 16 on the 31st August in the competition year are limited to 4 events and, if doing so, 1 MUST be a relay. U17 athletes may compete as U20s but the same limit of events for U17s shall apply, which also includes any non-scoring events that they may take part in. U17 athletes cannot do the same event in the U17 and U20 age groups on the same day. U17 athletes who compete as U20s will use the U20 implements and hurdle settings (see rule 11.1).

Events U17 women: 100m, 200m, 300m, 800m, 1500m, 3000m, 80mh, 300mh, 4X100m, 4X300m, 1500mS/C, javelin, shot, discus, hammer, high jump, long jump, triple jump and pole vault

Hurdles 80m: 8 flights, 76.2cm height, 2.7kg toppling weight.

Hurdles 300m: 7 flights, 76.2cm height, 2.7kg toppling weight.

1500mS/C: 13H + 3WJ flights, 76.2cm height.

Javelin: 500g **Shot:** 3Kg **Discus:** 1Kg **Hammer:** 3Kg

Events U17 men: 100m, 200m, 400m, 800m, 1500m, 3000m, 100mh, 400mh, 4X100m, 4X400m, 1500mS/C, javelin, shot, discus, hammer, high jump, long jump, triple jump and pole vault.

Hurdles 100m: 10 flights, 91.4cm height, 2.7kg toppling weight.

Hurdles 400m: 10 flights, 84.0cm height, **3.6kg** toppling weight.

1500mS/C: 13H + 3WJ flights, 91.4cm height (83.8cm will be introduced in 2022)

Javelin: 700g **Shot:** 5Kg **Discus:** 1.5Kg **Hammer:** 5Kg

Under 20 competitors must be under 20 on the 31st December in the calendar year of competition, and are limited to 5 events, which includes any non-scoring events they may take part in.

Events U20: 100m, 200m, 400m, 800m, 1500m, 3000m, 100/110mH, 400mH, 4X100m, 4X400m, 1500/2000mS/C, javelin, shot, discus, hammer, high jump, long jump, triple jump, and pole vault.

WOMEN

Hurdles 100m: 10 flights, 84.0cm height, 3.6Kg toppling weight.

Hurdles 400m: 10 flights, 76.2cm height, 3.6Kg toppling weight.

1500mS/C: 13H + 3WJ flights, 76.2cm height.

Javelin: 600g **Shot:** 4Kg **Discus:** 1Kg **Hammer:** 4Kg.

MEN

Hurdles 110m: 10 flights, 99.1cm height, 3.6Kg toppling weight.

Hurdles 400m: 10 flights, 91.4cm height, 3.6Kg toppling weight.

2000mS/C: 18H + 5WJ flights, 91.4cm height.

Javelin: 800g **Shot,** 6Kg **Discus,** 1.75Kg **Hammer,** 6Kg.

Starting Heights, High Jump: U17W 1.25m, U17M 1.35m, U20W 1.30m, U20M 1.50m.

Progression by 5cm until 3 competitors remain, then by 3cm. No Jump-off, points shared.

Starting Heights, Pole Vault: U17W 1.70m, U17M 2.00m, U20W 1.70m, U20M 2.00m.

Progression by 15cm until 3 competitors remain, then at the discretion of the referee or event leader. No jump-off, points shared.

Triple Jump, minimum take off board, 7 Metres.

Field event trials: 3, with the top 3 U20 athletes and top 3 U17 athletes progressing to a further 3 trials, subject to standards, excepting vertical jumps.

LOWER AGE GROUP U13 AND U15

Under 13 competitors must be aged 11 or 12, and under 15 athletes must be aged 13 or 14 on the 31st August in the competition year. They are limited to 4 events, and if doing so 1 MUST be a relay, this includes any non-scoring events they may take part in. This age group are not allowed to compete in both 800m and 1200/1500m at the same meeting.

(For clarification: athletes in the U11 age group are NOT allowed to compete in this league)

Events U13 girls: 75m, 150m, 800m, 1200m, 70mh, 4X100m, javelin, shot, long jump and high jump.

Hurdles 70m: 8 flights, 68.5cm height, 2.7kg toppling weight.

Javelin: 400g **Shot:** 2.72kg

Events U13 boys: 75m, 150m, 800m, 1200m, 75mh, 4X100, javelin, shot, long jump and high jump.

Hurdles 75m: 8 flights, 76.2cm height, 2.7kg toppling weight.

Javelin: 400g **Shot:** 3kg

Events U15 girls: 100m, 200m, 300m, 800m, 1500m, 75mh, 4X100, 4X300, javelin, shot, discus, hammer, high jump, long jump and pole vault.

Hurdles 75m: 8 flights, 76.2cm height, 2.7kg toppling weight.

Javelin: 500g **Shot:** 3kg **Discus:** 1kg **Hammer:** 3kg

Events U15 boys: 100m, 200m, 300m, 800m, 1500m, 80mh, 4X100, 4X300, javelin, shot, discus, hammer, high jump, long jump and pole vault.

Hurdles 80m: 8 flights, 84.0cm height, 2.7kg toppling weight.

Javelin: 600g **Shot:** 4kg **Discus:** 1.25kg **Hammer:** 4kg

Starting Heights, High Jump: U13G 1.05m, U13B 1.05m, U15G 1.15m, U15B 1.25m.

Progression by 5cm until 3 competitors remain, then by 3cm. No Jump-off, points shared.

Starting Heights, Pole Vault: U15G 1.70m, U15B 1.70m.

Progression by 10cm until 3 competitors remain, then at the discretion of the referee or event leader. No jump-off, points shared.

Field event trials, 3 per competitor, excepting vertical jumps.

SCORING UPPER AND LOWER

Where there are A and B competitors in all events:

Match Points:

5 team match:	A	8,6,5,4,3	B	6,4,3,2,1.
6 team match:	A	9,7,6,5,4,3.	B	7,5,4,3,2,1.
7 team match:	A	10,8,7,6,5,4,3.	B	8,6,5,4,3,2,1.
8 team match:	A	11,9,8,7,6,5,4,3.	B	9,7,6,5,4,3,2,1.

Relay points all scored as A String

League Points: Based on the number of clubs in the division, decreasing by a single point, eg 8 team match = 8,7,6,5,4,3,2,1.

APPENDIX 2

2022 field event progression standards Upper Age Group.

	Under 20 men	Under 20 women
Long Jump	5.80m	4.80m
Triple Jump	11.50m	9.50m
Shot	10.50m	9.00m
Discus	35.00m	25.00m
Hammer	35.00m	28.00m
Javelin	38.00m	28.00m

The above refers only to the competitors who appear on the U20 field card, some of whom may be under 17 athletes.

	Under 17 men	Under 17 women.
Long Jump	5.80m	4.80m
Triple Jump	11.50m	9.50m
Shot	10.70m	10.00m
Discus	35.00m	25.00m
Hammer	35.00m	28.00m
Javelin	38.00m	28.00m

The above refers only to the under 17 competitors who are on the U17 field card.

Updated at AGM 16.11.19 and UKA Rules for Competition from 1st April 2020.

Updated at AGM 20.11.21.