

**MIDLAND COUNTIES
ATHLETIC ASSOCIATION**

**TRACK & FIELD LEAGUE
CONSTITUTION & COMPETITION RULES
2024 v1.1**



MIDLAND COUNTIES ATHLETIC ASSOCIATION

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MIDLAND COUNTIES TRACK FIELD LEAGUE
CONSTITUTION & COMPETITION RULES

1. NAME

The name of the League shall be "The Midland Counties Track & Field League" hereafter referred to as "The League". The name of a commercial sponsor may be added without need for a formal change.

2. OBJECTS

The objects of The League shall be:-

- a) To provide competition for Club teams of athletes, primarily in the form of a divisional league structure.
- b) To generally foster and encourage the development of Track & Field athletics throughout the Midland Counties and to work in conjunction with other similar organisations.

3. MEMBERSHIP

Membership of The League shall be confined to Open Clubs who are affiliated to England Athletics or Welsh Athletics and which are either:

- a) In the Area covered by the Midland Counties AA (MCAA)

OR

- b) In the Area covered by another Area Association and considered worthy of membership on grounds of location or other circumstances, subject to such clubs receiving no direct share of any financial benefits arising from membership.

The total size of membership shall be regulated by the League Management Committee, who will decide on applications for admission to the League and may require clubs which do not satisfactorily fulfil League obligations to withdraw.

Clubs are required to declare their intent to compete in the next track and field season by at least the annual AGM (e.g. intent to compete in 2025 shall be made by at least the date of, or at, the 2024 AGM). (AGM 2023)

4. MANAGEMENT

Responsibility for the management of The League shall be vested in a Management Committee consisting of:

- a) Chairperson, Finance Officer, Secretary. These Officers shall be proposed by the current League Management Committee from nominations made by Member Clubs and subsequently approved by the MCAA Management Committee and the Annual General Meeting of League Clubs
- b) Divisional Secretaries, appointed by the Clubs in each division, may also attend League Committee meetings but will not have a vote.
- c) Such other Officers as may be deemed necessary, appointed at the AGM of League Clubs.
- d) The Management Committee may co-opt members to the Committee when necessary (AGM 2011).

5. MEETINGS

- a) An Annual General Meeting shall be held in the autumn of each year in order to consult Clubs and exchange views on appropriate matters and to facilitate the election

of Divisional Secretaries and other Officers. Member Clubs shall receive **42 days (AGM 2018)** notice of the Annual General Meeting. All nominations and proposals must be received in writing, duly proposed 28 days before the date of the Annual General Meeting. They must be seconded at the AGM. At the discretion of the Meeting nominations for officers may be made from the floor which will allow any last minute gaps to be filled at the AGM.

b) A minimum of ten clubs must be represented at an Annual General Meeting or Extraordinary General Meeting.

c) A defeated proposal may not be brought to the AGM for a further two years. *(Note: for clarification this means if it was presented, for example, in 2018 it can next be considered in 2020.)*

d) Extraordinary General Meetings may be held when considered necessary by the League Management Committee or when requisitioned by 10 member Clubs.

e) The League Management Committee will meet formally at least three times a year.

6. VOTING

a) Each team represented at a General Meeting shall be entitled to ONE vote. Each delegate may represent one team only. Matters voted on shall be decided by a simple majority.

b) All members of the elected League Management Committee shall have equal voting rights, but in the event that the majority of Elected Officers appointed under 4a (above) being opposed to a decision, which is considered significant enough to warrant it, they may refer the matter to the MCAA Management Committee for a decision prior to implementation.

7. FINANCE

a) All funds relating to the operation of the League shall be maintained within the accounts of the MCAA with appropriate records being maintained by the Association's Honorary Treasurer. Such funds will be identifiable within the Association's accounts and include provision for balances to be carried forward.

b) Clubs shall be required to pay an annual entry fee to the League, payable by the 31st March in the year of competition. The amount (**raised to £550 AGM 2023**) and any additional fee due for late payment (currently £25), will be determined by the League Management Committee in conjunction with the MCAA Management Committee.

The reimbursement for hosting a match will be £800 (AGM 2023) Any club that hosts 2 meetings (so that 4 meetings can go ahead in the season) should have the cost of the last meeting (minus the host reimbursement) divided between the other clubs, who have not hosted during that season, in that Division (AGM 2019). Hosts who provide EDM equipment will be reimbursed an additional £50 (AGM 2023). Hosts who provide wind gauges will be reimbursed an additional £25 per wind gauge up to two wind gauges unless a wind gauge's costs have already been included within a photo-finish arrangement (AGM 2023).

c) For the technical events match, clubs who have participating athletes will be asked to contribute to the cost of the match on a pro rate basis based on the number of athletes from their club that participate. *(Note: in 2023 the cost per athlete was £5, for 2024 the cost per athlete is expected to be around £6.)*

d) It shall be within the aims of the League to obtain sponsorship, either on a regional basis for the whole League or on a local basis for individual matches, but any such

local sponsors shall have the approval of the League's Management Committee and any residue funds shall be retained to meet the day to day running costs of the Association.

e) Where photo-finish is used the cost will be split across the clubs attending that match. Note: for the technical match this is included in the per athlete cost. (AGM 2022)

8. DUTIES OF OFFICERS

a) Chairperson

The chairperson will chair all League General and Management Committee meetings, and will undertake other appropriate duties as required.

b) Secretary

The secretary will co-ordinate all arrangements for the running of the League, convene all meetings and prepare minutes, prepare a basic fixtures plan each year in consultation with other appropriate bodies, and maintain communications with all member clubs.

c) Divisional Secretaries

Divisional Secretaries will:-

- 1) Be responsible for checking the final results of each match and answering queries or passing the problems to the Secretary
- 2) Check Eligibility of Athletes.

9. RULES OF COMPETITION

All competition shall be held in accordance with UKA rules and UKA rules always take precedence.

Specific rules governing the Divisional League competition shall be determined at a General Meeting of League Clubs.

Abusive or unacceptable behaviour/responses from Club representatives towards Committee Members, Divisional Secretaries or Officials will not be tolerated and action will be taken as deemed necessary.

