



## TRACK & FIELD LEAGUE RULES

### MANAGEMENT

- The league shall be controlled by an annual meeting to be held on a date set by the AGM each year.
- Each club may send 2 delegates to the annual meeting. Only 1 will be allowed to vote.
- The chairman shall be elected from the delegates present.
- All rule changes shall be decided at the meeting and the meeting will decide whether these will be effective for the ensuing season or for the year after.

### GENERAL

- All competitions shall be held under UKA Rules for Competition including obtaining a UKA Competition Licence.
- Clubs shall be responsible for ensuring that their athletes do not breach UKA Rules for Competition.
- 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.
- Possession or use of video recorders, radios, CD, radio transmitters, mobile phone or similar devices in the competition area is not allowed..
- Club colours must be worn by all competitors as per UKA rule T5 (143) S1 (3).
- 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.
- If a team proposes not to attend a fixture, it must notify the host club at least 72 hours prior to the fixture.
- In respect of all fixtures promoted by the League, athletes, team officers and club officials have a duty to be courteous.
- Any competitor (or other person e.g. a coach or parent) 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.

### LEAGUE STRUCTURE

- The number of divisions and their composition will be decided by the annual meeting. Preference shall be given to teams already competing in the league for places in the ensuing season.
- Division 1 will consist of 8 teams and the other divisions will have an equal number depending on the number of teams in the league.
- Promotion and relegation will normally be decided on a two up two down basis.
- For example, the bottom two teams in Division One shall be offered places in Division Two in the following season, and the top two teams in Division Two will be offered places in Division One for the following season. The same applies for division 2 & 3 and will depend on the number of teams in each division.
- The league coordinator in consultation with member clubs will decide.

### COMPETITORS

- Shall be first claim members of competing clubs.

### AFFILIATION FEES

- Shall be decided annually at the general meeting.
- Payment must be made by April 1.
- Cheques should be made payable to ' Heart of England League ' or by BACS.

## ADMINISTRATION

- The league will have a website **www.hofe-league.org.uk** that will contain key information that is needed by clubs.
- The League and Website coordinator will manage the website and act as a conduit for communicating to clubs.
- Each club will have a nominated central coordinator who has the responsibility of liaising with the league and their own club members.

**It is imperative that the club representatives make their team managers and officials aware of the HofE rules and brief the lead officials before every match to avoid any confusion during the match**

## COMPOSITION OF TEAMS

- There shall be a Male and Female section and age groups will be in line with the UKA rules.
- Both Female and Male teams will consist of 3 age groups - Under 13, 15 & 17/20.
- Under 20 competitors are restricted to track and jump events only. Throws and hurdles would remain as U17 only
- Every effort should be made by teams to give U17's preference.
- If U20s are used then the team sheet must clearly state they are designated as U20 *i.e. Lily Brown (U20)*.
- U20s will not be included in the Athlete of the Match or Best Performance awards.
- The **Under 11 age group** of Male and Females will not score for the main league.
- Under 11s in the H of E league should be 9 or 10 on 31st August within the competition year *i.e. 1st October to 30th September..*

## MATCH RESULTS

- The central match coordinator will provide to each club computerised declaration sheets.
- Match organisers must send each club & the central match coordinator a fully checked set of results within 5 days of the fixture.
- In the absence of a central match coordinator for all the divisions, each division shall appoint its own Organiser who will be responsible for checking & collating the results and for calculating the final results for the season.
- This person will then be responsible for sending the final results to the division team managers and to the League Coordinator for inclusion in the website.
- Results of each event must be displayed by the promoting club on the day of the competition.

## AWARDS

### Main League

- There shall be trophies presented to the winners of the **combined Male and Females groups** in each division and to every **Division Champion** each season.
- Medals will be presented for the season's **Best Performance** in each age group, event and division for the boys & girls after all matches have been completed
- U20s will not be included in the Best Performance awards.

### Under 11's

- The Under 11s will have their own discrete scoring
- The number of athletes to make up the boys and girls teams will not be restricted.
- The Under 11s will compete in 75m, Long Jump, Howler and 600m.
- Of those 4 events, each athlete can compete in 3 events plus a relay in any combination of Scoring or Non Scoring events on one day.
- All scoring athletes will wear the designated club letters and non scoring athletes will wear the designated club numbers. (This will potentially require Team Managers to ensure that letters and numbers are swapped accurately if a single athlete is designated as both scoring and/or non scoring in various events).
- A mixed team *i.e. 2 boys and 2 girls* will compete in a non-scoring 4 x 100m relay.

