

## SWAL RULES 2024 (changes made for the season are highlighted in Red & will apply)

### 0 **General**

- 0.1 UKA Rules apply overall except where modified in the following sections.
- 0.2 Please note the details of rule 107 for athletes competing in a higher age group.
- 0.3 Under 11's are not allowed to compete (This does not preclude 10 year olds who will be 11 before midnight on the 31st August in the competition year)
- 0.4 **REMINDER:** Athletes may only compete in a max of three events plus relay, other than U20M who are allowed up to 5 events (*relays count as an event*). Senior events are unlimited (except where U20M & U20W are competing as Senior when the max 5 event rule applies as above)
- 0.5 **REMINDER:** UKA Rule 107(2)(iv) states that U13s are not allowed to compete in any 300m and 400m races or in more than one event between 600m and 1 mile inclusive in the same day or compete in triple jump
- 0.6 **REMINDER:** UKA Rule 107(3)(iv) states that U15s are not allowed to compete in more than one event between 600m and 3000m inclusive in the same day
- 0.7
  - a) The League allows bona-fide second claim members to compete
  - b) Clubs with second claim members may allow them to compete for another in the League if both agree but they may only compete for one club in a season
- 0.8 The League will allow mixed age groups and gender races, from 1500m upwards. Numbers competing are at the discretion of the Track Referee & marksman and may be graded
- 0.9 For 4 x 300m & 4 x 400m Relays, the first athlete will start on the 800m marks and 'break' after the first bend
- 0.10 Clubs must register relay teams on the sheet provided before 12.00 noon, no teams will be accepted after this time. Non-scoring will only be allowed if their inclusion does not cause an additional race. They may be put into a different race depending on the number of lanes available and will always be in the outer lanes. A non-scoring team will not become scoring in the event of disqualification or non-finish.
- 0.11 U15 steeplechase for Boys & Girls is non-scoring for the 2024 season. This will be at the U17W/SW height & 1500m distance It will not affect U15's ability to move up to U17 for all other events on the day but will be one of the allowed three maximum events for the age group UK Rules require U17 Men to compete at the 'intermediate' height.
- 0.12 Alterations to the timetables will be made by the Chair, Secretary & Div. Secretary following the AGM, taking account of any changes agreed at the AGM
- 0.13 Standards where issued are as guidelines for U17's/U20/Seniors. Clubs must not knowingly include any athletes unlikely to achieve the standards & if abused will be asked not to include the athlete in future matches Note: this does not apply to athletes completing a race after falling or injury caused during the compet
- 0.14 UKA Registered Composite Clubs may choose to use the first claim club vests of any club so registered.
- 0.15 The League prefers and encourages the use of waterproof numbers **From 2024, U17W will wear the club allocated numbers not the 2000 series**  
Note: for 2024 U20M will wear Senior numbers & compete as Senior except in specific U20 events on the programme

### 1 **Scoring**

- 1.1 An Excel programme will be used for all matches. Unless otherwise agreed with the Divisional Secretary, 'host' clubs must provide a competent person to enter the results in the format provided unless otherwise agreed with the Divisional Secretary
- 1.2 There are no A & B string athletes declared (but note rule 1.4). The first two will be the scoring athletes (U20M events one score only), others taking part, as allowed later, will become 'non-scoring'
- 1.3 Based on thirteen teams, scoring will be 26 points for a win, diminishing to 1 (or equal to twice the number of teams in the Division, where different)
- 1.4 Where there are sufficient lanes to accommodate all clubs, one athlete from each club will compete in race 1 with the remainder in subsequent races.
- 1.5 Performances will be combined on the scoring programme resulting in a single 'graded' list. Where times are equal in two separate races, ALL equal times will share the points. Where times are equal only in one race, position will determine the points
- 1.6 In field events, the field referee (or host club, as agreed with the referee) will provide cards showing an order of jumping or throwing to allow one athlete from each club, followed by the same order for the second athlete, etc. Competitors will be allowed four attempts and as allowed by High Jump & Pole Vault rules) The final position and points will be in order of performance.
- 1.7 Relays will score 26 points down to 14
- 1.8 Senior Men's + U20 Men's specific events and Senior Women + U17 Women's scores shall be combined.

1.9 League and Age Group table positions shall be determined on the basis of league points. First club gets 13 down to 1 points and on accumulative totals per meeting. Match points shall be used in the event of two clubs achieving the same total league points.