COMPETITION RULES

1. MATCHES / EVENTS

The league will comprise of 4 full matches per division (“standard divisional matches”), ideally with 2 on a Saturday & 2 on a Sunday. Additionally, (AGM 2022) there shall be a single match (“technical events match”) in which a selected set of events, determined by the league management committee with guidance as necessary from the AGM, will be contested by athletes from all divisions. *Note: the intention here is for the league to provide an improved athlete competitive experience for those events that have few (or zero) competitors in the divisional matches.*

1) The league shall consist of (AGM 2023) either two or three “pan-area” divisions, Divisions 1 and 2 or Divisions 1, 2 and 3, operating across the full geographic area covered by the league member clubs together with three parallel divisions operating across three regional areas denominated as:

Division 3 (or 4)-North East,

Division 3 (or 4)-South East and
Division 3 (or 4)-South West

2) If there are two “pan-area” divisions then ideally division 1 should consist of 6 teams and division 2 ideally 7 teams. If there are three “pan-area” divisions then ideally divisions 1 and 2 should consist of 6 teams and division 3 ideally 7 teams. The particular number of teams in the divisions for a given season will be determined by the league management committee to ensure effective hosting, officiating and competition. (AGM 2023)

3) In any standard divisional match where sufficient lanes are not available, separate races shall be held as ‘time-trials’ and match points allocated accordingly. Races shall be seeded by the host club based on athlete best performance in current or preceding calendar year drawn where possible from Power of Ten or similar databases. If a given time is recorded in more than one trial then all competitors attaining that time shall be accorded the same place for scoring purposes regardless of the finishing order of the trials. If there are equal times but only in a single trial then the finishing order of that race shall be used.

Events for a round of standard divisional matches

Men 100m, 200m ,400m ,800m, 1500m, 3000m/5000m, 2000/3000 S/Chase (current Midland league has the 3k/5k and 2kSC/3kSC alternating),110 Hurdles,400 Hurdles, High Jump, Long Jump, Pole Vault, Triple Jump, Discus, Hammer ,Shot ,Javelin ,4x100, mixed 4 x400 relay (2male + 2 female) at 2nd and 4th meetings, 4x400 at 1st and 3rd meetings (AGM 2019), 4x400 mixed shall have A and B races (2021 AGM)

Women 100m 200m 400m 800m 1500m 3000m/5000m, 2000/3000 S/Chase (current Midland league has the 3k/5k and 2kSC/3kSC alternating),100 Hurdles, 400 Hurdles, High Jump, Long Jump, Pole Vault, Triple Jump, Discus, Hammer, Shot, Javelin, 4x100, mixed 4 x400 relay (2male + 2 female) at 2nd and 4th meetings, 4x400 at 1st and 3rd meetings (AGM 2019), 4x400 mixed shall have A and B races (2021 AGM)

Events for the “technical events match” (AGM 2022)

Men 400m, 3000m S/Chase, 110 Hurdles, 400 Hurdles, High Jump, Pole Vault, Triple Jump, Hammer Throw

Women 400m, 3000m S/Chase, 100 Hurdles, 400 Hurdles, High Jump, Pole Vault, Triple Jump, Hammer Throw

Guests

Men and Women – There will be a non-scoring 100 and 200 race to follow after each 100 and 200 in the meeting. Guests will be allowed in all other track events at the discretion of the track referee. Guests will be allowed in all field events at the discretion of the Field Referee(s) (for guidance 3 trials in throws and horizontal jumps where appropriate). Host club should be advised by the Wednesday before the meeting of guest requests to compete, including for the non-scoring 100 and 200 races, in order to give the Referees sufficient notice. Clubs should note that at times there may be more guests than can be accommodated in the match. The referees may refuse guest entry if this is necessary.

All guests must be UKA registered athletes unless agreed otherwise by the League Management Committee who shall ensure that if this is the case the UKA eligibility for competition rules, including athlete anti-doping statements, are complied with.

2. ORDER & TIME OF EVENTS

SEE MCAA website for details.

Variation in the timetabling of events may be allowed to suit local conditions, Health & Safety AND any COVID issues.

3.1. HOSTING OF STANDARD DIVISIONAL MATCHES

All clubs shall host a fixture once every two years if required. Management Committee has the power to impose a penalty when Clubs will not host and, if necessary, recommend to AGM further action. Management Committee will maintain a list of which clubs have hosted and when.

a) Host Clubs

Host Clubs shall be responsible for the provision of adequate officials to run the meeting. In the event of a meeting being hosted by more than one club, the responsibility for providing officials shall be divided equally.

Host Clubs shall ensure all results are forwarded immediately after the match to the team managers, Divisional Secretaries, League Secretary and MCAA T&F League results coordinator (who will forward to Power of Ten).

The host club shall be responsible for the provision of at least:

- . All Match Fees

- . For Divisions 1 and 2 photo-finish equipment and a qualified photo-finish team should be provided if affordable equipment is available. **For other divisions the use of photo-finish is encouraged and ideally at least one match per division per year for these other divisions should have photo-finish (AGM 2023).**

- . **The use of EDM is encouraged at all matches and this attracts an additional reimbursement to the hosts above the standard hosting fee (AGM 2023).**

- . **The use of wind gauges for the 100, 200, sprint hurdles and horizontal jumps is encouraged at all matches and this attracts an additional reimbursement to the hosts above the standard hosting fee (AGM 2023).**

- . (AGM 2022) The following officials to be provided at a level which matches or exceeds the minimum level required by UKA licencing conditions for a level 1 permit:

 - Chief Starter (note, currently the requirement is at least level 1)

 - . Marksman / Starter's Assistant (note, currently the requirement is at least level 1)

 - . Chief Timekeeper (note, currently the requirement is at least level 2)

 - . Track Referee (note, currently the requirement is at least level 2)

 - . Field Referee (note, currently the requirement is at least level 2)

- . Match Recorders (Two per match)

- . Announcer

- . First Aid Cover

- . Ensuring appropriate risk assessments are carried out (required to comply with EA licencing conditions)

- . Officials' refreshments

- . Preparing the Field Cards

. (AGM 2022) Providing the names of the Chief Starter, Chief Timekeeper, Track Referee and Field Referee to the division secretary and league secretary two weeks before the match.

b) Participating Clubs

All participating clubs, including the host club, shall provide AT LEAST the following officials (and where possible graded):

. One Track Judge

. One Timekeeper

. Four Field Judges (Notes: Field teams must comply with UKA licencing requirements for a level 1 permit. Currently (2023) this means: a) if officiating a long throw or the Pole Vault a QUALIFIED field team must have at least four individuals and these must include a Level 2 (or higher) in addition to a level 1 (or higher), for all other field events a QUALIFIED field team of at least four individuals must include at least two qualified officials (Level 1 or above).)

