

CHESHIRE TRACK AND FIELD LEAGUE**LEAGUE PROGRAMME AND RULES OF COMPETITION**

The league will function under UKA rules & is confined to Amateur Competitors.

EVENTS TO BE HELD IN EACH AGE GROUP

One Sprint 4 per Club
 One Throw 4 per Club
 One Relay 1 team per club

SCORING COMPETITORS

One Middle Distance Race 4 per Club
 One Jump 4 per Club

The following groups will be included in competition at each fixture.

ALL AGES AS AT 1ST SEPTEMBER of the current season

NOTE : Only FIRST CLAIM ATHLETES CAN BE USED

Women: Under 13 Girls Under 17 Women **Men:** Under 13 Boys Under 17 Boys
 Under 15 Girls Senior Women Under 15 Boys Senior Men

Under 11's Under 11 Girls Under 11 Boys (Minimum Age 9 Years Old on day of competition)

Note: Competitors may only compete in one age group in any one fixture. Team Managers must be aware of the rules governing the number of events an athlete may compete in at one meeting.

Any competitor discovered competing in two age groups will be disqualified.

EVENT POINTS: These will be awarded for each event from which LEAGUE POINTS are derived.

SPRINTS (100m or 200m U13 & above and 75m & 150m Under 11's)

4 Races are held A, B, C and D and event points are awarded as follows (1 runner from each club in each race) with a **MAXIMUM** of **4 non scorers** per team.

<u>A Race</u>	<u>B Race</u>	<u>C Race</u>	<u>D Race</u>
24,23,22,21,20,19	18,17,16,15,14,13	12,11,10,9,8,7,	6,5,4,3,2,1

MATCH POINTS: The **Club** with the most event points received **12 Match Points**, Second Club receives **10**, Third **8**, Fourth **6**, Fifth **4**, & Sixth **2**.

Where two or more clubs obtain the same number of event points the equivalent match points allotted are to be halved.

MIDDLE DISTANCE RACES (800m or 1500m Under 13's and above, 600m for under 11's)

Hold 2 races A and B - (Except 3000m) - each with two runners per club and award event points as follows: -

A Race : 24,23,22,21,20,19,18,17,16,15,14,13,
 B Race : 12,11,10,9,8,7,6,5,4,3,2,1, Then award **Match Points** as for sprints.

Note:

With a maximum of six clubs per fixture there may be 12 runners for each 800 / 1500m race (A & B) and 24+ for the Senior 3000m race. We must ask that competitors be accommodating on this point for safety reasons and abide by the TRACK REFEREES RULING AT EACH MEETING and accordingly request that no non-scorers be allowed in races if 12 or more athletes turn out for either the A or B race (3000m race excepted)

3000m RACE (SM, SW, U17M, U17W)

A 3000m race is to be included for these age groups in each round. A maximum of 4 male / 4 female competitors may represent a club with the first 3 home scoring for each club. This will be run as two individual races unless the numbers are such that one race can be run (Men's Race / Women's Race).

The traditional cross country method of scoring will apply, 1st runner 1 point, 2nd runner 2 points etc. Accordingly, the team with the lowest total of points for their 3 competitors scores 12 Match Points, the second team 10 Match Points, etc.

If one team is incomplete, please add the position of the last runner PLUS ONE for each blank place.

By this method a single runner can help his / her club.

The scores of incomplete teams will be placed after those of complete teams. IE 3 runner scoring team, 2 runner scoring team, single runner scoring team. This rule applies to both Men and Ladies competition.

JUMPS and THROWS

8 Competitors per club (4 scorers must be declared at the start of the event).

Award event points in order of finishing

(numbers to be at the FIELD REFEREES DISCRETION)

A Competitor

24,23,22,21,20,19

B Competitor

18,17,16,15,14,13

C Competitor

12,11,10,9,8,7,

D Competitor

6,5,4,3,2,1

Then award **Match Points** as for sprints.

All competitors in jump and throwing events (excluding High Jump) will be given 4 trials, except Under 11's who get 3.

The Field Referee has the power to limit the number of trials an athlete can have.

Specific Rules for the Under 11's Long Jump are as follows: -

The take off board shall be 1 metre from the pit edge. If there is no board 1 metre from the edge, then a tape or line shall be marked on the runway. The run up will be **no longer** than 15 metres. A cone shall mark the run-up limit (note that athletes can have a shorter run up).

The event will be split into two and run concurrently (if enough pits are available)

Specific Rules for the Under 11's Javelin are as follows:-

300 gram Turbo Javelins should be used when they are available. If Turbo Javelins are not available, then Bull Nose Javelins can be used. The run up will be **no longer** than 5 metres. A cone shall mark the run-up limit.

Each athlete will take all his/her throws consecutively with only the longest trial being measured, distance to be measured from a central point on throwing line to the first spot where the javelin lands, regardless of which part of the javelin that is.

