

# ESAA RULES 2019

## Track and Field Championship Rules

18. (a) The recommended date for County Track and Field Championships is the second Saturday in June.  
(b) The E.S.A.A. Championships should normally be held each year on the second Saturday in July and the preceding day. If this is not possible the notice shall be given to Counties at least nine months in advance of the actual date.

### Entry Conditions

19. (a) The maximum size of County teams shall be determined by the groupings identified in Rule 2 above.
- i. Group A – 70 athletes
  - ii. Group B – 40 athletes
  - iii. Group C – 32 athletes
  - iv. Group D – 24 athletes
- (b) No boy or girl shall be nominated to compete in more than one event other than the Relay.  
(c) All competitors entered for the Championships should have attained the necessary Entry Standard for their event as published in the E.S.A.A. Handbook.  
(d) Entry of nominees shall be completed online so as to reach the Track and Field Secretary at least 16 days before the first day of the meeting. The relevant contribution per competitor and County Steward must be received by the Track & Field Secretary at the latest 7 days prior to the first day of the meeting. The rate of such contributions shall be determined annually by the General Committee. No entries will be accepted from an Association whose affiliation fee is outstanding. No late or amended entries shall be accepted after the closing date as identified above.  
(e) County Stewards must be in the ratio of at least one to every twelve competitors or part thereof, and include at least one man and one woman. Group A shall have as a maximum eight stewards, Group B and C five stewards and Group D shall have as a maximum four stewards at the Association's expense. Additional stewards may attend at the expense of the County Association.
20. That subject to the limitations in total entries as defined in Competition Rule 19(a) above:-
- (a) Three may be nominated in each individual event.
  - (b) Counties are allowed to enter the following maximum number of relay events:
    - i. A counties – 5
    - ii. B & C counties – 4
    - iii. D counties - 3
  - (c) Reserves may be nominated for a specified event or events in excess of the maximum entry, but, a reserve can only be substituted for the athlete whose original entry has been withdrawn subject to Rule 19(c). Such substitution will be accepted if received in writing by the Track and Field Secretary by 17.00 hours on the day before the meeting commences.
  - (d) Substitutions for athletes competing in World, European or Commonwealth Championships are permitted only with the approval of the Championships Committee. Applications must be made at least five days before the Championships to the Honorary Secretary. Any decision will take into account the logistics of any replacement, including the gender of the replacement athlete as well as the event.
  - (e) If a relay team is entered the team may comprise any FOUR competitors entered under 20(a) and 20(c) above.

# ESAA RULES 2019

## 21. Events

- (a) The Association Junior Championships for Boys 13 years and Under 15 years will be decided on the total points gained in the following fifteen events: 100 metres, 200 metres, 300 metres, 800 metres, 1,500 metres, 80 metres Hurdles, High Jump, Pole Vault, Long Jump, Triple Jump, Putting the Shot, Throwing the Javelin, Throwing the Discus, Throwing the Hammer and 4 x 100 metres Relay.
- (b) The Association Intermediate Championships for Boys 15 years and Under 17 years will be decided on the total points gained in the following eighteen events: 100 metres, 200 metres, 400 metres, 800 metres, 1,500 metres, 3,000 metres, 100 metres Hurdles, 400 metres Hurdles, 1500 metres Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Putting the Shot, Throwing the Javelin, Throwing the Discus, Throwing the Hammer and 4 x 100 metres Relay.
- (c) The Association Senior Championship for Boys 17 years and Under 19 years will be decided on the total points gained in the following eighteen events: 100 metres, 200 metres, 400 metres, 800 metres, 1,500 metres, 3,000 metres, 110 metres Hurdles, 400 metres Hurdles, 2000 metres Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Putting the Shot, Throwing the Javelin, Throwing the Discus, Throwing the Hammer and 4 x 100 metres Relay.
- (d) The Association Junior Championships for Girls 13 years and Under 15 years will be decided on the total points gained in the following fourteen events: 100 metres, 200 metres, 300 metres, 800 metres, 1,500 metres, 75 metres Hurdles, High Jump, Long Jump, Pole Vault, Putting the Shot, Throwing the Discus, Throwing the Javelin, Throwing the Hammer and the 4 x 100 metres Relay.
- (e) The Association Intermediate Championships for Girls 15 and Under 17 years will be decided on the total points gained in the following eighteen events: 100 metres, 200 metres, 300 metres, 800 metres, 1,500 metres, 3,000 metres, 80 metres Hurdles, 300 metres Hurdles, 1500 metres Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Putting the Shot, Throwing the Discus, Throwing the Hammer, Throwing the Javelin and the 4 x 100 metres Relay.
- (f) The Association Senior Championships for Girls 17 years and Under 19 years will be decided on the total points gained in the following eighteen events: 100 metres, 200 metres, 400 metres, 800 metres, 1,500 metres, 3,000 metres, 100 metres Hurdles, 400 metres Hurdles, 1,500 metres Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Putting the Shot, Throwing the Discus, Throwing the Hammer, Throwing the Javelin and the 4 x 100 metres Relay

