

KENT YOUNG ATHLETES LEAGUE RULES 2009

(FORMERLY THE COLTS AND BOYS LEAGUE OF KENT)

KENT YOUNG ATHLETES LEAGUE IS A PART OF THE KENT COUNTY ATHLETICS ASSOCIATION

UK ATHLETIC COMPETITION RULES FOR ATHLETES AGED UNDER 13 AND UNDER 15 APPLY, AS AMENDED OR REPLACED, AND THE SPIRIT OF UK ATHLETICS RULES FOR ATHLETES AGED UNDER 11 APPLY.

1. AGE GROUPS

UNDER 11 (U11) - (School years 5 and 6) and a minimum of 9 years of age

UNDER 13 (U13) - 11 years and under 13 years at midnight on 31st August/1st September in year of competition.

UNDER 15 (U15) - 13 years and under 15 years at midnight on 31st August/1st September in year of competition.

2. REGISTER

The name and date of birth of each competitor has to be entered in the League Register. Details to be sent to League Secretary prior to the first meeting and updated as necessary. Failure to comply with this rule may result in points being lost.

3. CLUB COLOURS

Athletes must compete in their club colours. Clothing must comply with the requirements of UKA rule 17.

4. NUMBERING

Each club will provide their own numbers and pins throughout the four meetings following notification by the League.

HANDWRITTEN LETTERS NOT TO BE USED.

In the event of a club arriving without their letters, the League has a set of "H & HH" which will be issued in such an emergency.

Letters to be worn BACK and FRONT in ALL TRACK EVENTS and generally for most FIELD EVENTS. Athletes will be turned away at the start if they do not comply.

5. LEAGUE

The League will consist of four divisions.

Boys - Divisions 1 and Division 2 with generally 6 teams in each division.

Girls – Divisions 1 and Division 2 with generally 6 teams in each division

Two teams will be promoted and two relegated at the end of each season.

Any addition team wishing to join the League must join division 2 of the appropriate league. (The number of teams per division and relegations will be adjusted dependent upon the number of teams entering)

6. EVENTS

Clubs may nominate an A and a B String athlete for each event. Where track events are run separately Team Managers MUST nominate the best performing athlete for the A String. In events run together, and in all field events, the best performing athlete will be declared as the A String.

Each Athlete may compete in up to 4 events in any one meeting, with a maximum of 3 individual events.

| U13 Boys | U15 Boys | U13 Girls | U15 Girls |
|---------------------|---------------------|---------------------|---------------------|
| 100m | 100m | 75m | 100m |
| 200m | 200m | 150m | 200m |
| - | 400m | - | 300m |
| 800m* ¹ | 800m* ² | 600m* ¹ | 800m* ¹ |
| 1500m* ¹ | 1500m* ² | 1000m* ¹ | 1500m* ¹ |
| - | 3000m* ² | - | - |
| 1200m Walk | 1200m Walk | 1200m Walk | 1200m Walk |
| 75m Hurdles | 80m Hurdles | 70m Hurdles | 75m Hurdles |
| 4x100m Relays | 4x100m Relays | 4x100m Relays | 4x100m Relays |
| - | 4x400m Relays | - | - |
| High Jump | High Jump | High Jump | High Jump |
| - | Pole Vault | - | Pole Vault |
| Long Jump | Long Jump | Long Jump | Long Jump |
| Shot Putt | Shot Putt | Shot Putt | Shot Putt |
| Discus | Discus | Discus | Discus |
| Javelin | Javelin | Javelin | Javelin |

*1 Under 13 boys and under 15 girls may not compete in both the 800m and 1500m on the same day. Under 13 girls may not compete in both the 600m and 1000m on the same day.

*2 Under 15 boys may only compete in one track event between 800m and 3000m on the same day.

