

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

- Aim :** To promote athletics for first-claim members of Lincolnshire Athletic Clubs affiliated to the North of England Athletic Association (NoEAA) for track and field.
- Objective :** To provide and encourage competition for as wide a range of participants as is possible. The interest and enjoyment of the athletes 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 stadium hire and first-aid, fees are decided by, and payable to, LAA. Currently these are £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 six age groups. Hurdles, implements and their specifications will be to UK Athletic rules.
- Age Groups :** **Junior** Section: U13, U15, U17. **Senior** Section: U20, Sen, Vet.  
Most age groups are based on the age at midnight 31st Aug/1st Sep at the **end** of the track and field season, with U13s being aged 11 or 12 on that date. The boundary between the U20 and Senior age groups is currently 31st Dec/1st Jan following the track and field season.  
  
Athletes (including seniors/vets) cannot compete in two age groups at the same meeting and athletes (particularly seniors/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 day of 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 and score 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.  
  
U13/U15/U17s are restricted to entering no more than **three** events plus one relay. This includes any non-scoring events for U13 and U15s.  
U13s may compete alongside U15s where their events are amalgamated.  
  
U20s may compete in any **five** events.  
U17 and U20s may compete alongside each other and seniors in amalgamated events.
- Entries :** Where numbers 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 times, scoring and points as if single events.
- Scoring :** **Sprints + Field, U13-U20 :** clubs may enter up to **three** competitors, with **two** to score.  
For non-scoring events (U13/U15), clubs may enter **two** girls/boys in each age group.  
**800m and above, U13-U20 :** clubs may enter up to **four** competitors, with **two** to score.  
  
**ALL Senior/Veteran events :** clubs may enter a **combined total** of up to **four** senior and veteran competitors, in **any** combination, with **two** seniors and **two** veterans 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, 2nd place 10 points, descending to 1 point for 11th place.
- Relays :** Relay events score 12, 10, 8, 6, 4, 2 points 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.
- Warming Up:** Health & safety rules introduced in the UK for 2003 require that no warming-up should take place

on the track whilst competition is under way. 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 Athletics rules, **except** that veterans use senior weights.

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 three consecutive failures. The HJ bar is normally raised 2 to 5cm at a time.

Pole-vaulting is a **2-stage** event. Stage one opens at a height of **1.50m** to completion, stage two opens at a height of **2.40m**. All vaulters have **unlimited** trials until accumulating three consecutive failures. The PV bar is normally moved up by 5 to 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.

Numbers to be :

Stamford Harriers	1-100	Lincoln Wellington	301-400	Bourne AC	701-750
Barton	101-150	Grantham AC	401-500	Louth AC	751-800
(Not allocated)	151-200	GMS	501-550	Grimsby Harriers	801-900
Boston & District	201-300	Sleaford Striders	551-600	Nene Valley Harriers	901-950
		(Not allocated)	601-700	(Not allocated )	951-999

**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 one point for thirteenth 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 (eg. H80, H400) against competitors' names.

**Officials :**

Clubs should provide two **Field Judges**, one **Track Judge**, and one **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 noon. Officials must report at least ½ hr before the start.

**County**

**Champs :**

The final league match normally incorporates the U17 Men and U20/Sen/Vet Ladies' 5km, Men's 10km and U13 Discus and Javelin County Championships events. That meeting normally starts at 11.30am.

The county championship events must be paid for and **pre-entered** via club secretaries.

The 5km, 10km and Discus County Championship events also count for league points for those athletes who have been declared for that league match and have paid the £1 league fee.

**Track and Field League Secretary :**

**Programmes & Results: 'results' link on: [www.grantham-ac.supanet.com](http://www.grantham-ac.supanet.com)**