Each club should be allocated field event(s) in advance. It shall be the responsibility of the Field Referee, in co-ordination with the divisional secretary, to ensure that competent, graded officials shall be in charge

6 officials in total.

c) (AGM 2022) If an attending (i.e. not the host) club steps in and provides an official (or officials) for the key roles of track referee, field referee, start team, then they shall be allowed to count them against their own club officials' requirements. (For example, if a club allows their L2 field judge to swap to the field referee role then the providing club still scores +5 points for a qualified field judge.)

(AGM 2022) If a club provides an additional qualified official (or additional officials) that are loaned to other teams for a given match, then the providing club may carry forward to the next match the points for that/those officials. The receiving club does not score the +5 points for the qualified official. (For example, if club A attends match number two with two L2 field judges and loans one of these to club B then for match three it will be judged that club A has already scored the +5 points for a qualified field judge. The receiving club (club B) in this example will not score the +5 points in match two as they attended match two with no qualified field judge.)

Note: the intention here is to provide some benefit to clubs who loan out officials in order that a match can proceed on the day. It is recognised that clubs may come to informal loan arrangements before match day and this is still encouraged – but this proposal is designed to address on-the-day issues and their impact on the match proceeding or not. We also recognise that the loaning club (club A in the example) could simply not provide a L2 at match three (as they have already got the points). But our expectation is that clubs would not do this and would only be missing a L2 if there were exceptional circumstances.

d) From 2019 new member teams who join the League must supply the requisite number of officials. The situation will be reviewed over the season and all League clubs not providing the correct number of officials could be excluded from future participation (AGM 2018)

e) Clubs failing, without a sound reason, **to provide at least three of the required six officials for two or more matches whether or not the club attends these matches may**

(AGM 2023) be excluded from the League and will need to reapply to the League for the next season. Entry will be at the Committee's discretion (AGM 2019).

Clubs failing, without a sound reason, to provide at least four of the required six officials for three or more matches whether or not the club attends these matches may be excluded from the League and will need to reapply to the League for the next season. Entry will be at the Committee's discretion. (AGM 2023)

(AGM 2022) Clubs will gain 5 points per requisite qualified level 1 or above official for timekeeper and track judge, 10 points for a full field team that includes two officials at the necessary (see notes above) levels of qualification or 5 points for a full field team (i.e. having at least four individuals) that includes at least one qualified member (see notes above) to a maximum of 20 points. **If a non-host club provides a timekeeper that is used within the photo-finish team, should photo-finish be in use, they will be judged to have fulfilled their timekeeper requirements.** (AGM 2023)

Teams with a missing timekeeper, track judge or any of the 4 field officials required for a full field team will be deducted 10 points for each missing official up to a maximum of 60 points (AGM 2019).

To guarantee either the additional 5 points for an appropriate level of qualification or to avoid the deduction of 10 points for a missing official a club must ensure their officials fulfil their full match duties. If an official delivers only part of their full match duties then the points assigned to that official may be adjusted at the discretion of the league management committee. The league management committee shall assign a score for that official in the range +5 to -10 depending on the particular circumstances. (AGM 2023)

f) Each official must sign in **with name, license number, level and club on the appropriate meeting form (AGM 2018).**

g) Host clubs must write to those officials who have offered their services to ensure availability.

h) All visitors to the meeting must be made aware of the location of the First Aid facility before the meeting commences.

i) Host clubs must provide visiting clubs with travel directions 14 days in advance to the venue & a telephone number to contact the host club up to 30 minutes before the start of the meeting in case of transport difficulties, etc.

j) All clubs taking part must inform the host club at least seven days prior to the meeting if they cannot provide a full set of officials and if this is the case to identify the role or roles that will not be filled.

3.2. HOSTING OF TECHNICAL EVENTS MATCH (AGM 2022)

The League Management Committee will arrange the hosting of the single pan-division "technical events match".

a) Host Clubs

The League Management Committee, as host, shall be responsible for the provision of adequate officials to run the meeting, drawing on officials the committee identify specifically (referees etc.) and officials provided by participating clubs.

Host shall ensure all results are forwarded immediately after the match to the team managers, Divisional Secretaries, League Secretary and MCAA T&F League results coordinator (who will forward to Power of Ten).

The host shall be responsible for the provision of at least:

- . All Match Fees
- . Photo-finish equipment should be provided if affordable equipment is available
- . The following officials to be provided by the host at a level which matches or exceeds the minimum level required by UKA licencing conditions for a level 1 permit:
 - Chief Starter (note, currently the requirement is at least level 1)
 - . Marksman / Starter's Assistant (note, currently the requirement is at least level 1)
 - . Chief Timekeeper (note, currently the requirement is at least level 2)
 - . Photo-finish Chief Timekeeper (note, currently the requirement is at least level 2)
 - . Track Referee (note, currently the requirement is at least level 2)
 - . Field Referee (note, currently the requirement is at least level 2)
- . Match Recorders (Two)
- . Announcer
- . First Aid Cover
- . Ensuring appropriate risk assessments are carried out (required to comply with EA licensing conditions)
- . Officials' refreshments
- . Preparing the Field Cards
- . Providing the names of the Chief Starter, Chief Timekeeper, Track Referee and Field Referee to the league secretary two weeks before the match.

b) Participating Clubs

All participating clubs shall provide AT LEAST the following officials (and where possible graded):

- . Either One Track Judge OR One Timekeeper
- . Two Field Judges

The host will organise field teams and duties in advance of the meeting. It shall be the responsibility of the Field Referee, in co-ordination with the host, to ensure that competent, graded officials shall be in charge

THREE officials in total.

c) Clubs will gain 5 points if they provide either a qualified (level 1 or above) track judge OR a qualified (level 1 or above) timekeeper. They will gain 2.5 points if the official is ungraded. Clubs will gain 5 points for each qualified field judge (level 2 or above). They will gain 2.5 points per field judge (up to a maximum of two field judges) if the officials are below level 2. Thus if all of a club's three officials are appropriately qualified a team will gain 15 points. If all officials were not appropriately qualified the team would gain 7.5 points.

