

EAST ANGLIAN LEAGUE RULES FOR SEASON 2011.

The East Anglian league is for the purpose of providing interclub competition for the age-groups specified in the rules below.

The management of the league is vested in an elected committee consisting of a Chairman, Secretary, and Treasurer, together with up to three members of an appeals/General management committee.

The league will hold an annual General meeting of member clubs each year after the close of the T&F season, at which officers for the next season will be elected.

Clubs will pay an annual membership fee to the league, which will be used for the purposes of defraying administration expenses and for staging the annual league final.

Competition rules

1. **Age groups:** All meetings are held under UKA Rules.

The age-group categories for scored competition will be Senior men, Under 17 men, Under 15 Boys, Under 13 Boys, Senior Women, Under 15 Girls, Under 13 Girls.

(Male and Female Under 20's, and Under 17 Women compete as Seniors).

Each age-group will be scored separately (as well as the overall match totals) and may qualify separately for the league final for the top 8 clubs in each age-group.

Under 11's who are aged at least 9 on the day of competition may compete in specific non-scoring events (currently 80m, 600m and Longjump). (There will be no under 11 events in the league final).

Note - An athlete may not compete in more than one age-group at the same meeting, even as a non-scorer.

2. **Scoring competitors:** Clubs are to use the identification letters allocated by the league

"A" strings wear single letters and "B" strings wear double letters.

Clubs may enter "A" and "B" string scoring competitors in all events except Hammer, **U15 Girls 300m**, and Under 13's Discus and Javelin, where only "A" string competitors will score.

Clubs Letters and Numbers – note the numbers have changed

Braintree	B	BB	12-13-14-15	Ipswich	I	II	51-52-53-54
Brecklands	J	JJ	71-72-73-74	Leighton Buzz	N	NN	31-32-33-34
Cambs & Coleridge	R	RR	81-82-83-84	Luton United	K	KK	76-77-78-79
Chelmsford	X	XX	66-67-68-69	Nene Valley H.	U	UU	96-97-98-99
Colchester & Tendring.	C	CC	61-62-63-64	Peterborough	P	PP	36-37-38-39
City of Norwich	O	OO	06-07-08-09	Ryston Runners	Y	YY	46-47-48-49
Diss	D	DD	02-03-04-05	Southend	S	SS	41-42-43-44
Gt. Yarmouth	G	GG	21-22-23-24	Werrington	W	WW	91-92-93-94
Huntingdon	H	HH	86-87-88-89	West Norfolk	A	AA	56-57-58-59
				West Suffolk	F	FF	16-17-18-19

3. **Non-Scorers, league matches:** Maximum of four per event in all events excepting Hammer, Highjump, Longjump, Triplejump and Under 13's Discus and Javelin, where only one is allowed. Scoring places must be filled before Non-Scorers may be used. Guest competitors will be allowed if there is room in the programme and the Home club has been asked before the meeting.

In track events (80m and 600m) there is no limitation on the number of under 11 athletes subject to the limitation that athletes must be aged at least 9 on the day of competition. **Under 11's are limited in Longjump to a total of 4 competitors per club (of mixed gender)** and the age limitation also applies.

4. **Highjump:** In all age-groups, including events with combined starting times, the first height is the lowest requested. There after the next height to be jumped in each event will be:

U13G 1.10m; All other females 1.20;

U13B 1.10, 1.20; U15B 1.30, 1.40, 1.50; U17 M 1.40, 1.50, 1.60; Senior Men 1.50, 1.60, 1.70.

Then all to rise by 5cm until 3 athletes are left in, then at judges discretion, taking note of the time left before the next Highjump event. Ties in the Highjump remain and are not decided by a jump off.

5. **Program changes** must be notified to visiting teams and league secretary at least 14 days before the date of the meeting.