The maximum total race distance an athlete may compete on the same day will be as follows:-

| Age Group | Maximum Total Distance Male/Female |
|----------------|---------------------------------------|
| Under 13 years | 3000 metres |
| Under 15 years | 5000 metres |

Including walking events

The High Jump minimum start heights shall be:-

Under 13 boys – 1.00m

Under 15 boys – 1.20m

Under 13 girls – 0.90m

Under 15 girls – 1.00m

The high jump bar shall be raised in 5cm increments until there is only 1 competitor when it may be raised by at least 2cm at the athlete's request.

Subject to the number of athlete competing and safety considerations the 600m and 800m races may be run with A and B String races combined and run from a curved start.

7. SCORING

Points will be awarded for the A String 12, 10, 8, 6, 5, 4 (,3)
" " " " " " B String 8, 6, 5, 4, 3, 2 (,1)

8. DISQUALIFICATION

Should an athlete compete in excess of the permitted number of events, including relays, or compete in the wrong age event then the athlete/relay team shall be disqualified from the later event(s) competed in. Where it is the A String athlete who is disqualified, and for that reason only, then the B String athlete's performance shall be included for scoring purposes with the event results for the A String and the finish positions determined on performance.

9. DECLARATION

Team Managers are requested to submit provisional electronic copies of their team and non scoring declaration sheets to the League Secretary by the Saturday evening prior to the meeting. Team Managers must submit their confirmed team declaration sheets to the Recorders at least 15 minutes before the first event. Amendments must be made prior to the event to which they relate taking place. Details of non scoring athletes must be provided at the start of the meeting when competition numbers will be allocated.

10. OFFICIALS

The League will be responsible for the preparation of the lane draws for all four meetings together with the duty rota for all Club Officials.

The League shall be responsible for the provision of Chief Starter and Assistants, Chief Timekeeper, Chief Track Judge and Field Referee. Each Club shall provide a team of Officials in accordance with Track and Field Rota issued for the season. It is preferred that the Officials be suitably qualified. For Insurance reasons each field event must be supervised by an appropriately qualified official. Clubs should make their best efforts to provide a complement of officials. Where a Club is unable to provide the necessary officials then the League Secretary shall be informed prior to the meeting. The Field Referee shall be responsible for ensuring that each field event is supervised by a graded official supervises.

11. TROPHIES

Boys

The 1st and 2nd Division Clubs with the highest overall combined points will be awarded the Ron Sawyer Memorial Trophy (Division 1) or the Ron Sawyer Trophy (Division 2) to be held for 1 year.

A trophy will be awarded to the Club in Division 1 and Division 2 with the highest points total for Under 13 and highest points total for U 15. (4 trophies)

A trophy will be awarded to the Best Field and Best Track athlete in both Division 1 and Divisions2.
(4 trophies)

The Chairman will award The Maureen Gordon Memorial Trophy to the Club, who in their opinion has made the most improvement.

These eleven Trophies to be held for ONE year.

Girls

The 1st and 2nd Division Clubs with the highest overall combined points will be awarded the Division 1 Trophy or Trophy Division 2 to be held for 1 year.

A trophy will be awarded to the Club in Division 1 and Division 2 with the highest points total for Under 13 and highest points total for U 15. (4 trophies)

A trophy will be awarded to the Best Field and Best Track athlete in both Division 1 and Divisions2.
(4 trophies)

Team Managers must sign a register of receipt following presentation of Trophies to their Club or their Athlete. The club/athlete will be responsible for the return of the trophies in good, clean condition at the end of the period of the award.

All Trophies to be held for ONE year.

12. MEDALS

Athletes shall be eligible for individual medals if they have competed in at least 2 meetings throughout the season.

Individual medals will be presented for the best performance(s), in both 'A' and 'B' strings for each event for the Boys and Girls Division 1 and Division 2.

Should a club blatantly reverse the A and B string competitors (Rule 6) the League Organisers reserve the right to withhold awarding the 'B' string medal should the performance merit it.

No athlete may receive more than 3 individual medals.