There are no penalty points for missing officials.

d) Each official must sign in **with name, license number, level and club on the appropriate meeting form (AGM 2018).**

e) All visitors to the meeting must be made aware of the location of the First Aid facility before the meeting commences.

f) Host must provide visiting clubs with travel directions 14 days in advance to the venue & a telephone number to contact the host up to 30 minutes before the start of the meeting in case of transport difficulties, etc.

g) All clubs taking part must inform the host at least seven days prior to the meeting if they cannot provide a full set of officials and if this is the case to identify the role or roles that will not be filled. (Also see below: 5. Declarations.)

4. ELIGIBILITY OF ATHLETES

a) All competitors must be first claim members or registered for higher competition, and be eligible to compete for the club in Open Team competition on the day of the meeting. The League will accept applications for Higher Club Competition and other discipline applications, where athletes whose first claim club is not registered for track and field, following approval from the appropriate National Eligibility Committee UKA Rule 5 (5) (2015) only up to a maximum of 8 athletes with 4 to compete at any match.

b) All athletes must be registered with the National Governing Body prior to competition or with the appropriate divisional secretary. Up to a maximum of 10 additional athletes may be registered with the relevant Divisional Secretary on the day of the first match of the season and 4 thereafter (combination of male and female) subject to their eligibility being subsequently confirmed. Both the Divisional Secretary and the Club must notify the MCAA office of any such additions within 7 days (AGM 2013).

c) Athletes cannot compete in a match until their Team Managers or persons nominated by those members of Club at the present time has submitted a Team Declaration via the provided portal or paper form when technical difficulties arise. Alterations must be made on the portal or by communication with the Divisional Secretary if technical difficulties persist (AGM 2019) wherever possible before the event starts but no later than 30 minutes after the event finishes.

d) (AGM 2022) Team managers must ensure that all athletes are aware of and comply with the following UKA anti-doping statement:

“All entrants shall be deemed to have made him/herself/themselves, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of the league match in which the athlete competes, whether or not the entrant is a citizen of, or resident in, the UK.”

e) Guests should be declared at least 1 hour before the event starts and officials responsible for managing the event should be notified accordingly (AGM 2018). Any club wishing to utilise any spare lanes on the track should contact the host as soon as possible. It will be the host's responsibility for managing this usage.

f) There shall be no restriction on the use of athletes by clubs with teams in the National League structure. Clubs with more than one team in the Midland Track and Field League may not use the same athlete in more than one team in the same round of league competition.

THE USE OF INELIGIBLE ATHLETES MAY RESULT IN THE LOSS OF THE RESPECTIVE ATHLETES' POINTS AND 1 LEAGUE POINT UNLESS THE MANAGEMENT COMMITTEE ACCEPTS THAT MITIGATING CIRCUMSTANCES JUSTIFY A LESSER PENALTY.

INELIGIBLE ATHLETE defined as “Any athlete who has not been passed through the correct eligibility process and / or has not been registered by the club with the appropriate authority or with the divisional secretary on the day.”

g) Composite teams accepted by the UKA process (AGM 2013) applying to join the League **must apply by 1st October before the AGM and (2018 AGM)** will be considered (after promotion/relegation has been decided) by the Management Team.

h) (AGM 2022) Clubs, following a vote from clubs in the appropriate division(s) organised by the league secretary, and with the subsequent agreement of the league management committee, are allowed to co-operate for the purposes of the league. Applications to be received no later than the AGM so that reasonable estimates of the divisional structure can be determined. The number of co-operating clubs to be limited to combinations of two. Any two co-operating clubs would share athlete slots, officials' duties and league fees – and it would be up to the co-operating clubs to decide how these items would be divided/shared. Within the league results, performances would be assigned to an athlete's home club and would appear as such on Power of Ten. For match team scoring we would combine scores from the cooperating club pair and this would be used for match position and ultimately promotion/relegation. Co-operating teams would be allowed from different divisions with the higher division being the one in which the co-operating team would sit.

5. DECLARATIONS

For a standard divisional match clubs should endeavour to send the host Club a declaration sheet in advance of the meeting by email or post and confirm the team by a paper copy on the morning of the meeting (AGM 2013)

For the technical events match a declaration sheet must be sent at least a week before the match to enable timetabling to be finalised. Changes to the declarations after this point are allowed as per standard divisional matches. A club's anticipated list of officials (including role and level) is to be provided at the same time.

6. PARTICULAR AGE GROUPS

a) An under 20 athlete may only compete in a maximum of 5 events (including guest appearances in match events and appearances in non-scoring events).

b) A senior athlete may compete in a maximum of 7 events.

c) An under 17 athlete can only compete in a max of 4 events, and if so one must be a relay (including guest appearances in match events and appearances in non-scoring events). U17s are allowed to compete in the 3000m Steeplechase and also the 5000m (AGM 2019). Note: UKA competition rules pre-April 2022 did not allow U17s to compete against older age groups at distances above 3000m but UKA rule change on 1 April 2022 does allow U17 to compete against older age groups at all events up to and including 5000m.)

7. NUMBERS

The League will provide numbers for each club in the league. Each club will be allocated their numbers by the league.

Two numbers shall be worn by all athletes in all events, except as allowed by UK Athletics rules.

8. CLUB COLOURS

Club colours must be worn at all times.

9. TRIALS

In all field events (except High Jump and Pole Vault) all competitors shall be entitled to three trials. The first six placed competitors in a standard match, or any number of competitors in the technical events match, having achieved a valid distance/height shall be entitled to a further three trials, if they have attained the required standard as listed below. Where less than 3 competitors achieve the standard the first 3 in the competition will get a further 3 attempts.