## 22. Scoring

- (a) In all events points shall be awarded as follows: 1<sup>st</sup> in Finals – 8; 2<sup>nd</sup> – 7; 3<sup>rd</sup> – 6; 4<sup>th</sup> – 5; 5<sup>th</sup> – 4; 6<sup>th</sup> – 3; 7<sup>th</sup> – 2; 8<sup>th</sup> – 1
  - (b) In addition, two points shall be awarded to every competitor qualifying for a National Standard or one point for an Entry Standard.
  - (c) Should the Championships take place at a venue with fewer than eight lanes points shall be awarded in all events as follows:- 1st in Final - 8; 2<sup>nd</sup> - 7; 3<sup>rd</sup> - 6; 4<sup>th</sup> - 5; 5<sup>th</sup> - 4; 6<sup>th</sup> - 3; (7<sup>th</sup> – 2)
23. In all events duplicate numbers shall be worn, one on the breast and one on the back with the exception of High Jump, Pole Vault, Long Jump and Triple Jump in which competitors shall wear one number which is visible either on breast or back.
24. Starting blocks may be used by all competitors in the Senior Age Group, but by finalists only in the Junior and Intermediate Groups.

## Rounds and Heats

25. The methods of seeding, the allocation of athletes into events and qualification for following rounds is the responsibility of the ESAA General Committee, devolved to the Track and Field Championship Co-ordinator. The system to be used at the Championships will be published on the ESAA web-site each year on or before 30<sup>th</sup> April and will be circulated to County Secretaries.

## ESAA RULES 2019

26. The Relay Events shall be 4 x 100 metres. The composition of the team may be changed after a heat has been run and the members of the team may change their order of running.

### Hurdles & Steeplechase Events

27. Conditions for hurdles events shall be as follows:

Age group	Distance	Weight	Number	Approach	Interval	Finish
Junior Boys	80m	84.0cm	8	12.00m	8.00m	12.00m
Inter Boys	100m	91.4cm	10	13.00m	8.50m	10.50m
	400m	84.0cm	10	45.00m	35.00m	40.00m
Senior Boys	110m	99.0cm	10	13.72m	9.14m	14.02m
	400m	91.4cm	10	45.00m	35.00m	40.00m
Junior Girls	75m	76.2cm	8	11.50m	7.50m	11.00m
Inter Girls	80m	76.2cm	8	12.00m	8.00m	12.00m
	300m	76.2cm	7	50.00m	35.00m	40.00m
Senior Girls	100m	84.0cm	10	13.00m	8.50m	10.50m
	400m	76.2cm	10	45.00m	35.00m	40.00m

28. If the course is laid out with a lap of 394m, the Steeplechase conditions should be:-

(a) **2,000m** - Distance to first hurdle 203.8m. Four laps via the water jump = 1,576m. The distance from the 21st to the 23rd Hurdle = 158m. Distance from the last hurdle to the finish = 62.2m.  
NOTE: Obstacles are 79 metres apart excepting hurdles 3 and 4 which are 78 metres apart. (18 hurdles, 5 water jumps).

(b) **1,500m** – The distance will consist of 312 metres to be run from the start line to the commencement of the first lap followed by three complete laps; the initial 312 metres shall include one hurdle at the beginning of the home straight, (13 hurdles, 3 water jumps – 91.4cm high for boys and 76.2cm high for girls).

29. In the High Jump the starting height for the competition shall be 19cm below the National Standard height for the event. The bar shall be raised first by two increments of 5cm and then by three increments of 3cm to the National Standard height and thereafter by increments of 3cm.

30. In the Pole Vault the starting height for the competition shall be 50cm below the National Standard height for the event. The bar shall be raised first by one increment of 20cm, then by two increments of 15cm to the National Standard height and thereafter by increments of 10cm.

31. In the Triple Jump the distance between the take-off boards and the near edge of the jumping pit shall be:- Junior Boys, Intermediate Girls and Senior Girls 9 metres and 11 metres and Intermediate and Senior Boys 11 metres and 13 metres. Competitors shall elect to take off from either board and having so elected shall continue to do so throughout the competition, unless, in the opinion of the judges, their selection constitutes a safety hazard.

## ESAA RULES 2019

32. The specification for Field Event implements shall be:-

(a) Shot Put (for other specifications, see UKA Rule Book)

	Boys	Girls
Junior	4.00kg	3.00kg
Inter	5.00kg	3.00kg
Senior	6.00kg	4.00kg

(b) Hammer (for other specifications, see UKA Rule Book)

	Boys	Girls
Junior	4.00kg	3.00kg
Inter	5.00kg	3.00kg
Senior	6.00kg	4.00kg

(c) Discus (for other specifications, see UKA Rule Book)

	Boys	Girls
Junior	1.25kg	1.00kg
Inter	1.50kg	1.00kg
Senior	1.75kg	1.00kg

(d) Javelin (for other specifications, see UKA Rule Book)

	Boys	Girls
Junior	600gm	500gm
Inter	700gm	500gm
Senior	800gm	600gm

33. 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.
34. In all Field Event Championship Finals except High Jump and Pole Vault, competitors shall be allowed three trials each and the leading EIGHT three more.
35. Where it is considered advantageous in Championship Field Events, qualifying rounds shall be held prior to the Championships proper. All competitors who reach National Standard in qualifying rounds shall compete in the Finals. If in the qualifying round less than 12 athletes achieve National Standard then the first two in each pool plus a requisite number of best losers from either pool shall qualify for the final. Distances and heights achieved in qualifying rounds shall be recognised for the award of Standards and Best Performances, but otherwise performances achieved in qualifying rounds shall **NOT** be considered part of the competition proper. Once competitors have reached the National Standard, they shall **NOT** take any further trials in the qualifying round.