

Wessex League Rules 2018

- **Attire / Numbers**
 - Club vests and identification letters will be worn in all competition events
 - Under 11's must wear club kit/t-shirts and allocated numbers
 - All clubs will wear their own identification letters back and front depending on string, e.g. M = A string MM = B string. The identification letters will be provided by the league at the 1st match, these are the only identification letters that will be allowed.
 - Host clubs will supply under 11 numbers (1 – 120) and Non-Scoring numbers. 2 digit where possible. To be worn back and front.
 - Numbers or letters to be worn front and back retained by 4 pins to prevent them folding and not being visible
 - UKA Rule 143 S1(2)(i) Branded Clothing does not apply in the Wessex League as we are a domestic league
- **Competition:**
 - All other competition rules shall be the same as UKA guidelines for under 13,15,17 boys and girls unless otherwise stated
 - **NO** mobile phones or ipod's are permitted in the competition area
 - Athletes may not change clubs in a season after they have competed for one club.
 - Under no circumstances must any athlete compete outside their own age group.
 - Team Managers should try to ensure that the best athlete competes as the A String in all events.
 - Athletes may only compete in 4 events including Non-Scoring of which one must be a relay.
 - U13 and U15 girls and boys may only compete in one middle distance event.
 - Clubs may include up to four scoring second claim athletes to be identified on the team sheet. These second claim athletes must be declared before the start of the season.
 - Field Events: A and B string plus ONE Non-Scoring athlete per age group per gender from each club is permitted, the Non-Scoring athletes will not be permitted extra throws/jumps if they achieve Grade 3 or above.
 - Track Events: A and B string plus up to FIVE Non-Scoring athletes per age group per gender from each club is permitted
 - Relay: A string plus ONE Non-Scoring team per age group per gender from each club is permitted
- **Host Club:**
 - All host clubs shall provide a track referee, field referee, chief timekeeper and starter, marksman. Host club shall provide announcer and track and field cards.
 - The host club shall provide First Aid cover.
 - **Host clubs are to provide packed lunches for all qualified officials (As per the Officials Declaration) and the League Co-Ordinator**
 - Host clubs shall issue a set of draft results to all competing clubs and the League Secretary within 24 hours of the meeting for verification.
 - **The host club is to acknowledge receipt of official and team declarations from competing teams.**
 - The timetable shall be strictly followed where ever possible.
 - All matches to be scored from 6 points for first place to 1 for last place.

- **All Clubs:**
 - All clubs shall provide a field team of three or more judges (at least one must be a qualified) plus one track judge and one timekeeper.
 - Every competing club to ensure that no athlete can compete in any event unless they have been competently coached in the event and be fully acquainted with all the rules and safety aspects of the event. Team managers to endorse this rule on every team declaration.
 - Every competing club to submit official's declaration sheet to host club one week prior to match. This allows host club to react if there is going to be a short fall in officials.
FAILURE TO SUBMIT THIS SHEET WILL RESULT IN CLUB NOT BEING ABLE TO COMPETE ON THE DAY. NO OFFICIALS = NO MATCH
 - Every competing club to submit team declarations by the time and date requested by host clubs, the team sheets must include URN Numbers for U13 athletes and above and Date of Birth for U11s. Failure to do this could result in suspension from the league.
- **Field Events:**
 - Trials: All field events except high jump will be of 3 trials. Any athlete reaching an AAA grade 3 or above will receive 2 additional attempts (Except for Non-Scoring Athletes)
 - High Jump: Starting height for the high jump will be:
 - Under 13 Girls 1.00m Under 13 Boys 1.00m
 - Under 15 Girls 1.10m. Under 15 Boys 1.20m.
 - Under 17 Women 1.20m. Under 17 Men 1.30m.
 - Then the height will go up in 5cm increments. The last three competitors in each age group will be allowed to increase the height by 2cm
 - **Athletes must not mark their run up with any item apart from tape, chalk or marker provided by Host Team (For 2018 some leeway must be given on this rule)**
- **Quadkids:**
 - Teams are limited to 10 athletes per gender. (There are to be NO Non-Scoring athletes in Quadkids)
 - Athletes must be in school years 4 & 5 and under eleven by August 31st of the competition year.
 - Quadkids will be divided into 2 pools per gender for the field events
 - Quadkids must assemble at nominated meet point then be escorted to the event.
 - Quadkids team manager can remain within the track perimeter during competition to help and assist as necessary. (Only one adult per Quadkids Team will be allowed inside the track)
 - Vortex will be 3 straight throws with only the longest measured.
 - All throws to be measured from a central point (like javelin)
 - **The Vortex must be thrown with the same technic as a Javelin i.e. Pull Throw**
 - Long jump will be 1 practice jump followed by 2 competition jumps.
 - A 3rd jump will be allowed if the first 2 are NO jumps.
- **Exceptional Performances:**
 - Any athlete breaking a league record will be recognised at the end of the season
- **Spectators and League Coordinators**
 - All spectators must remain outside the track area.
 - Spectators must always respect the decision of the officials, if there are any questions this are to be directed via the Team Manager, Event Manager or League Coordinator.
 - League Coordinators act as a liaison between the teams and the Track and Field referees.