MIDLAND LEAGUE STANDARDS

MEN

Division	DT	HT	JT	SP	LJ	TJ
1	36m	40m	47m	11.60m	6.20m	12.50m
2	33m	36m	43m	11.20m	6.00m	12.00m
3	28m	28m	38m	10.00m	5.75m	11.50m
4 NE/SE/SW	28m	28m	36m	10.00m	5.60m	11.30m
Technical events match	33m	36m	43m	11.20m	5.75m	11.50m

WOMEN

Division	DT	HT	JT	SP	LJ	TJ
1	30m	38m	32m	9.80m	5.00m	10.20m
2	25m	30m	25m	8.60m	4.65m	9.30m
3	25m	28m	25m	8.40m	4.65m	9.30m
4 NE/SE/SW	25m	25m	25m	8.20m	4.65m	9.30m
Technical events match	25m	30m	25m	8.60m	4.65m	9.30m

10. LANE/FIELD DRAW. The draw for all track and field events in a standard match shall be pre-drawn and are shown in section 18 below. In field events all A string compete followed by the B string and then the C string in each trial. A different draw shall be made for each match. For the technical events match the events shall be seeded and drawn beforehand by the match host.

11. HIGH JUMP, POLE VAULT and TRIPLE JUMP

a) The Women's high jump will start at 1.25m and progress in 5cms up to 1.40m. The Men's High Jump shall start at 1.40m and progress in 5cms up to 1.70m. Subsequent heights shall be at the discretion of the Field Referee.

b) The Women's Pole Vault will start at 1.70m and progress in 10cms up to 2.10m. The Men's Pole Vault will start at 2.10m.

Subsequent heights shall be at the discretion of the Field Referee.

If an athlete either during warm-up or during the event itself is judged to be unfit to participate safely in the event then the field judge team may request the athlete to halt their participation so as to ensure athlete safety (AGM 2023).

c) If the stadium equipment is not capable of going to these heights, the opening height shall be the lowest that the equipment can reach, including drop bars.

d) In an event of a tie for first place, **NO JUMP OFF SHALL TAKE PLACE** and the points for those competitors tying for first place shall be divided equally between those competitors.

e) The Women's Triple Jump will use a minimum of a 7m board and the Men's Triple Jump will use a minimum of a 9m board.

If an athlete's performance is below these minimum board setting values, for example if a judge allows the use of a 7m board for male athletes, then the performance may be recorded in the results but will score zero points. If an athlete either during warm-up or during the event itself is judged to be unfit to participate safely in the event then the field judge team may request the athlete to halt their participation so as to ensure athlete safety. (AGM 2023)

12. SCORING

a) Each club shall be entitled to an "A" and "B" string competitor in all events (see below for C string athletes) except the single-gender relays, when each club will be entitled to one team only. For the mixed 4x400m relay each club shall be entitled to an "A" and "B" string team. (AGM 2022): In addition to A and B string competitors, each club shall be entitled to enter a limited number of "C" string competitors in the individual events. Each club may choose within the constraints noted below the events in which they enter the "C" string competitors. For a standard divisional match a club may use **four (AGM 2023) "C" string slots per sex per match with no more than two "C" strings per sex per match on the track and with no more than two "C" strings per sex per match in the field (AGM 2023)**. For the technical events match clubs shall be entitled to use two "C" string slots per sex **with no more than one "C" string per sex on the track and with no more than one "C" string per sex in the field (AGM 2023)**.

If a club uses more than the allowed number of C string athletes per sex then any C string scores beyond the allowed number will be deleted starting with the C string score from the latest timetabled event. If in determining this correction it is found that more than one event has the same timetabled start then the highest C string score or scores from these equally latest timetabled events will be removed. (AGM 2023)

b.i) For a standard divisional match separate "A", "B" and "C" (AGM 2022) races shall be held for each event other than events of 1500m or more. Where separate "A", "B" or "C" races are held the better athletes must be declared in the higher standard races. In shorter races where there are sufficient lanes for all the athletes, races should be combined. This should be done in a way that combines entire races (for example all B

and C string athletes in a single race, or A and B together, or A, B and C together). Whenever races are combined in this way, in order that athletes compete together, the highest placed competitor from a club will be considered as the highest string, next placed athlete second string and if all three races are combined third placed athlete the C string.

b.ii) For the technical events match all races and field events will be seeded based on Power of Ten times over the previous and current seasons. Results by division, and within each division by string (A, B, C), are to be determined on a "time trial" basis (distance or height trials for the field events).

c) When the 'A' competitor is disqualified after the meeting the 'B' competitor becomes the 'A' and is scored in the 'A' event in relation to their performance. The same applies to B and C string competitors.

In the races over 800m the highest placed competitor from a club will be considered the "A" runner, the second highest placed the "B" runner and the third highest placed the "C" runner.

If a club has only one competitor in any event that competitor shall compete in the "A" event. If the club has two athletes then the competitors shall compete in the A and B events respectively.

In all field events "A", "B" and "C" competitors will compete together.

d) Where two otherwise correctly declared athletes compete (ie, pursuant to Rule 4), but do so under the wrong number, e.g., the "A" athlete wears the "B" number and vice versa, or "B" wears the "C" number etc., that in itself shall not be grounds for their disqualification and the organising club or the divisional secretary shall have the authority to make the necessary amendments to the team declaration and results as though the athletes had competed wearing the correct numbers. NB: For the avoidance of doubt, disqualification shall still apply where separate "A" and "B" races are held pursuant to 12b) and application of this rule 12d) would have the effect of the better athlete becoming the "B" and the slower athlete becoming the "A". (AGM 2014). This concept is extended to include the "C" string athlete (AGM 2022).

e) If an event is cancelled on the day of the competition once declaration forms are in then the points will be shared between the declared athletes. If a match is abandoned after 24 events (A, B & C strings) have been completed, the result stands. In such cases throws & jumps shall be regarded as complete if three rounds have been completed. If less than 24 events have been completed, the match will be declared null and void.

f.i) The event score for an individual shall be the sum of the position score noted in this paragraph and any bonus points noted below in paragraph 12g.

