

# ESAA RULES 2019

## Race Walk Championship Rules

19. The Championships shall be held each year in conjunction with the Combined Events competition final.
20. **Ages:** The age groups for competition shall be:
- |              |                             |
|--------------|-----------------------------|
| Junior       | 13 years and under 15 years |
| Intermediate | 15 years and under 17 years |
| Senior       | 17 years and under 19 years |
21. Eligibility as defined in Competition Rule 3 is applicable to the calendar year of competition.
22. **Competitors and Reserves.** Counties shall be entitled to enter ten (10) individual competitors in each Championship event, from whom six (6) shall be selected to walk.
23. **County Stewards.** County Stewards, at least one of whom shall be a man and one a woman in the event of competitors being from both boys and girls sections, shall be in the minimum ratio of one to every twelve competitors or part thereof, subject to a maximum of four County Stewards.
24. **Entries.** Entry forms shall reach the Race Walking Secretary at least 16 days before the Race Walk Championships and must be accompanied by the relevant contribution per competitor. The rate of such contributions shall be decided annually by the General Committee. No entries shall be accepted from an Association whose affiliation fees are outstanding. No late or amended entries shall be accepted after the closing date. All selected walkers shall be declared in writing at least half an hour before the start of the Race Walk Championships. Numbers supplied by the ESAA shall be worn on the breast and on the back and be clearly visible.

All races shall be held wholly on the track.

25. **Distances:** The length of each race shall be:

Junior Boys	3,000 metres	Junior Girls	3,000 metres
Intermediate Boys	5,000 metres	Intermediate Girls	3,000 metres
Senior Boys	5,000 metres	Senior Girls	5,000 metres

26. **Officials.** The duties of the officials shall be in accordance with the recommendations of the ESAA.

## Combined Events Championship Rules

27. The Championships should normally be held each year in two stages, i.e. Regional Rounds, with the recommended date of the fourth weekend in June, and a Final, with the recommended date of the third Saturday in September and the following day, in conjunction with the Race Walk Championship.
28. **Competitors and Reserves.** Counties shall be entitled to enter in each Championship four competitors, with three of these competitors' scores to count.
- Counties unable to field a team in any age group may enter individual competitors. Named reserves may be indicated on entry forms, and teams may be changed between the Regional Round and the Final competition by substituting with named reserves.
- Additional nominations to any team entry for the Final may be submitted in writing to the Coordinator at least sixteen (16) days before the first day of the Final. In any one year of competition an athlete may only represent one County Association.
29. **County Stewards.** County Stewards, at least one of whom shall be a man and one a woman in the event of competitors being from both boys' and girls' sections, shall be in the ratio of one to every twelve competitors or part thereof.
30. **Entries.** Entry of nominees shall be completed online so as to reach the Combined Events Secretary at least 18 days before the first day of the Regional Competition. The relevant contribution per competitor must be received by the Combined Events Secretary at the latest 7 days prior to the first day of that Regional Competition. The rate of such contributions shall be determined annually by the General Committee.

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31. No entries shall be accepted from an Association whose affiliation fees are outstanding. No late or amended entries shall be accepted after the closing date as identified above.

### 32. Events.

- i. The Association Junior Championship for Boys 13 years and under 15 years shall be a Pentathlon to be held on one day with the following order: 80 metres Hurdles, Putting the Shot, Long Jump, High Jump and 800 metres.
- ii. The Association Intermediate Championship for Boys 15 years and under 17 years shall be an Octathlon with the following order: Day 1: Long Jump, Throwing the Discus, Throwing the Javelin, 400 metres. Day 2: 100 metres Hurdles, High Jump, Putting the Shot and 1500 metres.
- iii. The Association Senior Championship for Boys 17 years and under 19 years shall be a Decathlon with the following order: Day 1: 100 metres, Long Jump, Putting the Shot, High Jump, 400 metres. Day 2: 110 metres Hurdles, Throwing the Discus, Pole Vault, Throwing the Javelin, 1500 metres.
- iv. The Association Junior Championship for Girls 13 years and under 15 years shall be a Pentathlon to be held on one day with the following order: 75 metres Hurdles, Putting the Shot, High Jump, Long Jump and 800 metres.
- v. The Association Intermediate Championship for Girls 15 years and under 17 years shall be a Heptathlon with the following order Day 1: 80 metres Hurdles, High Jump, Putting the Shot, 200 metres. Day 2: Long Jump, Throwing the Javelin, 800 metres.
- vi. The Association Senior Championship for Girls 17 years and under 19 years shall be a Heptathlon with the following order: Day 1: 100 metres Hurdles, High Jump, Putting the Shot, 200 metres. Day 2: Long Jump, Throwing the Javelin, 800 metres.

