

# RULES OF LINCOLNSHIRE TRACK AND FIELD LEAGUE (Founded 1966)

- Aims:** To promote athletics for first-claim members of Lincolnshire Athletic Clubs affiliated to England Athletics for track and field.
- Objectives:** To provide and encourage competition for as wide a range of participants as is possible. The interest and enjoyment of the athlete is of paramount importance.
- Eligibility:** Out-of –county clubs may be invited to participate on an annual basis. Guest competitors are **not** permitted.
- The League:** Administered by the Lincolnshire Athletic Association (LAA) to whom the track and field League secretary is responsible. The LAA has the power to appoint other officers as is necessary for the better administration of the League.
- Fees:** To defray running costs such as hire and first-aid, fees are decided by, and payable to, LAA. Currently £1.50 per competitor and adult spectator per match.
- Programme:** There will be up to a maximum of six matches per year, determined by LAA, and will be held between April and September. A varied programme of track and field events will be offered during the season, with a bias towards events for younger age groups. Matches will cater for seven age groups. Hurdles, implements and their specifications will be to UK Athletics rules
- Age Groups:** **Junior** Section; U11,U13,U15,U17. **Senior** Section: U20, Senior and Vets.  
Most age groups are based on the age at midnight 31<sup>st</sup> Aug/1st Sept at the **end** of the track and field season, with U11 being aged 9 or 10 on that date. The boundary between U20 and Senior age group is currently 31<sup>st</sup> Dec/ 1<sup>st</sup> Jan following the track season. Athletes (including senior/vets) cannot compete in two different age groups at the same meeting and athletes (particularly senior/vets) **cannot** change categories from one match to another.
- Veterans:** Veteran women must be at least 35 years of age on the day of the **first** match of the season. Veteran Men must be at least 40 years of age on the **first** match of the season. Veterans must declare as Vets on **every** declaration sheet (and to officials) if they wish to compete as Veterans. Alternatively, they may compete as seniors in **each** match.
- Events:** U13 Girls and U15 Girls cannot compete in **both** the 800m and 1500m on the same day. U13s cannot compete in races exceeding 1500m. U15s cannot compete in races exceeding 3000m. U11s are restricted to entering no more than one track and one field event. U13/U15/U17s are restricted to entering no more than **three** events plus one relay, this includes any non scoring events. U13s may compete along side U15s where their events are amalgamated. U20s may compete in any **five** events. U17s and U20s may compete alongside each other and seniors in amalgamated events.
- Hurdles:** All competitors to report 30mins prior to the **first** hurdles race of the day.
- Entries:** Where No's reporting are low, the track referee may amalgamate adjacent events to provide viable competition. In the interest of safety, the track referee may divide 800m and 1500m into two races, with time, scoring and points as if single event.
- Scoring:** Clubs may enter unlimited No's in all events across all age groups **subject to the decisions of the officials on the day**, with two to score.
- Event Score:** There are no finals; scores for track events are based on heat times as if they were one event. Winners score 12 points, 2<sup>nd</sup> place 10 points, descending to 1 point for 11<sup>th</sup> place.
- Relays:** Relay events score 12, 10, 8, 6, 4, and 2, for up to six places. **Non-scoring** 'B' teams will only be accepted if there are lanes available. Members of all relay teams must be of the **same** age group, **except** for combined U20/Senior/Veteran teams; they enter as **Senior** teams.

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- Warming Up:** Health and safety rules introduced in the UK for 2003 require that no warming up should take place on the track whilst competition is underway. As Lincolnshire tracks do not have separate warming-up lanes, a compromise has been adopted by LAA. Competitors may only warm up in the 15 minute period prior to their race.
- Field Rules:** Specifications for throwing implements are to UK rules. In long jump, triple jump and all throwing events competitors are allowed **four** trials.  
If more than 16 competitors report for an event, the field referee may reduce the number of attempts to **three** if the field programme is in danger of running late.  
In high jumping, competitors select their entry height and may have **seven** trials, unless accumulating 3 consecutive failures. The HJ bar is normally raised 2 – 5 cm at a time.  
Pole vaulting is a **two** stage event. Stage 1 opens at a height of **1.50m** to completion, Stage 2 opens at a height of **2.40m**. All vaulters have **unlimited** trials until accumulating 3 consecutive failures. The PV bar is normally moved up 5 – 10cm after each round.
- Numbers:** To be worn, as issued, on front **and** back of club vests, except for high jump and pole vault when only one number needs to be worn. Duplicate sets of numbers are **not** permitted and will lead to disqualification of the athletes concerned. To avoid disqualification, team managers must ensure that their male and female squads use different numbers. Clubs are responsible for providing their own numbers and pins.  
Clubs using home made numbers are liable to be barred from competition by the referee. For allocation of your club's numbers see letter sent from Track and Field secretary prior to the start of the season.
- Points:** Separate league points are awarded to the junior female, senior female, junior male and senior male sections. If 13 teams enter the league, 13 points will be awarded to the club section with the highest number of match points, then in descending order down to 1 point for 13<sup>th</sup> place.  
League points are carried forward to subsequent matches.
- Team Lists:** Separate team declaration lists for male and female squads, together with a list of officials, must be handed to the recorders at least 30 minutes before the first event of each meeting.  
Declaration sheets must indicate hurdles (e.g. H80, H400) against competitor's names.
- Officials:** Clubs should provide **4 field judges**, **1 track judge** and **1 timekeeper**. Smaller clubs may substitute some officials with unqualified helpers. The referee may redeploy qualified officials.  
Clubs with hurdlers **must** provide a hurdle steward for each lane required.  
Track and / or field events may be **curtailed / cancelled** if insufficient officials report for duty.
- Start time:** League meetings normally start at 10:30am. Officials must report at least **half an hour** before the start.
- County Champs:** The final league match normally incorporates the U17 men and U20 /Sen/ Vet Ladies 5km and men's 10km. this meeting will normally start earlier to accommodate these races. Start time will be notified on the league timetable.  
The County Championship events must be paid for and **pre-entered** via club secretaries.  
The 5km and 10km events also count for league points for those athletes who have been declared for that league match and have paid the £1.50 league fee.