13. TIME TABLE OF EVENTS

| Track | | | Field | | |
|-------|-------------|----------------|-------|------------|----------------|
| Time | Event | Age Group | Time | Event | Age Group |
| 11:30 | 70m Hurdles | U13 Girls | 12:00 | High Jump | U13 Boys |
| | 75m Hurdles | U13 Boys | | Shot Putt | U13 Girls |
| | 75m Hurdles | U15 Girls | | Long Jump | U15 Boys |
| | 80m Hurdles | U15 Boys | | Javelin | U15 Girls |
| 12:10 | 600m | U13 Girls | 13:00 | Shot Putt | U15 Girls |
| | 600m | U11 Boys/Girls | | High Jump | U15 Boys |
| | 800m | U13 Boys | | Discus | U13 Girls |
| | 800m | U15 Girls | | Javelin | U15 Boys |
| | 800m | U15 Boys | | | |
| 13:10 | 75m | U13 Girls | 14:00 | Pole Vault | U15 Boys/Girls |
| | 100m | U13 Boys | | Long Jump | U13 Girls |
| | 100m | U15 Girls | | Shot Putt | U13 Boys |
| | 100m | U15 Boys | | High Jump | U15 Girls |
| 13:40 | 75m/80m | U11 Girls/Boys | 15:00 | Discus | U15 Boys |
| | 3000m | U15 Boys | | High Jump | U13 Girls |
| | 300m | U15 Girls | | Long Jump | U13 Boys |
| | 400m | U15 Boys | | | |
| | 14:30 | 150m | | U13 Girls | |
| 15:15 | 150m | U11 Boys/Girls | | | |
| | 200m | U13 Boys | | | |
| | 200m | U15 Girls | | | |
| | 200m | U15 Boys | | | |
| | 1000m | U13 Girls | | | |

| | | | | | |
|-------|-----------------|--------------|-------|-----------|-----------|
| | 1500m | U13 Boys | | Javelin | U13 Boys |
| | 1500m | U15 Girls | | Discus | U15 Girls |
| | 1500m | U15 Boys | | | |
| 16:05 | 1200m Walks | U13/U15Girls | 16:00 | Javelin | U13 Girls |
| | | U13/U15Boys | | Discus | U13 Boys |
| 16:30 | 4 x 100m Relays | U13 Girls | | Long Jump | U15 Girls |
| | 4 x 100m Relays | U13 Boys | | Shot Putt | U15 Boys |
| | 4 x 100m Relays | U15 Girls | | | |
| | 4 x 100m Relays | U15 Boys | | | |
| 17:05 | 4 x 400m Relays | U15 Boys | | | |

Track (Not to be Changed Under Any Circumstances)

Pole vault poles may not necessarily be provided by Clubs

Non-scoring events

Competition numbers must be obtained for each athlete by Team Managers at **least 30min** before the time of the event.

Track

1st and 3rd meetings only.

U11 girls 75m & U11 boys 80m, U13 girls 75m & U 13 boys 100m, U15 boys and girls 100m, U13 girls 1000m & U 13 boys 1500m, & U15 boys and girls 1500m.

No none scoring will be permitted in the following events: U11 boys and girls 150m, U13 girls 150m & U 13 boys 200m, U15 boys and girls 200m, U11 boys and girls 600m, U13 girls 600m & U13 boys 800m, & U15 boys and girls 800m.

2nd and 4th meetings only

U11 boys and girls 150m, U13 girls 150m & U 13 boys 200m, U15 boys and girls 200m, U11 boys and girls 600m, U13 girls 600m & U13 boys 800m, & U15 boys and girls 800m.

No none scoring will be permitted in the following events: U11 girls 75m & U11 boys 80m, U13 girls 75m & U 13 boys 100m, U15 boys and girls 100m, U13 girls 1000m & U 13 boys 1500m, & U15 boys and girls 1500m

A maximum of four non-scoring athletes from each Club shall be permitted to compete in each of the events identified above.

