

# ENGLISH SCHOOLS' ATHLETIC ASSOCIATION

## TRACK & FIELD CUP

### Competition Rules

(as in the ESAA Handbook)

#### GENERAL

##### 9. DRUG ABUSE

The use of drugs to enhance performance before or during competitions is forbidden and anti doping test may be carried out at any ESAA event.

##### 10 Officials

Officials for Championships and Cup Competition Finals shall be appointed by the E.S.A.A. through its appropriate committee.

##### 11. Protests

(a) Any protest or objection by a competitor or team against the conduct or placing of another competitor or team in any competition or relating to any matter which may develop during the carrying out of the programme shall be made to the appropriate referee by an authorised team steward within 60 minutes of the official announcement of the result. The decision of the referee shall be final and shall be announced immediately.

(b) Any other protest concerning eligibility or qualification to compete should be made in writing to the ESAA Honorary Secretary within seven days of the event.

#### TRACK & FIELD CUP COMPETITION

##### 65.

The Cup Final shall **normally** be held annually on the first Saturday in July.

##### 66. Ages

The age groups for the competition shall be:

Junior           12 years and under 14 years. Years 7 & 8.  
Intermediate    14 years and under 16 years. Years 9 & 10.

Ages as at 31st August at the end of the current school year.

##### 67. Teams

This competition is for individual school teams and entries must **NOT** be submitted by neighbouring schools combining to make a team.

- Each boys' team may have up to 14 (fourteen) competitors plus one named reserve.
- Each girls' team may have up to 12 (twelve) competitors plus one named reserve.

The reserve will only be allowed to substitute in the event of an injury being sustained during the meeting and then only at the discretion of the Referee. **The substitute may only compete in the event(s) in which the injured athlete was entered.**

Each team **MUST** enter a relay team and up to two competitors per event provided that no one competitor competes in more than two events which shall be :-

- One track event and the relay
- One track event and one field event
- One field event and the relay

##### 68.

Entries from schools must be completed online by 28<sup>th</sup> February in the year of the competition. The relevant contributions per team must be received by the Track and Field Cup Coordinator within 7 days of the closing dates for entries. The rate of such contributions per team shall be deemed annually by the General Committee. Should a school subsequently withdraw a team from the competition the entry contribution will not be refunded. No late or amended entries shall be accepted after the closing date.

## 69. The Competition

### (i) in all rounds of the Competition

Including the Final, each participating school must be accompanied by at least one teacher in charge and two competent adults to officiate.

### (ii) First Rounds:

- (a) County Cup secretaries will ask appropriate schools to act as organisers and to stage the meetings at its own school or other suitable venue.
- (b) Each participating school will be responsible for downloading their designated numbers from the website ([www.esaa.net](http://www.esaa.net)) - clearly visible black numbers on white card and provide their own safety pins.
- (c) The host school will be responsible for the organisation of the Competition and in particular for the appointment of Referee(s) who shall be in charge of all matters appertaining to the rules of the events and who will decide on any appeals.
- (d) Any protest concerning the final results must be received by the Meeting Organiser within 48 hours.
- (e) Schools must compete on the prescribed date unless weather intervenes.
- (f) Where at least **five** schools have competed in a First Round match, the winning team will qualify for the Regional Final. An appropriate number of other high scoring teams will also be included. A winning team cannot be guaranteed a place in a Regional Final if fewer teams compete.
- (g) In the event of a tie, the premier place will be awarded to the team gaining the greater or greatest number of first places. If a tie still remains reference will be made to the greater or greatest number of second places and so on.

### (iii) Regional Finals

- (a) Counties will be allocated to one of seven Regions which will be defined by the General Committee.
- (b) The highest scoring teams in each Region will compete in one Regional A Final. All other qualifiers will take compete in Regional B Finals.
- (c) All schools who have successfully qualified for the Regional Finals will be notified.
- (d) The Regional Cup Secretaries will arrange the Regional Finals and appoint organising schools. Each participating school will be responsible for downloading their designated numbers from the ESAA website ([www.esaa.net](http://www.esaa.net)) and for providing their own pins.
- (e) In the event of a tie the premier place will be awarded to the team gaining the greater or greatest number of first places. If the tie still remains reference will be made to the greater or greatest number of second places and so on.

