**Rules and Regulations**

The league will provide competition as detailed in the league programme. All meetings will be conducted under BAF/UKA Rules for competition (taking into account any Scottish amendments)

1. **Age groups (also see rule 7(a))**

The league will operate over 5 age groups (U11, U13, U15, U17 and Seniors) for both males and females. Athletes may only compete in their own age group events, except in the case of relays, where up to 2 team members may be from the immediate younger age group (not including U11 age groups). U17W may not compete in 400m relay races.

**No athlete under the age of 9 years (on the day of competition) will be allowed to compete**

1. **Eligibility**

No more than 40% of any age group in the team can be made up of Higher Club Claim members.

**No athlete may represent more than 1 league club during the same season**, even if his/her original club is not represented in the Final.

Non-counters may be allowed in track events (usually on a ‘fill-up’ basis), at the discretion of the marksman. Non-counters will not necessary run in their own age group race**. Non-counters should wear the number assigned & declared by the club on their vest.** Clubs may offer up to 3 non-counting field event competitors per meeting. Field event officials will have the discretion to impose a limit if an event becomes oversubscribed. There will be no Non counter races unless time permits and at the sole discretion of the track referee.

Non-counters will be members of the competing clubs in the league.

Guest competitors from non-league clubs will not be permitted unless specifically invited by the League Secretary

1. **Numbers**

Numbers with the sponsor’s name and supplied by the league secretary will be used for the complete season. ‘A’ string and ‘B’ string competitors will wear numbers as allocated to the club by the league. In addition to wearing the correct number, all athletes must wear a vest in the colours of their club, to which their numbers are securely fixed on the front & back (except high Jump where front only is advisable).

1. **Declarations**

Team declarations are required for all meetings of the League and declaration sheets will be provided by the League Secretary. (Declaration sheets can be found on the web site). Team managers should declare their teams on the forms provided **no later than** **Thursday evening (By sending to the secretary of the North or East sections) to allow paperwork etc. to be ready for the match day. Any changes should be reported to the declarations area as soon as possible**. Non-counters should also be declared on the N/Counting declaration sheets and should wear numbers issued by their clubs for recognition.

1. **Officials**

Each club will endeavour to provide six (6) officials at each league meeting as follows, 1 timekeeper, 1 track official, 2 field judges and 2 others. Each club must submit/declare a list of officials’ names to the meeting convenor as soon as they arrive at the meeting.

For the Final, each participating club will provide at least four (4) officials.

Use of trainee officials and judges under the supervision of experienced officials, is and shall be encouraged at all times.

The league secretary will be responsible for arranging starters for each meeting.

1. **Organisation**
2. Athletes will be permitted to compete in a maximum of three (3) individual events (**including all non-counting events**), plus one relay. The individual events may be any combination of track and field events (subject to UKA limitations). Any club violating this rule will be penalised by the deduction of the points in regard to the event(s) decided after the maximum has been reached.
3. Two competitors represent each club in all events, except relays and ‘A’ string only events. Where both competitors compete together, the leading competitor shall be scored as the ‘A’ string, regardless of the team nomination.

In races of 400m and under, ‘A’ and ‘B’ strings will normally be run as separate races. Should, for any reason, an event of 400m or less be run as a combined race, the leading competitor shall be ’scored’ as the ‘A’ string, regardless of the team nomination.

In races of 600/800m and over, ’A’ and ‘B’ strings will normally run together, when using curved line starts, except where the total number of athletes exceeds twelve (12), when for safety reasons, ‘A’ and ‘B’ strings races will be run separately, unless adjusted at the track referee’s and starters discretion.

All U11 & U13 600m and 800m races will be started from the curved line.

