Proposals for consideration by the 2026 AGM of the MCAA T&F League

1. Proposal from T&F League Committee

Committee.1:

AGM proposal from the committee

Preamble and background

The 2026 season saw a significant change for the league as it moved to accommodate the new UKA even-year age groups. This removed the old U17 year 1 athletes.

Looking at athlete participation levels, we note significant drops in athlete numbers for two of the three regional divisions, with a drop of around 35% on a per club basis. This is almost certainly an indication of an existential threat to the league.

There are also notable concerns about officials and for some time we have received feedback, from athletes, officials and coaches, that the meetings are too long.

This all suggests we need to take robust action to begin modernisation of the league and give it the best chance of survival. The proposal from the league committee draws together a number of strands aimed to provide this modernisation for the league.

The league committee propose that the following changes are made in order to reverse the decline in athlete, and officials', numbers and preserve the league.

- **Update the league format in order to maintain the viability of the league**
    - **Reduce the length of the timetable from its current 7½ hours, to run 1200 to 1700 for two of the divisional matches and 1130 to 1730 for the other two.**
        - In matches 1&2 drop one men's long throw and one women's long throw
        - In matches 3&4 drop one SP and one long throw (different sexes)
            - NOTE: this makes matches 3&4 longer than 5 hours (more like 6)
        - Make SP a scoring event in the technical match.
        - Always run 3000m as the long flat race (for timetable reasons but also noting that 5k road is often preferred to a 5000m on the track)
        - Drop steeplechase events in match 1; drop sprint hurdles in match 2
        - In any given event at least one athlete must achieve the field event "three extra trials" standard to trigger the three extra rounds. (If no-one achieves this standard the event completes after three rounds.) Update the standards for extra trials in the field to be consistent across sexes and events but do this without creating an overall shift in the level of challenge.
        - Introduce track, and LJ, minimum scoring standards in order to protect the timetable (divisions 1 and 2 only).
        - Update the B+C scoring ladder to reduce the number of occasions where last place in the combined B+C string scores significant points.
    - **Additional changes for officials to avoid match, or event, cancellation**
        - Clubs to gain up to an extra 20 points for offering to cover extra duties, that is duties beyond the standardly allocated field events, track and timekeeper. This can be either the same officials covering more events,

for example an additional field event, or extra officials covering additional events. Five points per extra duty offered.
        - Increase the penalty points, from 10 to 15, for not providing an official.

- **Encourage and enhance athlete participation**
    - Allow U20 athletes to use U20 throw weights and hurdle settings, recognising that the lack of full maturity for U20 essentially offsets the use of slightly lighter weights and reduced hurdle height. (Only affects U20M 110H, SP, DT, HT.)
    - The league to allow second claim members to compete.
    - Update cut-off standards in the throws to align more consistently with UK ranking tables (60% of UK rank 200th distance).
    - Allow ambulant and wheelchair athletes in a given event to score separately.
    - Extend the bonus points system to be less “all or nothing” and give a range of bonus points around the existing five points for achieving the UK Top 100 target.
    - The regional divisions to be advised that they may incorporate open elements in matches. This follows a successful div 3SE match 3 where Oxfordshire 3000m championships were added to the match. Host clubs would decide if, and to what extent, they wish to exploit these opportunities.
- **Modernise the existing rules/constitution mix**
    - Separate the existing rules/constitution into a rules section and a constitution section.
        - This is to enable effective modernisation and avoid the bottleneck of over detailed discussion at the AGM (which of course only happens once a year). The constitution to include aspects such as how to elect clubs, the number/organisation of divisions, the number of matches in a season etc.. Rules to be the more detailed aspects. A simple example would be the standards for extra trials in field events – the AGM would decide on the principle of having standards for extra trials and the outcome to be achieved, the league committee would then decide on the performances for each field event standard.

2. Proposals from Tamworth AC

Tamworth.1:

To have A & B mixed 4 x 100mtr relays on fixtures 2 & 4, the same matches as the mixed 4 x 400mtr relays already take place.