One U13 or U15 non scoring athlete per club may compete in all other track events not specified in the lists above. Further athletes/teams may be permitted to compete subject to the Track Judges discretion and recorders verification.

Athletes may only compete having regard to Rule 6 above.

Non scoring U13 and U15 athletes will run with scoring athletes, wherever possible, subject to safety considerations.

Field

One athlete per club permitted in each field event. Where there is an incomplete complement of athletes (incomplete card) additional athletes may compete, subject to the discretion of the Field Referee and recording officers.

Alternative Field Timetable for stadium with restricted certification

| Time | Event | Age Group |
|-------|-----------|-----------|
| 11:00 | High Jump | U13 Boys |
| | Shot Putt | U13 Girls |
| | Discus | U13 Boys |
| | Javelin | U15 Girls |
| 12:00 | Shot Putt | U15 Girls |
| | High Jump | U15 Boys |
| | Discus | U13 Girls |
| | Javelin | U15 Boys |

| | | |
|-------|------------|----------------|
| 13:00 | Pole Vault | U15 Boys/Girls |
| | Shot Putt | U13 Boys |
| | High Jump | U15 Girls |
| | Javelin | U13 Girls |
| | Discus | U15 Boys |
| 14:00 | High Jump | U13 Girls |
| | Javelin | U13 Boys |
| | Discus | U15 Girls |
| 15:00 | Shot Putt | U15 Boys |
| | Long Jump | U13 Boys |
| | Long Jump | U15 Girls |
| 16:00 | Long Jump | U13 Girls |
| | Long Jump | U15 Boys |

14. AFFILIATION FEES

The 2008 Affiliation Fee is as follows:-

Individual team (boy or girl) entry - £50.00

Boy plus girl team entry - £80.00

Any additional team entry £30.00 per team

The entry fee, up to a maximum of £80.00, will be waived for Clubs hosting a meeting.

Each club will be given the opportunity of staging a home meeting.

Shot, Medals, Declaration Sheets and Results are provided by the League.

The League reserves the right to call on member clubs if running costs exceed monies raised by raffles, fees, etc.

15. FIRST AID

THE HOST CLUB IS RESPONSIBLE FOR PROVIDING A QUALIFIED FIRST AIDER OR ST JOHN AMBULANCE (OR SIMILAR) TO BE IN ATTENDANCE AT THE MEETING AND MAKING KNOWN TO COMPETITORS & OFFICIALS WHERE SITED.

16. "B TEAMS"

If less than 12 Teams are registered in any year a B Team will be considered for that year only The club must nominate a Separate Team Manager for any B Team entered.

Any club wishing to enter a B Team should apply to the Secretary/Treasurer when returning confirmation slip and subscription for their A Team on or before 1st February.

The B Team application will be considered after 28th February according to the numbers registered.

If successful a further subscription as detailed in paragraph 14 above is payable.

If more than one club applies, the first year will be decided by Ballot and subsequent years by rotation.

Athletes MAY NOT compete in both teams on the same day.

An Athlete WILL NOT be eligible to win a Division 2 Medal/Award or score points in the Division 2 if they have previously competed in the Division 1 team that season.

17. General

Clubs should submit copies of their declaration sheets electronically by the Friday prior to the meeting.

Host Clubs to be responsible for the smooth running of the meeting, announcing and assisting recording in association with the League Secretary/Recorders.

Results will be posted on the KCAA.org website and submitted to Power of 10.

RESULTS OF MEETINGS: PLEASE LET THE LEAGUE SECRETARY KNOW OF ANY CHANGES OF ADDRESSES together with any changes in TELEPHONE NUMBERS and E-MAIL addresses.

LEAGUE OFFICIALS DETAILS

| | |
|-----------|--|
| Chairman | Chris Bowman 60 Grecian Street Maidstone Kent ME14 2TS 01622 609952 07970 544324 |
| Secretary | Brian Charlton Jesmond Dene Seed Road Newnham Siittingbourne Kent ME9 0NA Tel: 01795 890200 Fax: 01795 890729 |