1. Where an athlete is competing in two events at the same time, he/she must notify the officials at these events. Field officials shall allow an athlete to compete out of order if competing in another event, but only by adjusting the competitor’s position in a particular round.
2. Each block of events should start no more than 15 minutes ahead of the advertised programme except with the unanimous agreement of all the clubs present.
3. Field events (except high jump and pole vault) will normally be decided on 4 trials per competitor. However if time does not permit, athletes may be limited to 3 trials. No more than 2 practice throws will be allowed.
4. High Jump – starting heights and progression:

U11 G & B 0.90 0.95 1.00 1.05 1.10 1.15 1.18 then by choice

U13 G & B 1.00 1.05 1.10 1.15 1.20 1.25 1.28 then by choice

U15 G & B 1.10 1.15 1.20 1.25 1.30 1.35 1.38 then by choice

U17 W & Women 1.20 1.25 1.30 1.35 1.40 1.45 1.48 then by choice

Women & Men 1.15 1.20 1.25 1.30 1.35 1.40 1.43 then by choice

Pole Vault - starting heights and progression: U18 & Seniors M & F start at a height agreeable by all athletes but no lower than 1.60m thereafter progressing by 0.10 cm. Intervals.

**8) Scoring**

Scoring for male and female events is entirely separate.

Scoring will be on the basis of Event points. For all ‘A’ & ‘B’ string and relay events,

The points system shall be “A” & “B” String & Relay: - 8, 7, 6, 5, 4, 3, 2, 1. The Final shall be scored the same

After each league meeting, ‘Meeting Points’ will be awarded **to each age group** as follows: - **8, 7, 6, 5, 4, 3, 2, 1**.

In the event of a tie after the 4 league meetings, the total of event points shall be used to decide the positions.

After the 4 league meetings, the top 4 teams in the North and East sections, in each age group, will contest the Final.

**10 Points per Official, including helpers (max. 60) will be awarded to each club and divided over each age group of the club represented after each meeting. I.e. 6\*10/10 = 6 pts per age group or 4\*10/5 = 8 pts per age group**

**9) League Awards**

The winning team in each age group at the Final will be awarded a plaque.

Trophies will also be awarded for male and female competition, to the club who accumulates most meeting points after 4 league meetings in each of the North & East sections. In the event of a tie, the team with the most event points will be the winner.

1. **League Records**

League records **must** be ratified by appropriately graded officials. Records cannot be ratified in the absence of graded officials, or where the referee considers an unfair advantage has been gained by the nature of the physical conditions. Such decisions **must** be announced on the day.

1. **Conduct of Teams**

The conduct of club members is the responsibility of the clubs.

Each club shall nominate up to two managers, who shall represent the club, when necessary, at meetings.

It is expected that all athletes, team officials and spectators will co-operate with League and technical officials at all times. The start and finish areas **must** be kept clear at all times. **Throwing events are especially dangerous.** Only officials and athletes competing in an ongoing event will be allowed into the centre of the arena and even at that, they must pay attention to ongoing events around them, especially when going to officiate/compete at/in any event within the field area.

**12) General**

Anything not covered in these rules shall be subject to interpretation in the light of the relevant rules of UKA

Responsibilities

**The convening club(s) will be responsible for the proper setting out of the track & field facilities**.

1. Completion of result sheets; track results, with time recording sheets; field score cards, ensuring the current league records are noted.
2. Arranging the rotation of lanes (in co-operation with the marksman).
3. Organisation of principal officials. **(starters will be booked by the league secretary)**
4. Providing refreshments for the officials.
5. The league secretary will be responsible for arranging first aid cover.
6. The provision of appropriate equipment, including correct weights of implements