Scoring within each event shall be as follows:

Scoring: 5 Club Match A String = 10 / 8 / 6 / 5 / 4	B String = 8 / 6 / 4 / 3 / 2
Scoring: 6 Club Match A String = 11 / 9 / 7 / 6 / 5 / 4	B String = 9 / 7 / 5 / 4 / 3 / 2
Scoring: 7 Club Match A String = 12 / 10 / 8 / 7 / 6 / 5 / 4	B String = 10 / 8 / 6 / 5 / 4 / 3 / 2
Scoring: 8 Club Match A String = 13 / 11 / 9 / 8 / 7 / 6 / 5 / 4	B String = 11 / 9 / 7 / 6 / 5 / 4 / 3 / 2

Scoring: 5 Club Match C String = 6 / 4 / 3 / 2 / 1

Scoring: 6 Club Match C String = 7 / 5 / 4 / 3 / 2 / 1

Scoring: 7 Club Match C String = 8 / 6 / 5 / 4 / 3 / 2 / 1
Scoring: 8 Club Match C String = 9 / 7 / 6 / 5 / 4 / 3 / 2 / 1

g) BONUS POINTS

Bonus points (five points) shall be awarded to clubs when an athlete's event result achieves the standards set out in Appendix A. An athlete may score separate bonus points for their club in all events in which they participate. If an athlete in a field event performs at or above the standard in more than one trial the athlete shall still only be awarded one bonus qualifying performance (the five points) for that event.

13. PROMOTION / RELEGATION

The winner of each division will be presented with a trophy at the conclusion of the final match. The winner and the second team in Divisions 2 and 3 shall be promoted to replace the bottom two teams in the Division above. If there are three regional divisions the top team in each regional division shall be promoted to division 3 and the bottom three teams in division 3 shall be relegated to the regional divisions. If there are two regional divisions the top two teams in each regional division shall be promoted to division 3 and the bottom four teams in division 3 shall be relegated to the regional divisions. The regional divisions shall be rebalanced each year following promotion and relegation to maintain minimum travel distances.

The bottom club in each of the regional divisions shall be required to reapply to join the League for the following season.

League Points for a standard divisional match will be awarded as follows: - 5 / 4 / 3 / 2 / 1 or 6 / 5 / 4 / 3 / 2 / 1 or 7 / 6 / 5 / 4 / 3 / 2 / 1 or 8 / 7 / 6 / 5 / 4 / 3 / 2 / 1 dependant on the number of clubs in that division.

For the technical events match league points will be awarded by division and will be as follows:

2.5 / 2.0 / 1.5 / 1.0 / 0.5	or 3.0 / 2.5 / 2.0 / 1.5 / 1.0 / 0.5 or
3.5 / 3.0 / 2.5 / 2.0 / 1.5 / 1.0 / 0.5	or 4.0 / 3.5 / 3.0 / 2.5 / 2.0 / 1.5 / 1.0 / 0.5

At the end of the season match positions will be determined by the total number of League Points and, if equal, by the total number of match points. If a tie remains, the number of A string winners will determine the positions, then B string winners, then C string winners, then 2nd places etc..

In the event of a Club resigning from this League to concentrate on the National Athletics League and then, at a later date being relegated from it, the Club may return to this League in the division from whence they left. Where necessary, more than 2 teams may be relegated from each division to accommodate teams returning from the National Leagues.

14. FAILURE TO ATTEND MATCHES

If a club is unable to attend a standard divisional match the divisional secretary and the host club must be informed at least 5 days beforehand. (Note: the pre-declaration requirement for the technical events match supersedes this 5 day notification requirement.)

If a club fails to attend a match, standard divisional match or technical events day, they will score zero league points for that match.

The failure of a club to attend two or more matches (excluding the “technical events match”) may result in the expulsion of such club from the League for the ensuing season. **As per the definition of non-attendance a club missing a match will also have failed to provide the necessary officials and as such rule 9-3.1e will apply (AGM 2023).**

(AGM 2022) A standard match will be considered attended by a club if there is at least one athlete, or at least three officials, from the club. If a club fails to attend a match (covered under rule 9-14) then they will score zero league points for that match.

(AGM 2022) For the technical events match the match shall be considered attended if there is at least one athlete, or at least one official, from the club. If a club fails to attend the technical events match then they will score zero league points for that match. No further sanctions will be applied for non-attendance at the technical events match.

15. RESULTS

a) The host is responsible for the provision of two recorders for each match. It is desirable that the recorders be experienced in the recording and collating of results.

b) The original declaration sheets and recording sheets, along with the track slips and field cards, must be given to the Divisional Secretary immediately after the match, or by the first post following a meeting.

c) A copy of the results sheets must be forwarded to the League Secretary as soon as possible after the meeting. Every attempt should be made to provide visiting clubs with a copy of the results on the day or, in every case within 5 days of the meeting.

d) The Divisional Secretaries shall be empowered to alter an event or a match score if a mistake or infringement of the rules is discovered.

e) The Host is responsible for ensuring that the results are forwarded to the official press contact.

16. TEAM MANAGERS

Team Managers are allowed in the competition area for the sole purpose of carrying out their duties as Team Manager. Before speaking to an athlete competing in any event, he/she must obtain the permission of the appropriate official in charge before doing so.

When within the competition area they **MUST NOT** coach, convey advice or in any way give assistance to athletes.

Team managers should be aware that the rule regarding the wearing of numbers will be strictly applied.

17 APPEALS

Appeals on eligibility to compete must be sent to the League Secretary within 14 days (AGM 2013) of the competition and must be accompanied by a £10.00 fee, which shall

be refunded if the Management Committee considers the appeal reasonable. The Management Committee shall consider such appeals within 28 days. (AGM 2013)

