



Sussex AA U14 League Rules and Information

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

The Sussex Under 13 League was first run in the Summer of 1992. With age group changes, this has been replaced in 2026 with the Sussex Under 14 League.

The make-up of the new league is as follows. At present there are six clubs in the East Division and six clubs in the West Division. Each division has three evening matches during the summer with all 12 clubs coming together for a final at the end of the season.

At present the evening matches take place in the months April, May, June or July. The Final is usually held on the first Sunday in September.

Clubs involved at present are:

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

'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. Host clubs are responsible for supplying non-scoring numbers.

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 14 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 **two (2)** individual events plus one relay. This includes non-scoring events. For non-scoring possibilities see appendix (ii).
4. U14 Age Qualification: Competitors must be in school years 7 or 8 (born between Sept 1 2012 and Aug 31 2014).

5. U12 Age Qualification: Competitors must be in school years 5 or 6 (born between Sept 1 2014 and Aug 31 2016).
6. Competitors are not permitted to compete in the 800m and 1500m at the same meeting.
7. 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.
8. At evening divisional matches, the 800m and 1500m 'A' & 'B' strings may run together.
9. In the field events, except the high jump, all competitors will be allowed three (3) trials. In the final this is usually extended to four (4) trials.
10. Increments of 5 will be used for the high jump competitions. There will be no starting jump for high jump, but the second jump must be from at least 1.20m.
11. Scoring. In the Divisional matches the scoring will be East Division 6-5-4-3-2-1: West Division 6-5-4-3-2-1 'A' & 'B' strings and relays will score the same. The league points will be awarded as follows:- East Division 1st – 6pts, 2nd - 5 pts, 3rd - 4 pts, 4th - 3pts, 5th- 2pts, 6th- 1pts. West Division 1st - 6 pts, 2nd - 5 pts, 3rd - 4 pts, 4th - 3 pts, 5th - 2 pts, 6th - 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. The make up of the Final is one match involving all clubs. Scoring will be 12-11-10-9-8-7-6-5-4-3-2-1, 'A' & 'B' strings and relays.
13. 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]).
14. The chief officials i.e. Track Referee, Field Referee, Chief Timekeeper, Starter and Marksman will be appointed by the Host Club. Host Clubs will also need to arrange for a recorder(s) for the scoring of the match, an announcer and arrange for first aid. Results should be sent to the League Organiser as soon after the match as possible, including the original field cards, track time sheets and team declaration sheets.
15. The visiting clubs must supply at least three (3) field officials and a track judge and a timekeeper. Additional volunteers are likely to be needed as well.
16. Abuse of any kind towards Sussex officials and volunteers will NOT be tolerated.

Appendix:

(i) Eligibility of Athletes taking part in Sussex U14 Matches

- a) First Claim Members only
- b) Clubs are likely to have different procedures as to when a youngster new to the sport becomes a member and how long they are given before they have to make up their minds. Bearing in mind that taking part in competition may well be part of that decision process it seems only realistic to allow any athlete that is an integral part of a club to be allowed to compete for a club as a scoring athlete. It should be the clubs responsibility to ensure the integrity of the inclusion of these young athletes. NB An athlete cannot be a member of any other athletics club, even though they might be thinking of joining your club. In this instance an official club transfer must take place, because they are officially a First Claim member of another club.
- c) If an athlete changes club during the season then UK Athletics rules apply as to when participation for the new club can commence.
- d) An athlete is eligible to compete in the Final irrespective of their previous involvement in evening matches.

ii) Non Scorers

Under 14s

It is felt that non-scoring events and places in events help team managers enormously to give flexibility and extra options (this may need to be reviewed if entries become too high).

For Evening Matches -Non scorers do not have to be involved in any match scoring event.

Track events - no limit on numbers	Hurdles - Maximum 2 Boys & 2 Girls (per club)
Long Jump - No Limit	High Jump - Maximum 1 Boy & 1 Girl (per club)
Throwing Events – No Limit	Relays - no limit

For the Final

100m & 800m & Boys/Girls Non Scoring Long Jump (separate event) –
NO non scorers can be accommodated at the Final for other Field Events.

Under 12s - (school years 5 & 6) can ONLY compete in the following non scoring events.
75m, 600m, LJ, Throwing events, NO high jump or hurdles.

iii) 800m and 1500m races at the Final

Maximum safe number allowed in a 800m race would normally be 12
Maximum safe number allowed in a 1500m race would normally be 15
Separate A and B string races are likely to be needed.

iv) 100m,200m, Hurdles and Relays at the Final

With the limitation of lanes around the track it may be necessary to run time trials for the 100m, 200m, hurdles and relay races. Team managers will have to give approx. times of athletes in the 100m,200m & hurdles, and races would be graded appropriately. The League organiser will allocate races for the relays, based on times run in the evening matches run throughout the season.

viii) 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.