### (iv) Cup Final:

- (a) The winners of Regional Finals A plus the five highest scoring teams nationally will proceed to the Cup Final.
- (b) The organisation of the Cup Final is the responsibility of the Track and Field Committee.
- (c) In the event of a tie in the Cup Final the team placings shall stand. Where trophies are involved they shall be shared by the teams concerned.

## 70. Event Rules

- (a) The events for the competition shall be:

**Girls** 100m, 200m, 300m (Year 9 and 10 only), 800m, 1500m, 4 x 100m Relay, Hurdles, High Jump, Long Jump, Triple Jump (Year 10 only), Putting the Shot, Throwing the Discus, Throwing the Javelin.

**Boys** 100m, 200m, 300m (Years 8 to 10 only), 800m, 1500m, 4 x 100m Relay, Hurdles, High Jump, Pole Vault, Long Jump, Triple Jump (Years 8 to 10), Putting the Shot, Throwing the Discus, Throwing the Javelin, Throwing the Hammer (years 8 to 10).

- (b) The recommended order of track events shall be: Hurdles, 1500m, 100m, 200m, 300m (where appropriate), 800m. All relays shall take place at the conclusion of the programme. **Starting blocks are not to be used in any round of the Competition.**
- (c) All field events shall be held before or after all individual track events in each age group.
- (d) The order of field events will be determined by local conditions, but the Pole Vault and High Jump should be started as soon as possible, the bar being set initially at the height required to score one point, and raised thereafter as competitors require, in accordance with the scoring tables.
- (e) In track events each competitor shall be timed separately.
- (f) In field events for height each competitor may have up to seven attempts in all, unless before then he/she has failed three times running. A competitor may choose the height at which he/she enters the competition.
- (g) In field events for distance each competitor shall be allowed four attempts.
- (h) In the Triple Jump 7 metres, 9 metres and 11 metres markings should be available.

(i) In the throwing events the following weights shall apply:

	JUNIOR BOYS Years 7/8	INTER BOYS Years 9/10	JUNIOR GIRLS Years 7/8	INTER GIRLS Years 9/10
SHOT	3.25 kg	4.00 kg	3.00 kg	3.0 kg
JAVELIN	600 g	600 g	500 g	500 g
DISCUS	1.00kg	1.25kg	1.00kg	1.00kg
HAMMER	3.00 kg	4.00 kg		

(j) In all throwing events competitors shall only use the implements provided for general use.

(k) In the Hurdles events conditions shall be:

Distance	Height	No.	Approach	Interval	Finish
Junior Boys 80 metres	76.2cm	8	12.00m	8.00m	12.00m
Intermediate Boys 80 metres	84.00cm	7	13.00m	8.50m	16.00m
Junior Girls 75 metres	76.2cm	8	11.50m	7.50m	11.00m
Intermediate Girls 80 metres	76.2cm	8	12.00m	8.00m	12.00m

### 71. Scoring

Each competitor or Relay Team shall score according to the appropriate performance points table.

### 72. Travel

The General Committee may, in its absolute discretion, make grants towards the travel expenses of schools to Regional and Cup Finals.

### MARSHALLING - CUP FINAL ONLY

Marshalling will take place for all athletes, except pole vaulters who should report direct to the event area 30 minutes before the start. Details of marshalling will be included with the Cup Final information.

## IMPORTANT REMINDERS

### BOYS

Triple Jump , Hammer, and 300m are **only for Year 8 and above** boys and **MUST NOT** be contested by Year 7 boys.

It is recommended that you have a Year 8 substitute so that you can cover all the events for Junior Boys.

### GIRLS

300m is for **year 9 and 10** only and must not be contested by Junior Girls.

Triple Jump is **only for year 10 girls** and **MUST NOT** be contested by year 9 or Junior Girls.

It is recommended that you have a Year 10 substitute so that you can cover all the events for Senior Girls.

### IMPLEMENTS

**No personal throwing implements** are to be used at any stage of the Cup Competition.

Pole Vaulters must **use their own poles** at all stages of the Cup Competition.