18. LANE DRAWS (Standard matches below, technical events match will have specific seeding and lane/order draws)

6 CLUBS (and 5 clubs – dropping the 6)

Event	Match 1	Match 2	Match 3	Match 4
100m	5-6-1-2-3-4	1-2-3-4-5-6	3-4-5-6-1-2	6-1-2-3-4-5
200m	6-1-2-3-4-5	2-3-4-5-6-1	4-5-6-1-2-3	1-2-3-4-5-6
400m	2-3-4-5-6-1	4-5-6-1-2-3	6-1-2-3-4-5	3-4-5-6-1-2
800m	3-4-5-6-1-2	5-6-1-2-3-4	1-2-3-4-5-6	4-5-6-1-2-3
1500m	4-5-6-1-2-3	6-1-2-3-4-5	2-3-4-5-6-1	5-6-1-2-3-4
3000/5000m	5-6-1-2-3-4	1-2-3-4-5-6	3-4-5-6-1-2	6-1-2-3-4-5
2K / 3K S/C	6-1-2-3-4-5	2-3-4-5-6-1	4-5-6-1-2-3	1-2-3-4-5-6
100/110mH	1-2-3-4-5-6	3-4-5-6-1-2	5-6-1-2-3-4	2-3-4-5-6-1
400mH	2-3-4-5-6-1	4-5-6-1-2-3	6-1-2-3-4-5	3-4-5-6-1-2
4 x 100m	3-4-5-6-1-2	5-6-1-2-3-4	1-2-3-4-5-6	4-5-6-1-2-3
4 x 400m	4-5-6-1-2-3	6-1-2-3-4-5	2-3-4-5-6-1	5-6-1-2-3-4
Javelin	6-1-2-3-4-5	2-3-4-5-6-1	4-5-6-1-2-3	1-2-3-4-5-6
Hammer	1-2-3-4-5-6	3-4-5-6-1-2	5-6-1-2-3-4	2-3-4-5-6-1
High Jump	2-3-4-5-6-1	4-5-6-1-2-3	6-1-2-3-4-5	3-4-5-6-1-2
Pole Vault	3-4-5-6-1-2	5-6-1-2-3-4	1-2-3-4-5-6	4-5-6-1-2-3
Long Jump	4-5-6-1-2-3	6-1-2-3-4-5	2-3-4-5-6-1	5-6-1-2-3-4
Triple Jump	5-6-1-2-3-4	1-2-3-4-5-6	3-4-5-6-1-2	6-1-2-3-4-5
Shot	1-2-3-4-5-6	3-4-5-6-1-2	5-6-1-2-3-4	2-3-4-5-6-1
Discus	2-3-4-5-6-1	4-5-6-1-2-3	6-1-2-3-4-5	3-4-5-6-1-2

Draw for non-scoring events to be made by Marksman

7 CLUBS

Event	Match 1	Match 2	Match 3	Match 4
100m	1-2-3-4-5-6-7	2-3-4-5-6-7-1	6-7-1-2-3-4-5	4-5-6-7-1-2-3
200m	2-3-4-5-6-7-1	3-4-5-6-7-1-2	7-1-2-3-4-5-6	5-6-7-1-2-3-4
400m	3-4-5-6-7-1-2	4-5-6-7-1-2-3	1-2-3-4-5-6-7	6-7-1-2-3-4-5
800m	4-5-6-7-1-2-3	5-6-7-1-2-3-4	2-3-4-5-6-7-1	7-1-2-3-4-5-6
1500m	5-6-7-1-2-3-4	6-7-1-2-3-4-5	3-4-5-6-7-1-2	1-2-3-4-5-6-7
3000/5000m	6-7-1-2-3-4-5	7-1-2-3-4-5-6	4-5-6-7-1-2-3	2-3-4-5-6-7-1
2K / 3K S/C	7-1-2-3-4-5-6	1-2-3-4-5-6-7	5-6-7-1-2-3-4	3-4-5-6-7-1-2
100/110mH	1-2-3-4-5-6-7	2-3-4-5-6-7-1	6-7-1-2-3-4-5	4-5-6-7-1-2-3
400mH	2-3-4-5-6-7-1	3-4-5-6-7-1-2	7-1-2-3-4-5-6	5-6-7-1-2-3-4
4 x 100m	3-4-5-6-7-1-2	4-5-6-7-1-2-3	1-2-3-4-5-6-7	6-7-1-2-3-4-5
4 x 400m	4-5-6-7-1-2-3	5-6-7-1-2-3-4	2-3-4-5-6-7-1	7-1-2-3-4-5-6
Javelin	5-6-7-1-2-3-4	6-7-1-2-3-4-5	3-4-5-6-7-1-2	1-2-3-4-5-6-7

Event	Match 1	Match 2	Match 3	Match 4
Hammer	6-7-1-2-3-4-5	7-1-2-3-4-5-6	4-5-6-7-1-2-3	2-3-4-5-6-7-1
High Jump	7-1-2-3-4-5-6	1-2-3-4-5-6-7	5-6-7-1-2-3-4	3-4-5-6-7-1-2
Pole Vault	1-2-3-4-5-6-7	2-3-4-5-6-7-1	6-7-1-2-3-4-5	4-5-6-7-1-2-3
Long Jump	2-3-4-5-6-7-1	3-4-5-6-7-1-2	7-1-2-3-4-5-6	5-6-7-1-2-3-4
Triple Jump	3-4-5-6-7-1-2	4-5-6-7-1-2-3	1-2-3-4-5-6-7	6-7-1-2-3-4-5
Shot	4-5-6-7-1-2-3	5-6-7-1-2-3-4	2-3-4-5-6-7-1	7-1-2-3-4-5-6
Discus	5-6-7-1-2-3-4	6-7-1-2-3-4-5	3-4-5-6-7-1-2	1-2-3-4-5-6-7