**Supplementary Information** For full specification see the UKA rule book **UPDATED 2020**

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|  | |  | |  | |  | |  | | |  | |  | |  | | |
| Hurdles Age Group | | Race Distance | | Height | | Holes Showing | | Weight/ hole Position | | | |
| U13 Girls | | 70m | | 68.5cm | | 0 | | 2.7kg/ 0 | | | |
| U15 Girls | | 75m | | 76.2cm | | 1 | | 2.7kg/ 1 | | | |
| U13 Boys | | 75m | | 76.2cm | | 1 | | 2.7kg/ 1 | | | |
| U17 Women | | 80m | | 76.2cm | | 1 | | 2.7kg/ 1 | | | |
| U15 Boys | | 80m | | 88.8cm | | 2 | | 2.7kg/ 2 | | | |
| Sen. Women | | 100m | | 83.8cm | | 2 | | 3.6kg/ 5 | | | |
| U17 Men | | 100m | | 91.4cm | | 3 | | 2.7kg/ 3 | | | |
| Sen. Men | | 110m | | 99.1cm | | 5 | | 3.6kg/ 8 | | | |
| U17 Women | | 300m | | 76.2cm | | 1 | | 2.7kg/ 1 | | | |
| Sen. Women | | 400m | | 76.2cm | | 1 | | 3.6kg/ 4 | | | |
| U17 Men | | 400m | | 83.4cm | | 2 | | 2.7kg/ 2 | | | |
| Sen. Men | | 400m | | 91.4cm | | 3 | | 3.6kg/ 6 | | | |
|  |  | |  | |  | |  | |  |  | | |  |  | |  |  | |
| Throws |  | |  | | Females | |  | |  | Throws | | |  |  | | Males |  | |
| Age Group | Javelin | | Discus | | Shot Putt | | Hammer | |  | Age Group | | | Javelin | Discus | | Shot Putt | Hammer | |
| U-11 Girls | **400** | | **0.75** | | 2.72 | | N/A | |  | U-11 Boys | | | 400 | 0.75 | | 2.72 | N/A | |
| U-13 Girls | 400 | | 0.75 | | 2.72 | | N/A | |  | U-13 Boys | | | 400 | 1.00 | | 3.00 | N/A | |
| U-15 Girls | 500 | | 1.00 | | 3.00 | | N/A | |  | U-15 Boys | | | 600 | 1.25 | | 4.00 | 4.00 | |
| U-17 Women | 500 | | 1.00 | | 3.00 | | 3.00 | |  | U-17 Men | | | 700 | 1.50 | | 5.00 | 5.00 | |
| Women | 600 | | 1.00 | | 4.00 | | 4.00 | |  | Men | | | 800 | 2.00 | | 7.26 | 7.26 | |

# ADDITIONAL NOTES

###### A few important reminders regarding safety at ‘athletics’ meetings

Safety is the responsibility of each and every person who attends our league meetings. Please help to ensure that our meetings are conducted in a safe and proper manner. Report any safety issues to the meeting convenor or any other league official.

All throwing areas **must** be roped off. For long throws, a warning hooter must be sounded prior to every throw, including practice throws, to ensure awareness of all concerned. Practice throws **must** always be supervised, regardless of age group. Throwing implements should not be left unattended by officials at throwing areas.

At discus and hammer events, officials should be extra vigilant regarding their position in the sector when a throw is taking place. Athletes must stay behind the cage opening when not competing and **must not** **distract the officials and athletes**.

Track start and finish areas must not be adjacent to ongoing Hammer and/or Discus events. This specifically applies to Chris Anderson Stadium in Aberdeen. No sprint events should take place on the back straight if there are concurrent Discus or Hammer events.

Please remember, SAFETY FIRST, and enjoy the meetings.

CONSTITUTION

1. The League, consisting of amateur athletics clubs from the North and North East of Scotland, shall be called the Grampian League but ***may be changed to*** incorporate a sponsor's name.
2. There shall be an Annual Meeting of representatives from the member clubs, to be held prior to 31 December each year.
3. A majority, on the basis of one vote per constituent club, shall carry motions at the Annual Meeting, including applications by new clubs to join the League. The President shall have a casting vote.
4. Extraordinary Meetings may be called, either by the Secretary, or by at least three clubs giving at least 28 days notice to the Secretary and to the other clubs. Two thirds of the League membership will form a quorum.
5. A Secretary/Treasurer plus other Officials shall be appointed at the Annual Meeting and shall stand for 12 months. An election shall be held for each post if there is more than one nomination. The post of President/Chairman will be rotational, each club (in alphabetical order) providing the Chairman for one year in turn.
6. Upon dissolution, any assets remaining after all debts have been met will be equally distributed among the current member clubs to further athletics within their community.

November 1989

Amended March 2002

Constitution Amended 29th January 2006