

TRACK & FIELD CUP COMPETITION RULES 2022

69.

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

70. 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.

71. 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 Intermediate Girls' team may have up to 14 (fourteen) competitors plus one named reserve.

Each Junior Girls' team may have up to 12 (twelve) competitors plus one named reserve.

Following the final declaration of teams at the start of a meeting, a team may not be reorganised.

72. Reserves

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.**

A reserve, however, may take part in a meeting at the discretion of the organiser. They will be subsequently allowed to replace an athlete, in a single event only, after taking part in their chosen event. This ruling does not apply to the Cup Final. Medical approval must be obtained before substitutions can be made, at Regional Finals and the Cup Final.

73.

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

74. Entries

Entries from schools must be completed online by 28th February in the year of the competition. 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.

75. 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) - 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 Organisers within 24 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, but any school team that withdraws from the competition at late notice shall be scored at zero (0), as though they had taken part.

(g) Any school team that withdraws from the competition at late notice shall be scored at zero (0), as though they had taken part.

(h) 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 eight 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.

(e) Each participating school will be responsible for downloading their designated numbers from the ESAA website (www.esaa.net) and for providing their own pins.

(f) 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.

76. Event Rules

i. The events for the competition shall be:

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

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).

ii. The recommended order of track events shall be: Hurdles, 1500m, 100m, 200m, 300m (where appropriate), 800m.

iii. All relays shall take place at the conclusion of the programme.

iv. Starting blocks are not to be used in any round of the Competition.

v. All field events shall be held before or after all individual track events in each age group.

vi. In County and Regional Rounds of the competition track events shall be hand timed. Electronic timing may be used in the National Final only at the discretion of the organisers. **(new rule in 2022)**

vii. 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.

viii. In track events each competitor shall be timed separately.

ix. 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.

x. In field events for distance each competitor shall be allowed three attempts.

xi. In the Triple Jump 7 metres, 9 metres and 11 metres markings should be available.

xii. If an official deems that a competitor is insufficiently competent, or dangerous, then they have the discretionary right to remove that competitor from the event. The event organiser and team manager must be advised immediately.

xiii. Non-Starting and Abandoned Events: (eg due to inclement weather)

All competitors will be allocated 10pts, unless Round 1 has been fully completed and they have recorded a higher score, then that performance shall be allowed.

xiv. A team may not be re-organised following their final declaration on the day of the meeting.

xiv. 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	3.00 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	3.00kg	3.00kg

xv. In all throwing events competitors shall only use the implements provided for general use.

xvi. 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

77. Scoring

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

78. Travel

The General Committee may, in its absolute discretion, make grants towards the travel expenses of schools in the Cup Final.