

Rules of Competition 2016

- 1 There are 5 fixtures in 2016, your 4 best scores to count for the League, based on [divisions](#).
- 2 Only two members per club shall represent their club in any Track & Field event. Six non-counters may run in Track events, one non-counter in High Jump and three in other field events.
- 3 In the 3000 metres team race the League shall permit any number to compete, 3 to count as a team.
- 4 All laned events 100 / 200 / 300 / 400 metres, or any event where there is more than one race per age group, the fastest times will score points: - 7-5-4-3-2-1.
- 5 An athlete shall only compete in his or her own age group and is only allowed to move up to a higher age group if there is no event for that particular age group, provided however he / she reverts to the age group in the next event if possible, bearing in mind UK Athletics Rules. For this Rule, 300m and 400m shall be considered as one event.
- 6 All athletes are allowed to compete in only three events plus one relay.
- 7 In the relay race only one team per club to count.
- 8 Only first claim athletes shall be allowed to compete.
- 9 Points will score as follows in all events: 7-5-4-3-2-1.
- 10 Qualifying ages are as at 31st August 2016.
Note: 10 year olds may compete if 11 by 31st August.
- 11 No blocks are allowed in the 100 and 200 metres for under 13 male and female.
- 12 The last field event will start no later than 5.50 pm and the last track event no later than 5.55 pm. The meeting will finish definitely at 6.00 pm
- 13 The promoting club should ensure the meeting will start at 12.00 for hammer followed by other events from 1 pm prompt.
- 14 Each club must provide officials as follows: -
 - 'A' size clubs – 5 officials, 2 of which must be graded to a minimum of level 2.
 - 'B' size clubs – 4 officials, 2 of which must be graded to a minimum of level 2
 - 'C' size clubs – 3 officials, 1 of which must be graded to a minimum of level 2.
 - 'D' size clubs – 2 officials, 1 of which must be graded to a minimum of level 2.
 - 'E' size clubs – no officials required.Where a club is required to provide 2 graded officials, at least 1 should be graded in a track discipline.
The club sizes will be reviewed each year and advised at the annual T & F fixtures meeting. The basis of the calculation to determine club size will be the number of participating athletes in the previous 2 seasons.
A schedule of field event duties for the forthcoming season will be advised at the T & F Fixture Meeting.
Officials must report to the officials' secretary at least 30 minutes before the first event.
If a club fails to provide the necessary officials, a fine will be imposed on that club, £30 for each missing graded official and £10 for each missing ungraded official. The fine will only be levied if the rule is broken at more than 1 of the 6

meetings.

At league meetings, 15 points will be added to the team score if the requirement to provide officials is fully met.

- 15 In all field events except the high jump, each athlete will only be allowed three throws / jumps to decide the winner.
- 16 All athletes must compete in at least two league matches to be allowed to compete for a medal in the Medal Meeting.
- 17 Athlete numbers must be worn and visible. Numbers are to be worn back and front for all track events.
- 18 Club vests must be visible in all events, subject to the referee's discretion.
- 19 Electronic equipment is not to be used by an athlete within the competition area. Any athlete doing so is liable to be disqualified.
- 20 High jump opening heights:

female	under 13	1.00 metre	under 15	1.10 metre
	under 17	1.20 metres	senior	1.30 metres
male	under 13	1.10 metre	under 15	1.20 metres
	under 17	1.30 metres	senior	1.50 metres
- 21 Guests can compete in Mid Lancs track & field fixtures on payment of an entry fee per event. Guests are taken to be members of clubs affiliated to England Athletics who are not members of the Mid Lancs League. Competition Rules apply to guests as they apply generally.
- 22 An athlete breaching these Rules will be liable to disqualification and loss of points in an event; or disqualification in any event in excess of three and loss of all points at the meeting for a breach of Rule 6.

PROVISIONAL MID-LANCS T&F DIVISIONS 2016

Division 1 Men		Division 1 Women	
Blackpool Wyre & Fylde AC	Burnley AC	Blackpool Wyre & Fylde AC	Burnley AC
Liverpool Pembroke & Sefton	Pendle AC	Hyndburn AC	Leigh Harriers
Preston Harriers	Southport Waterloo AC	Liverpool Pembroke & Sefton	Preston Harriers
Team North Cumbria		Team North Cumbria	
Division 2 Men		Division 2 Women	
Barrow & Furness Striders AC	Blackburn H & AC	Barrow & Furness Striders AC	Blackburn H & AC
Chorley Athletic & Tri	Hyndburn AC	Chorley Athletic & Tri	Kendal AC
Kendal AC		Lancaster & Morecambe AC	

Lancaster & Morecambe
Leigh Harriers
Lytham St Annes RR
Manx Harriers
Rossendale Harriers
Wigan H & AC

Lytham St Annes RR
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Pendle AC
Rossendale Harriers
Southport Waterloo AC
Wigan H & AC