## TEAM COMPOSITION

- Two competitors per event per age group.
- A competitor may not compete in two age groups on the same day.
- Team Managers should use their best endeavours to grade athletes correctly as A or B
- The Under 17/20 teams should prioritise Under 17 athletes where possible. When entering the athletes name on the declaration sheet it should be entered as for example **U20** Jane Brown.
- Team Managers should also ensure that all athletes, particularly in the throwing events and hurdles should be competent in the respective events and to have been taught the basic techniques prior to the competition.
- If the officials consider that an athlete didn't have the required skill or knowledge to throw an implement competently and safely for themselves, other competitors, officials etc. (i.e. "just throwing for the points") the team manager would be informed and the athlete could be withdrawn from the competition.

## Moving up an age Group

- There should be no movement between age groups, but in exceptional circumstances, athletes are allowed to move up 1 age group for the respective full match i.e. an athlete can compete in an older age group if the team manager or an athletes coach considered it appropriate and to the benefit of the athlete not the club ("just competing for the points"). However, the athlete must compete in any other events in that same age group throughout that meeting. They can revert back to their own age group in subsequent matches.

## Number of events allowed by each competitor.

- **Irrespective of age**, each competitor may only compete in **4 events** in a single match, one of which must be a relay

## Guests

- Guests may not compete in the league events, however, one non scoring guest per club per age group/gender is allowed for 800m and 1500m races only subject to the Track Referee's discretion and approval.
- If there are too many guests the Track Referee will use their discretion to ensure the programme is adhered to, which could mean guests may not be included in the race.
  - **Note:** *Clubs need to make sure that competitors, Team Managers (and parents) are aware that there is a risk of the Track Referee not allowing guests to save any misunderstandings on the day.*
- Guest competitor's names must be submitted at the same time as the team declaration sheets.
- Guests will be identified by wearing a U11 number not letter.

## Throws

- For safety and timing reasons long throws will alternate every season i.e. season 1; first and third matches Javelin and match 2 Discus. The following year first and third matches Discus and match 2 Javelin.
- In the Under 17/20 age group the throws will be for **U17 athletes only**.

## Howler rules:

1. **Throwing Line:** Athletes throw from behind a marked line. Stepping over the line during a throw is a foul and cannot be measured so athletes must be cautious not to step over
2. **Run-Up:** Athletes use a standing throw only. Athletes are not allowed a run-up to the line.
3. **Equipment:** Nerf Vortex Aero Howler
4. **Throwing action:** Athletes use an overhead throw similar to a javelin. Slings are not permitted.
5. **Measurement:** Athletes will be given three consecutive throws. The throw is measured from the line to where the Howler first lands (not where it finishes). Their best throw will be measured and recorded

## Hurdles

- Heights and distances for the respective age groups will be in line with British Athletics rules.
- In the Under 17/20 age group the hurdles will be for **U17 athletes only**.

## SCORING

- A total points system i.e. combining the points for both Female and Male U13,15 &17/20 will determine the overall winners of a match.
- The points will start with the number of teams in the division.
- Example, If 8 teams : 8-7-6-5-4-3-2-1 for both A & B strings.  
If 7 teams : 7-6-5-4-3-2-1 for both A & B strings.
- The total scores of the teams from the three matches will be added to find the League Winners.
- The total points for each age group (Female and Male) per match will be aggregated over the 3 matches to decide the respective section winners.