Draw for non-scoring events to be made by Marksman

8 CLUBS

Event	Match 1	Match 2	Match 3	Match 4
100m	7-8-1-2-3-4-5-6	4-5-6-7-8-1-2-3	6-7-8-1-2-3-4-5	2-3-4-5-6-7-8-1
200m	8-1-2-3-4-5-6-7	5-6-7-8-1-2-3-4	7-8-1-2-3-4-5-6	3-4-5-6-7-8-1-2
400m	1-2-3-4-5-6-7-8	6-7-8-1-2-3-4-5	8-1-2-3-4-5-6-7	4-5-6-7-8-1-2-3
800m	2-3-4-5-6-7-8-1	7-8-1-2-3-4-5-6	1-2-3-4-5-6-7-8	5-6-7-8-1-2-3-4
1500m	3-4-5-6-7-8-1-2	8-1-2-3-4-5-6-7	2-3-4-5-6-7-8-1	6-7-8-1-2-3-4-5
3000/5000m	4-5-6-7-8-1-2-3	1-2-3-4-5-6-7-8	3-4-5-6-7-8-1-2	7-8-1-2-3-4-5-6
2K / 3K S/C	5-6-7-8-1-2-3-4	2-3-4-5-6-7-8-1	4-5-6-7-8-1-2-3	8-1-2-3-4-5-6-7
100/110mH	6-7-8-1-2-3-4-5	3-4-5-6-7-8-1-2	5-6-7-8-1-2-3-4	1-2-3-4-5-6-7-8
400mH	7-8-1-2-3-4-5-6	4-5-6-7-8-1-2-3	6-7-8-1-2-3-4-5	2-3-4-5-6-7-8-1
4 x 100m	8-1-2-3-4-5-6-7	5-6-7-8-1-2-3-4	7-8-1-2-3-4-5-6	3-4-5-6-7-8-1-2
4 x 400m	1-2-3-4-5-6-7-8	6-7-8-1-2-3-4-5	8-1-2-3-4-5-6-7	4-5-6-7-8-1-2-3
Javelin	2-3-4-5-6-7-8-1	7-8-1-2-3-4-5-6	1-2-3-4-5-6-7-8	6-7-8-1-2-3-4-5
Hammer	3-4-5-6-7-8-1-2	8-1-2-3-4-5-6-7	2-3-4-5-6-7-8-1	7-8-1-2-3-4-5-6
High Jump	4-5-6-7-8-1-2-3	1-2-3-4-5-6-7-8	3-4-5-6-7-8-1-2	8-1-2-3-4-5-6-7
Pole Vault	5-6-7-8-1-2-3-4	2-3-4-5-6-7-8-1	4-5-6-7-8-1-2-3	1-2-3-4-5-6-7-8
Long Jump	6-7-8-1-2-3-4-5	3-4-5-6-7-8-1-2	5-6-7-8-1-2-3-4	2-3-4-5-6-7-8-1
Triple Jump	7-8-1-2-3-4-5-6	4-5-6-7-8-1-2-3	6-7-8-1-2-3-4-5	3-4-5-6-7-8-1-2
Shot	8-1-2-3-4-5-6-7	5-6-7-8-1-2-3-4	7-8-1-2-3-4-5-6	4-5-6-7-8-1-2-3
Discus	1-2-3-4-5-6-7-8	6-7-8-1-2-3-4-5	8-1-2-3-4-5-6-7	5-6-7-8-1-2-3-4

Draw for non-scoring events to be made by Marksman

STRUCTURE

Guide to Organising a League Meeting

Action to be taken when asked to promote – October – December.

- Check the availability of track and whether it has a current and valid certificate – note the final date of current certification. (AGM 2013)
- Confirm track booking in writing– keep copy of correspondence copy to League Secretary
- Appoint your chief officials for the meeting (Starter, Marksman, Field Referee, Track Referee & Chief Timekeeper)
- If you are having difficulty in finding suitable officials contact your County Officials' Secretary.

Action to be taken – January – February.

- Recruit helpers from all areas of the Club, qualified officials, committee members, coaches, parents and maybe senior athletes. All help should be gratefully accepted.
- Jobs should include:
 - Result recorders (a minimum of two) or Computer Operators for the results program.
 - Announcer
 - Someone to welcome officials and check everyone in
 - Confirm your track booking is intact – you may need to complete a form.
 - Give the stadium manager or ground staff a copy of the programme or timetable.
 - If there are any problems at this stage contact the Div Sec and/or League Administrator.
 - Contact your local First Aid groups and ask if they are able to provide First Aid cover.
 - Confirm any arrangements in writing.
 - If unable to provide such cover, then find out if some other group such as paramedics can help or maybe a nurse or doctor who is a member of your Club.

Final preparations – about three weeks before the meeting.

- Ensure appropriate risk assessments are carried out or scheduled.
- Send a letter to all competing Clubs detailing:
 - a. Travel Directions
 - b. Advise on any changes to the Field Event timetable due to local conditions.
 - c. Name and contact number of the match organiser & the stadium telephone number.

Last minute preparations.

- Contact your helpers and replace where necessary.
- Assign all duties and make sure that everyone is aware of the reporting time.
- Check the following are ready and available:
 - a. Rules and Constitution
 - b. Scoring sheets (or computer programme and computer)
 - c. Track pads and Field cards
 - d. Officials' signing-in sheets and Signing-in sheet for camera users

On the Day.

- If your role is to be Meeting Organiser then keep yourself free to deal with issues that may arise and ensure that every duty is being carried out
- Check that all declaration sheets are handed in as soon as possible before the first event.

- Together with the Chief Officials check the Officials' signing-in sheets.
- If possible, have a full copy of the results for teams to take away.
- Ensure the divisional secretary takes away all the paperwork.

Final duties.

- a) Advise MCAA T&F League results coordinator of results on match day – do not delay as final checking of the results will be done later by the results coordinator (AGM 2013)
- b) Send a copy of the results to the secretary. If the results have been computerised these can be emailed to the secretary. Send a copy of the complete results to all competing Clubs if they were not available on the day.

Appendix A. Bonus point standards

Performances that equal or better the following standards will attract the bonus points.

Event	Bonus Point Performance	Event	Bonus Point Performance
MEN		WOMEN	
100	10.73	100	12.15
200	21.70	200	24.80
400	48.80	400	56.50
800	1'51.7	800	2'10.0
1500	3'48.5	1500	4'27.5
3000	8'27.1	3000	10'02.0
5000	14'30.0	5000	17'20.0
2kSC	6'23.9	2kSC	7'20.8
3kSC	9'55.0	3kSC	11'40.0
110H	16.00	100H	15.10
400H	57.00	400H	66.00
HJ	1.96	HJ	1.66
PV	4.15	PV	3.15
LJ	6.90	LJ	5.60
TJ	13.65	TJ	11.20
SP	12.95	SP	11.25
DT	40.00	DT	35.00
HT	44.00	HT	43.00
JT	53.00	JT	36.00

Note: sprint standards are set to 1/100th to support the use of photo-finish in divisions 1 and 2. For manual times the bonus qualifying performance for the 100 races are 10.7 and 12.1. For the 200, 400 and hurdles races the qualifying times are as per the table – for example 21.7 qualifies for a bonus in the men's 200m.



VISIT OUR WEBSITE

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