

# Wessex League Rules 2023

- **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 first match, these are the only identification letters that will be allowed.
  - Host clubs will supply under-11 numbers (1 – 120) and non-scoring numbers, two digit where possible. To be worn back and front.
  - Numbers or letters to be worn front and back retained by four pins to prevent them folding and not being visible, **except in jumping events where just one number or letter is required, either on front or back.**
  - UKA Rule T5 S1(2)(i) **exempts domestic competition from World Athletics Rules on branded clothing.**
- **Competition:**
  - All competition rules shall be the same as UKA guidelines for under-13 and under-15 boys and girls, and under-17 and **under-20** men and women 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 four events including non-scoring of which one must be a relay.
  - Under-13 and under-15 girls and boys may only compete in one middle distance event. Under-17s running in same events as under-15s **MUST** have a circle around their letters
  - 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.
  - Video evidence submitted to question an official result must first be submitted to the team manager of the club who will raise that evidence to the league coordinator or appropriate channels to the chief match official. The chief match official may choose to view the evidence and then take subsequent action based on that evidence, at their discretion, which may include amending or overruling the result or allowing the original result to stand. Once a decision is made there can be no further appeal. Evidence must be submitted within a reasonable period of time, subject to the discretion of the committee.
- **Host Club:**
  - All host clubs shall provide a track referee, a field referee, a chief timekeeper, a starter and a starter's assistant. **(The League recommends using two starter's assistants, only one of whom needs to be graded.)**
  - The 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 in the Officials Declaration) and the League Co-Ordinator.
- Host clubs shall issue a set of draft results to all competing clubs **and each member of the Committee** 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 whenever possible.
- All matches to be scored from six points for first place to one 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 **two weeks** prior to match. This allows host club to react if there is going to be a shortfall 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 under-13 athletes and above; and **school year** for U11s. Failure to do this could result in suspension from the League.
  - If two or more clubs are unable to attend a scheduled match then that match may be postponed at the discretion of the League Chairman.
- **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 or marker provided by the host Team, this applies equally to both senior athletes and Quadkids
- **Quad Kids:**
  - Teams are limited to ten athletes per gender. (There are to be NO non-scoring athletes in Quadkids.)
  - Athletes must be in School Year 4 or 5 and under eleven by August 31st of the competition year.
  - Quadkids will be divided into two 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 three 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 technique as a Javelin i.e. Pull Throw
  - Long jump will be one practice jump followed by two competition jumps.

- A third jump will be allowed if the first two are NO jumps. Failing the third jump will result in three no jumps.
  - Quadkids shall compete in sequential order within each round, similar to older athletes.
- **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.
- **League**
  - Composite teams planning on competing in the Wessex League must submit their application to the Wessex League by July 31<sup>st</sup> of the preceding year.