



Sussex AA U16 League Rules and Information

The following information should act as an outline of the league for team managers and other interested parties.

The make-up of the league is as follows. At present 12 teams have expressed interest in joining the league. Other clubs may send guest athletes (only if the timetable can accommodate) throughout the season. The league will be made up of four evening matches where all clubs come together to compete.

At present the evening matches take place across April to September.

Clubs involved at present are:

Club	Letter
Brighton	(B)
Chichester	(D)
Crawley	(C)
Eastbourne	(E)
East Grinstead	(G)
Hastings	(A)
Haywards Heath	(Y)
Horsham	(F)
HY	(H)
Lewes	(L)
Phoenix	(P)
Worthing	(W)

For non-scoring and guests see appendix (vi).

'A' string runners must wear display single letters where 'B' string display double i.e B and BB. **Clubs are responsible for supplying their own letters.** Non scoring numbers will be supplied by Sussex AA.

All clubs must complete and submit their declaration sheets electronically. These will be supplied to team managers in advance of the league fixtures.

Sussex Under 16 League - Competition Rules

1. Competitors **MUST** be first claim members of the club they represent. See appendix (i).

2. Club colours MUST be worn.
3. Competitors are limited to **three (3)** individual events plus one relay. This includes non-scoring events. For non-scoring possibilities see appendix (ii).
4. U16 age qualification: competitors must be in school years 9 or 10 (born between Sept 1 2010 and Aug 31 2012).
5. Competitors are not permitted to compete in the 800m and 1500m at the same meeting.
6. There will be 'A' and 'B' competitors in each event, and in track events where races are run separately the better competitor should be nominated as 'A' string. In races where 'A' & 'B' strings run together then the first finisher from a club will be considered as 'A' string. The 800m and 1500m 'A' & 'B' strings may run together, depending on total numbers.
7. In the field events, except the high jump and pole vault, all competitors will be allowed three (3) trials.
8. Increments of 5 will be used for the high jump competitions, and 10 for the pole vault. There will be no starting jump for either high jump or pole vault competitions, however, second jumps must be from at least 1.30m (high jump) and 2m (pole vault).
9. Athletes may NOT compete in both triple jump and long jump on any given competition night. They must choose one or the other.
10. All pole vault, high jump and hurdle athletes – scoring or non scoring must be declared in advance of the meetings, at least 48 hours before. No additional athletes may be added after this point. Previously declared non scoring athletes may be moved to scoring if a space arises. This is to ensure the smooth running of the timetable and to allow "under 14 pole vault guests" to be invited where possible.
11. Scoring. The league points will be 12-11-10-9-8-7-6-5-4-3-2-1 so 1st – 12pts, 2nd - 11pts, 3rd - 10pts, 4th - 9pts, 5th – 8pts, 6th – 7pts, 7th – 6pts, 8th – 5pts, 9th – 4pts, 10th-3pts, 11th-2pts, 12th-1pt. Please note that these may need to be amended if the number of teams competing changes. League positions will be determined by the number of league points scored by each team. If these are equal then the number of match points will be taken into consideration; if these are equal then the teams will be adjudged to be tied for that position in the league.
12. Cancelled Fixtures. If any fixture has to be cancelled before half the events have been completed then the league and match points for that match will be calculated on the basis of the results obtained in the other match(es) completed. If half of the events or more have been completed then the match result will stand as at the time of the cancellation and the match points calculated on a pro rata basis. (i.e if 28 events have been completed and a team has scored 98 points then their total match points would be 147 points, [98 divided by 28 multiplied by 42, the total number of events]).
13. The chief officials will be appointed by Sussex AA.

14. All Clubs must supply a Field Team of at least three (3) persons to officiate at the meeting and a track judge and a timekeeper. Additional volunteers are likely to be needed as well.

15. Abuse of any kind towards Sussex officials and volunteers will NOT be tolerated.

Appendix:

(i) Eligibility of Athletes taking part in Sussex U16 Matches

a) First Claim Members only

b) If an athlete changes club during the season then UK Athletics rules apply as to when participation for the new club can commence.

ii) Non Scorers/Guests

Clubs affiliated to the Under 16 League can enter non scoring athletes free of charge. Other clubs may be able to enter athletes at a cost of £7 per event if the timetable allows.

“Guest” athletes will need to be entered and paid for 24 hours before each fixture

(clubs/athletes should contact Kate Matthews directly matthews2000@live.co.uk Payment details will be sent to clubs/athletes once initial contact is made).

Non scorers for the Under 16 affiliated clubs competing in the league itself can be declared on the evening (other than for those specified above in advance).

Limits on the number of athletes permitted to enter as guests/non scorers is as follows:

100m, 200m, 300m, 800m, 1500m – no limit

Long jump, High Jump, throws – no limit

Hurdles and pole vault – 1 boy and 1 girl

iii) 1500m and 800m races

Maximum safe number allowed in a 800m race would normally be 12.

Maximum safe number allowed in a 1500m race would normally be 15.

Entries will be checked from declaration sheets and the need to run separate races established on the day.

iv) 100m,200m, 300m, Hurdles and Relays

With the limitation of lanes around the track it may be necessary to run time trials for the 100m, 200m, 300m, Hurdles and Relay races.

v) Results

Results will not be available on the evening.

viii) Declarations

Team declarations should be made electronically in advance of the meetings. Any changes during the fixtures should be declared as soon as possible.