## OFFICIALS

1. The host club will provide the Starter, Marksman, Track Referee, Chief Timekeeper, Field Referee, Announcer & a recording team and shall ensure that any officials appointed by them are suitably qualified, hold a current officials pass and a current certificate issued by the Disclosure and Barring Service (DBS).
2. No Chief Official shall be appointed on the day of competition, unless under exceptional circumstances (e.g. where the original Chief Official has been taken ill overnight!)
3. The above officials qualify for match points.
4. In addition to the Marksman, to try to keep the timetable on schedule, it is strongly recommended that each meeting should have a Marksman's Assistants to enable the upcoming events to be prepared in advance ready for the Starter and Marksman getting in position to start the event i.e. be one step ahead. This person doesn't necessarily need to be qualified and could be a resource from another competing club if a suitable person isn't available from the host club.
5. All Chief Officials must be of the level required by the meeting licence, bearing in mind there may not be insurance cover if this is not adhered to.
6. 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 grade (level) and registration number. These forms will be supplied to the discipline chiefs appointed by the host club and include two columns pertaining to emergency contact - Name including first name and a telephone number (*these must be destroyed after the event GDPR*).
7. The host club will nominate someone to be responsible for ensuring that all equipment required is available for use on the day and that hurdles are adjustable and moved into place in a timely manner to allow the events to progress according to the timetable
8. Each club, including the host club, shall provide one qualified or competent Track Judge and one Timekeeper.
9. Each club, including the host club shall provide a team of Field officials with a minimum of 4 field officials for the long throws i.e. javelin and discus jumps and for the jumps and shot a minimum of 3.
10. At least one of the Field officials team must be graded at Level 2 or above with Health and Safety certification and the others must be competent. Ideally all officials should be qualified but this is not a requirement.
11. Lead Officials in Field Event teams for long throws *must* be of at least Level 2 to comply with conditions of the UKA Competition Licence.
12. 2 points are awarded for providing officials. i.e. Timekeeper, Track Judge and 3 Field Judges. This is a maximum of 10 points irrespective of whether the club provide more officials.
13. A club can gain 4 extra points if one or more officials are graded 2 or above. This gives a maximum of 14 points per club. The 14 points are applied to the 6 age groups i.e. U13M,U13F,U15M,U15F,U17M,U17F. Each club can get up to 84 points in total
  - a. i.e.  $14 \times 6 = 84$ .
14. Points aren't being withheld as long as there are the requisite number of competent people as previously detailed in 6 & 7 above officiating.
15. **If a club cannot fulfil all or part of their allocated officiating obligations they must inform the organising club 5 working days before the event to give them the opportunity to perhaps juggle the resources to ensure the events conform to the required safety measures.** If a club fails to inform the club in that timescale they will automatically lose their points for the respective discipline.
16. All officials must report to their Chief Officials and must also sign the Health and Safety Attendance Certification indicating their grade (level) and registration number if applicable

17. All officials must sign in before the match starts. Failure of all individuals to sign in will automatically result in the respective officials points not being awarded.
18. Just a signature cannot be accepted as being proof of being present at the discipline at the required time and the final decision on this matter will be taken by the Chief official for each discipline on the day.
19. 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.

**NOTE : INSUFFICIENT QUALIFIED AND SUPPORT OFFICIALS  
MEANS NO MATCH!**

## MEETING ORGANISATION

### Track

- The timetable as published must be followed.
- In the 1500m A and B competitors will run together and the first athlete to finish will be the A runner.
- In all other races the A & B will be as declared, however, Team Managers must endeavour to grade athletes correctly as A or B.
- Hurdles races will be over standard distances & heights.

### Field

- In the Discus, Javelin and Shot there will be 3 trials.
- In the Long Jump there will be 3 trials.
- The Athlete achieving the better performance for his/her club i.e. A or B will automatically become the A string.
- In the High Jump the starting heights will be as follows:

<b>High Jump</b>					
Opening Heights					
U13	Female	1.00m	U13	Male	1.10m
U15	Female	1.10m	U15	Male	1.20m
U17/20	Female	1.20m	U17/20	Male	1.30m

- For the second height onwards, the bar is to be raised at 5cm intervals.
- The winning competitor is entitled to continue jumping in height increments of their choosing.

## NUMBERS AND PINS

- Clubs will be allocated letters for the main match and numbers for the Under 11s.
- Clubs will provide their own respective letters and numbers for the season.
- Under 11s : the scorers wear the respective club letters and the non-scorers the numbers.
- Clubs will provide their own pins.
- Two numbers or letters will be worn by all competitors except the High Jump, where one on the front of the vest is permitted.
- Club numbers will be a single letter for the A and a double for the B nominated competitors.

## TEAM DECLARATIONS

- The League's scoring coordinator will provide to each club computerised declaration sheets.
- **Every club shall complete the forms and e mail them to the meeting Organiser a minimum of 24 hours before the start of the meeting.**
- Any alterations to be notified to the recorder on the official event competitor change sheets before the start of the event by the official Team Manager only.

## **MATCH RESULTS**

- The central match coordinator will provide to each club computerised declaration sheets.
- Match organisers must send each club & the central match coordinator a fully checked set of results within 5 days of the fixture.
- The host club will be responsible for checking & collating the results, sending the final results to the division team managers and to Power of 10.
- The host club will send the results to the central match coordinator for inclusion in the website and for calculating the final results for the season.
- Results of each event must be displayed by the promoting club on the day of the competition.

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