Due to the numbers taking part in the Under 11's Long Jump and Javelin it would be helpful if two pools could be used to speed up the event. Obviously, this will depend upon the number of field officials available at the time.

RELAYS (all Age Groups)

Award Match Points as follows: -

1st Team:	12 points	2nd Team:	10 points
3rd Team:	8 points	4th Team:	6 points
5th Team:	4 points	6th Team:	2 points

Non Scoring

Non - Scoring events will be held on the track at each fixture, including Under 11 races, (competitors must be at least 9 years old on the day of competition), with a maximum of 4 non-counters per club in all track and field events. Non scoring relays may be held. Under 11's will have a sprint, a distance race, a long jump, turbo javelin and a relay. They will be scored separately to the main match. The under 11's **must not** be forced to do the events to fill the places in the team.

TIES

If there is a tie for 1st team place, both clubs are awarded 11 Match Points, if there is a tie for second team place, and then both clubs are awarded 9 Match Points, etc.

CANCELLED MATCHES/EVENTS

If a match is cancelled, points will be awarded accordingly in ratio to the League Positions of the clubs involved.

If an event is not held by the consent of ALL CLUBS present, the match points are shared. (i.e. award each team 6 Match Points)

ORGANISATION

The **HOST CLUB (s)** is responsible for the following arrangements: -

- 1) Organisation of the fixture
 - 2) Booking and Paying for the Venue
 - 3) Appointment of the Track & Field Referees, Chief Timekeeper, Starter, a Marksman, Recorders and Scorers.
 - 4) Sending out travel instructions to all visiting clubs, at least two weeks prior to the meeting.
 - 5) Informing visiting clubs of any changes to the timetable, due to cage limitations.
 - 6) Provision of Numbers for all non-scorers.
 - 7) Track Place / Time Slips and Field Cards.
 - 8) Posting copies of the result sheets to all visiting clubs, within 7 days of the meeting.
 - 9) Returning all documentation, including track slips and field cards to the secretary, for scrutinising.
- PLUS - All other officials required, in addition to those provided by the visiting clubs.

VISITING CLUBS

Visiting clubs **MUST** submit their team athlete lists to the host club no later than 24 hours before the match. Along with this they must also inform the Host club of the officials they are bringing including the EA URN, grade, and discipline.

OFFICIALS MINIMUM REQUIREMENT RULE

A minimum of six named officials per visiting club. Each official, volunteer or helper will be given 10 points up to a maximum of 60 points. The points will be shared between the Men's and Women's Competition. No officials' points will be added to the under 11's competition.

Each club must provide a Track Judge, a Timekeeper and four field officials. One of the field judges must be a level two "B" or above. This is the minimum requirement. Clubs are to declare their officials on the OFFICIAL DECLARATION FORM to the Meeting Organiser prior to the start of competition. It is the meeting organiser's responsibility to verify with the respective Track and Field Referees that all declared officials are present and allocated duties. Any missing officials must be notified to the secretary with the results.

Where a team fails to provide its full quota of officials, another team at the meeting can provide them in their place with certain provisos. Firstly the request **MUST** come from the chief official for that discipline. Secondly the official(s) being used must be at least level 2. As long as this criteria is observed the substituting team can be awarded 10 points for each extra official.

NUMBER

Each Club **MUST** provide its athletes with Numbers preceded by the letters below, **which must be worn front and back in all track events.**

(For example – A01, A52, A101, etc.).

Letters are allocated as follows:-

A	Altrincham	K	Wrexham AC
B	Bury A.C.	N	Crewe & Nantwich AC
C	Cheshire Dragons	P	St. Helens AC
D	Deeside AC	Q	Manchester Harriers & AC
E	East Cheshire Harriers	S	Salford Metropolitan AC
F	Halton & Frodsham AC	V	Vale Royal
G	Warrington AC	W	West Cheshire AC
H	Handforth AC & Knutsford	X	Oldham & Royton
J	Macclesfield Harriers & AC	Y	Stockport AC

Numbers can be ordered from:

Pymmwenn Printing, Unit 5, 57 Thorby Avenue, March, Cambridgeshire. PE15 0AR 01354 658215 numbers@pymmwenn.com

AFFILIATION

The League affiliation fee is £30.00 per team per season which should be paid to the League Treasurer **PRIOR** to the commencement of the season. The Bank Account details for BACS payments (preferred method of payment if possible).

Online fees paid to: Lloyds Bank Account

Name: Cheshire Track & Field League. Sort Code: 30-99-50 Account No 37173168

COMPETITORS FEES

Each competitor will pay **£4.00** per fixture, which the Team Managers must collect and hand over to the host club as a contribution towards the match costs.

RESULT AND SCORING

Clubs should use the computerized program which can be downloaded from the Cheshire AA website.

Contacts

President	George Bunner	george@teamathletics.net
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