## **2 Age Groups**

- 2.1 Age groups are as defined by UKA Rules (see also General Rule 0.3)
- 2.2 Each age group is allowed one additional non-scoring athlete except for Under 13's where two non-scoring are allowed (apart from High Jump where U13's are only allowed one additional athlete). **Senior Men are allowed three athletes per event + one additional U20M, except where specific U20 events are included**

## **3 Team Registration and Numbers**

- 3.1 Clubs **MUST** register possible athletes **at least 10 days** prior to the first meeting (or as required by the Divisional Secretary), including DOB's and age groups for that season. **THERE ARE NO EXCEPTIONS TO THIS RULE** Note: For clarity - this is not the declaration for the team which will compete on the day
- 3.2 The Divisional Secretary will provide an excel (or similar) spread sheet in the format required to transfer to the scoring programme
- 3.3 All athletes will be allocated a number which he/she should wear for the duration of the season. Any alterations **MUST** be notified to the Divisional Secretary **NO LATER** than Friday Noon prior to the match (see also Rule 3.5 for additional athletes) or, if minimal, on the day entry form
- 3.4 Clubs must purchase their own numbers, which are shown at the front of these documents. They may wish to re-use the numbers for each match or purchase fours sets, this is optional. Whichever they adopt, Rule 3.3 must be observed. (see also Rule 1.15 above) Hand written numbers will not be permitted
- 3.5 No team declarations or changes are required on the day, only additional athletes not previously declared. Clubs are requested to send details of all additional athletes at least 2 days prior to the event (see also 3.6). Clubs making more than six changes or additions on the day may be penalised.
- 3.6 Athletes may move up to an older age group (subject to restrictions under UKA Rules) but must stay in that age group for the whole of the competition, excepting relays, on that date. He/she will still wear the same number but must be 'declared' to the scoring team prior to the first event of the day. This does not preclude the athlete from competing in their own age group at subsequent matches. In the case of U17M, they may compete as U20M or Senior (but not on the same day - except as allowed in the Rules for Relays) U20M may compete in their own specific events and as a Senior on the same day.

## **4 Miscellaneous rules**

- 4.1 **High Jump Opening Heights** - The competition will start at the lowest height requested by the competitors.  
**The second height will be the opening height nominated by the league** for that age group.  
**The bar will be raised in 5cm increments until one athlete is left.**
- 4.2 **Pole Vault Opening Heights** - The competition will start at the opening height agreed by competitors (subject to the min.height below).  
**NO ATHLETE MAY ENTER BELOW THE HEIGHT OF THEIR AGE GROUP.**  
**The bar will be raised in 10cm increments until two athletes are left. When one athlete is left it can go up in 5cm increments.**

	U13G	U15G	U17W	Women	U13B	U15B	U17M	U20M	Men
HJ (Minimum <u>second</u> height)	1.00	1.05	1.10	1.20	1.00	1.10	1.20	1.30	1.30
PV (Minimum <u>opening</u> height)	N/A	1.25	1.35	1.45	N/A	1.45	1.75	1.80	1.80

- 4.3 The **minimum triple jump board distance** shall be not less than 7 metres.
- 4.4 **Behaviour** Team officials should encourage good behaviour.
- 4.5 **Number of field trials.** Each competitor shall have four trials, except Under 13's who will have three trials only & max of 3 competitors in HJ.
- 4.6 **Officials** Each club should provide a number of officials for which match points of 10 per graded official and 5 per ungraded helper will be awarded up to a maximum of 80 points, of which, 30 **must be** track officials (track official means track judge, timekeeper, starter or marksman) Officials shall be declared on team sheets at each match. In Addition, each club **MUST** provide one hurdle steward to act under the direction of the Track Referee
- 4.7 **ALL PERSONS MUST REMAIN OUTSIDE THE TRACK** unless participating in an event AT THE TIME.
- 4.8 **All events must be covered by at least one graded official (see also rule 4.10).**
- 4.9 **All helpers nominated by clubs must be affiliated to the club to ensure insurance coverage.**
- 4.10 **All javelin, hammer and discus events should be overseen by a level 2 official or higher grade or as required by current UKA Rules. If the host do not have a suitably graded official one will be allocated by the field referee.**

### **Cup Competitions (not applicable in 2024)**

- C1 **Teams** shall comprise-senior men, U20 men, U17 men, U15 boys, U13 boys, senior women, U17 women, U15 girls, U13 girls.  
Each team shall be scored separately.
- C2 The number of entrants per event per club in the SWAL Cup be limited to a maximum of three dependant on the number of clubs entering.  
Limits on the number of events for competitors are as for league competitions.
- C3 **No guests** are allowed unless agreed by participating clubs prior to the event, these shall be limited to one per event, if agreed (subject to Rule C2 change).
- C4 **Field Trials** In all field events each competitor will be limited to **three attempts**.
- C5 **Scoring** for Cup Match = All events: 1st - The number of points equivalent to the number of teams entered in the cup.
- C6 **Miscellaneous rules** apply as for league matches