Therefore there would be no men's 4 x 100mtr relay or women's at those fixtures, so all relays on that date would be mixed.

In addition, to fall in line with mixed 4 x 400's and official international races, we propose man/woman/man/woman for the leg order.

This would give teams who cannot get 4 men or women sprinters together a chance of still competing in the relays if they have a couple of each gender athletes.

Tamworth.2:

To Remove - Minimum standards of scoring points in the throwing events - as per proposal at last years AGM.

> Burton's statement below was the reason for putting their proposal forward -
> "This season we observed that some athletes, who were only entered to fill events, were deliberately throwing implements into the ground simply to register a mark or of very poor standard in both men and women events. This disrupted the competition and caused delays to the timetable. By setting minimum standards to score, we would eliminate these 'filler' performances and ensure a higher-quality competition."

Reason for removing the minimum standards in throws;

In our division comps, we never saw anyone just throw the implement into the ground to score points (I [proposer] competed in male events and officiated in many of the ladies). The timetable allows for at least 3 throws for every athlete - max 16 (A & B) + guests and C athletes. The new rule did not stop weaker athletes from competing as they still did 3 throws in divisions 1 & 2 but did not score for their teams, therefore the same amount of time was taken in the events, but clubs lost points.

There are no minimum standards in track events or distance jumps to stop athletes from filling and ensuring a higher quality performance, so why in throws? After checking just Match 1 of this season's league meetings for division 1 & 2, there are many instances where track & distance jumps have been well below par, for whatever reason. For example, (just a few from each division) -

Ladies div. 1 -

100mtrs in 15.1sec, 400mtrs in 84 & 89sec, 100mtr hurdles in 24.9sec, 400mtr hurdles in 1min 32.1sec & 1min 39.1sec, long jump 3.36mtrs.

Men div. 2 -

200mtrs in 31.48sec, 800mtrs in 3min 10.6sec, 400mtr hurdles in 77.12sec, 1500mtrs in 6min 46.14sec, long jump 3.65mtrs & 3.17mtrs.

Ladies div. 2 - long jump 3.78mtrs, 3.04mtrs, 3.02mtrs, 1.39mtrs.

After checking Power of 10 for these athletes it is shown that for many these are not their main events but are competing as "fillers"or are of a "poor standard" as quoted above.

How is this fair that a lady that runs 1min 39.1sec for the 400 hurdles gets 6 points, but a lady that throws 19.46mtrs for the javelin in the same competition comes third but scores no points?

To make it an even playing field for all, we should remove minimum standards for throws, if not, minimum standards should be set for all other events.

3. Proposals from Kidderminster and Stourport AC

K&S.1:

That Under 20's can throw and hurdle their own specifications and under 18's will adopt U/20 weights and hurdle heights.

K&S.2

In order to reduce the time taken for long throws a number of solutions could be adopted

a) To set a minimum standard

b) No C athletes in the three long throws

c) only 4 or 6 trials [sec note – should this be 3 or 4] for all, no additional trials

K&S.3

Why does the MCAA T&F league need to be dictated to by UKA over the calendar dates!

Please avoid Bank Holiday weekends at all cost, plus July date after English Schools' championships, then around mid August and the final one in September, perhaps either 11th or 12th

[League Sec note: probably this is just part of fixture dates discussion.]

4. Proposals from Newport AC

Newport.1:

Allow ambulant and wheelchair athletes in a given event to score separately.

Newport.2

Allow athletes who are disqualified for a false start to run as guests. [Sec note: we will probably need to ensure we align with UKA rules as we have a rule that states we operate under UKA rules. Possibly this means we can allow an athlete who false starts in a match race to run as a guest in a guest race (or mixed guest/match race). Unsure how it would operate if the false start was in the guest race.]

Newport.3

Rules to state clearly whether there is a fixed order for the mixed relays or whether it is an individual decision for each team. (This to ensure all teams are clear on what is allowed but is agnostic as to whether the rule says "fixed order" or "team decision".)