6. **Club vests:** Competitors must wear the appropriate club vest and the correct letters or numbers on front and back. This includes non-scorers. If any club has a difficulty with vests, the referees will make the situation known to team managers by calling a meeting.
7. **Trials in field events:** three trials only allowed in horizontal jumps, and all throwing events. Strict limit of only two warm-up attempts in all field events
8. **Team Declarations:** Teams must be declared on the standard league declaration sheets and must be handed in to the recorders by 11:30am. Changes may be made subsequently. Team managers are asked to print names clearly
9. **Scoring:** **will be 6,5,4,3,2,1 for A and B strings in each age-group**, each age-group to be scored separately and the totals to be added together at the end of the meeting to produce the overall winning club. The league final to be scored 8,7,6,5,4,3,2,1 in age-groups only.
10. **Chief Officials:** It is the responsibility of the Host club to provide Starters, Markspersons, Track Referee, Field Referee, Chief Timekeeper and Recorders, in addition to a field events team to judge their allocated events.
Visiting clubs must provide a Track Judge, a Timekeeper and 4 Field Judges, or 6 adults prepared to help run the meeting this also applies to the Final.
If clubs are unable to provide the required officials or helpers, including at least one qualified field judge to lead their field team, they must notify the host club at least 10 days before the meeting.
11. **League membership fees:** An annual affiliation fee of £40 is to be paid by 1st April each year. Cheques to be made payable to East Anglian Athletics League and sent to Mr. Brian Boardley, league treasurer, 191 St. Peters Street, Lowestoft, Suffolk, NR32 2LT.
12. **Scoring clubs:** If necessary, scoring and non-scoring clubs to be decided at each years A.G.M.
13. **First Aid:** It is the responsibility of the host club to organise qualified first aid cover at each league meeting which they host. The league must organise first aid cover at the league final.
14. **Results** By the wednesday following each match date, the host clubs must send full match results including non-scorers, by e-mail or by post, to Mr. A. Cheatham, 13 Longfield RD, Capel-St-Mary, Ipswich, Suffolk, IP9 2UA, (anthonycheatham1107@btinternet.com) and to Mr N Moss, 18 Hunts Road, Duxford, Cambs, CB22 4RE (noelmoss@btinternet.com).
All team declaration sheets should also be sent should be sent to Mr A Cheatham.
A copy of the full match results including non-scorers must also be sent to all the competing clubs and to "The power of 10" and "Athletics Weekly" as soon as they have been checked for accuracy. **This can be done by e-mail and should be sent as the original XL spreadsheet (not as a pdf – they have software to extract the results into their format)**
15. **League final - Hosts** Normally organised by the league at a central venue. Any club offering to host the next years final must attend the A.G.M. and have an 8 lane track.
16. **League final – qualification** The top 8 clubs in each age-group qualify for the league final. Any club wishing to withdraw from the final should do so at immediately the qualifiers are confirmed, in order to allow the 9th club to be invited.
No non-scoring athletes are permitted at the league final
17. **Fixtures** The league secretary only to decide the allocation of clubs to fixtures after the venues have been arranged at the A.G M. Clubs who are not represented at the A.G.M. will not be awarded a home fixture unless they have sent a guaranteed fixture date in writing, to the League Secretary before the date of the A.G.M.
18. **Scoring athletes** must be first claim members of the club for which they are competing

- 19. Cancelled or abandoned meetings** Cancelled meetings will be scored by using the average score from the rest of the season's matches. Abandoned meetings - all meetings on the day will be scored using only events that were completed at all meetings on the day. Rule 19 will not apply in the case of events not taking place through lack of officials. Final match scores will be used.
- 20. Infringement of UKA rules for age-groups** If an athlete who takes part in more events than permitted for their age-group under UKA or League Rules including non-scoring events and the Team manager notices this and reports it to the Referee or the meeting recorders before leaving the meeting, then only the points gained from the athletes extra events will be deducted from their score but if the error is not reported and is found later then all points gained by the athlete shall be deducted from the team score.
- 21. Affiliation** All participating teams must be affiliated to England Athletics and their County Association, and their athletes should be registered with England Athletics.
- 22. Lack of officials** In the interest of safety and at the discretion of the referee, it may be necessary to cancel events if there are not sufficient qualified and experienced field officials and helpers available.
- 23. Timetable for the league final** The standard timetable for the final, approved by the AGM will normally be used. A copy must be circulated to clubs before the league final match of the season.
- 24. Non-payment of league fees** Clubs who have not paid the annual affiliation fee will not score any league points at any meeting until they have.
- 25. Failure to supply officials** Clubs sending athlete's to meetings without Officials/Helpers will not score.
- 26. Trophies** The listed club contact will be responsible for making certain that any trophies won by their club in a final are returned on the day or before the day to the venue of the next years final. Trophies must now be signed for when presented, with Name, address and Tel No.
- 27. Match paperwork** All team declaration sheets used should be those issued by the league, and similarly for results sheets unless computerised scoring is used, in which case the event order should be similar to the standard sheet format. Originals should be sent to the league Sec, not a photocopy, which can be difficult to read.