33. **Scoring.** Scoring shall be as per the published scoring tables. In the event of a tie, the winner shall be the competitor who has received the highest points in a majority of events. If this does not resolve the tie, the winner shall be the competitor who has scored the highest number of points in any one event. This procedure shall apply to ties for any place in the competition. In the event of a tie in the Team competition, the County whose last scoring member has the greatest points total shall determine the winner.

34. **The Competition.** The country will be divided into six Regions. County teams which are entered will be allocated to a Regional Competition. In each age group the highest scoring County team from each Regional meeting will go forward to the National Final. In addition, the two highest placed individuals who are not in the winning County team will also go forward to the National Final. The next best nine highest scorers from across any of the Regional meetings shall go forward to the Finals. Any competitor who has been entered in the Regional Round and:

- i. Is chosen for international representation and competes within seven days of the date of the first day of the Regional Round,
- ii. *Is selected for a major Heptathlon or Decathlon Championship to be held within four weeks of the date of the first day of the Regional Round, and the National Federation requests they do not compete in the Regional Final.*
- iii. Is required to participate in a National Championship on the weekend of that Round in order to gain selection for a major Championship and is subsequently awarded a place in that team.

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may be invited by the ESAA Combined Events Committee to compete in the National Final. Acceptance of the invitation shall be confirmed at least one month before the first day of the Championship Finals. Where three individuals from the same County compete, these three may also score as a team in the Final.

### 35. Specifications.

i. In the Hurdle events, specifications shall be:

Distance	Height	No.	Approach	Interval	Finish
Junior Boys 80 metres	84.0cm	8	12.00m	8.00m	12.00m
Intermediate Boys 100 metres	91.4cm	10	13.00m	8.50m	10.50m
Senior Boys 110 metres	99.0cm	10	13.72m	9.14m	14.02m
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
Senior Girls 100 metres	84.0cm	10	13.00m	8.50m	10.50m

ii. The specifications for field events shall be:

	Boys	Girls		
a) Putting the Shot				
Junior	4.00kg	3.00kg		
Intermediate	5.00kg	3.00kg		
Senior	6.00 kg	4.00kg		
b) Throwing the Discus				
	<i>Min. Weight</i>	<i>Thickness at centre</i>	<i>Diameter</i>	
Intermediate Boys	1.50kg	37-42mm	200-205mm	
Senior Boys	1.75kg	41-43mm	210-212mm	
c) Throwing the Javelin				
	<i>Length</i>	<i>Distance from tip of metal head to centre of gravity</i>	<i>Min Weight</i>	
Inter Girls	220-230cm	75-88cm	500gm	
Senior Girls	220-230cm	80-92cm	600gm	
Inter. Boys	230-240cm	83-101cm	700gm	
Senior Boys	260-270cm	90-106cm	800gm	

36. In all throwing events competitors may use their own implements provided these are submitted to the Referee for approval. No competitor shall be allowed to use another's implement without the prior permission of the owner.

37. In all field events, except High Jump and Pole Vault, competitors shall be allowed three trials each.

38. Starting blocks may be used by all competitors.

39. In the running and hurdles events a competitor in the Junior and Intermediate age groups shall be disqualified in any event in which he/she has been responsible for three false starts. In the Senior age group, any athlete making a false start shall be warned. Any athlete making a further false start(s) in the race shall be disqualified from the race.

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40. In track events run entirely in lanes at least four competitors should start in each group whenever possible. In other track events at least five competitors should start in each group, and one such group should consist of those competitors occupying the leading positions prior to the final event.
41. **Clothing.** In addition to clothing permitted under Competition Rule 12, athletes may wear a white T-shirt under their County vest and black tights under their County shorts.
42. Any athlete failing to take part in any of the events shall not be allowed to take part in any subsequent event in that competition but shall be considered to have abandoned the competition. That athlete shall not figure in the final classification.