

SOUTHERN WOMEN'S LEAGUE TRACK AND FIELD LEAGUE RULES 2009

1. i) U.K.Athletics rules apply.

ii) In the interests of fostering fair and honest competition, of protecting participating competitors and encouraging a policy of 'care of duty', the SWT&FL reserves the right at all times, to adopt, adapt or discard any of SWT&FL existing or future rules, subject to endorsement of affiliated clubs at an AGM or EGM.

2. Eligibility

i) First Claim members and registered Higher Competition Athletes (limited to 4 Seniors & 4 Under 15s per match) may compete in SWT&F League fixtures.

ii) Clubs breaking the First Claim/HCA rule in a fixture will forfeit 25 match points for each offence in addition to the individual points deducted in respect of the offender.

ii) For athletes transferred under the hardship rule, clearance letters from the First Claims Committee must be available.

iv) No athlete may compete for more than one Southern Women's Track & Field League team on any one weekend.

v) Clubs competing in both Saturday and Sunday SWT&FL fixtures on the same weekend MUST bring their team declaration sheets from the Saturday match to the Sunday match. (This will confirm compliance with Rule 2(iv) above).

vi) Competitors cannot compete in any more than the TOTAL designated number of events for their age groups (WHICH WILL INCLUDE ANY NON-SCORING EVENTS THEY COMPETE IN), as follows:

Veteran & Senior Women	Up to FIVE individual events and both relays
Under 20 Women	Up to FIVE events (including both relays)
Under 17 Women	Up to THREE individual events (subject to rules 2 viii & ix) and ONE relay
	OR
	Up to TWO individual events (subject to rules viii & ix) and TWO relays
Under 15 Girls	Up to THREE individual events (subject to rule 2 viii) and the relay

vii) Any athlete contravening U.K.Athletics or SWT&FL rules regarding number of events in which they compete will lose the extra points scored and be given a penalty of 25 points.

viii) No athlete may compete in both 80m hurdles and 100m hurdles, or in both the 300m hurdles and the 400m hurdles in the same meeting. (U15Gs may not compete in 80m or 300m hurdles or in Senior Women's events).

ix) An U17W athlete competing in the 3000 metres (scoring or non-scoring) may not compete in the 800 metres (scoring or non-scoring) or 1500 metres at the same meeting. An athlete contravening this SWT&FL rule will lose the extra points gained and also be given a penalty of 25 points.

x) Guest athletes may not compete in match events (except 3000m and Pole Vault). Non-scoring athletes may take part in the 3000 metres and Pole Vault.

xi) Teams interested in joining the League in mid-season may be invited to compete as non-scoring teams in Division 2 matches only.

xii) From the 2008 season composite teams (UKA Rule 3(14)) will be allowed to compete in the highest divisions in the Senior only competition and in the Senior with U15s competition. No composite teams may be formed by clubs whilst in or once promoted to the highest divisions. Composite teams are reminded that they must be registered with UKA.

xiii) A club cannot have two teams competing in the same division.

3. Identification letters

i) Designated identification letters must be worn on front and back by competitors in all events including relays, with the exception of high jump and pole vault when a letter on front or back is acceptable.

ii) All 'A' competitors must wear a single letter and 'B' competitors a double letter in all track and field events.

Each team must supply its own designated identification letters and pins.

4. Fixtures

i) League fixture dates may not be changed under any circumstances. Where a club cannot host an arranged fixture, the Fixtures Secretary must be notified (except as in Rule 4ii)

ii) Where all competing clubs agree matches may be held on the Sunday of the nominated weekend.

iii) No letters are required to confirm fixtures between club contacts, but clubs are strongly advised to contact the host club before the meeting. Clubs uncertain of the location of tracks must write to the host club's contact for directions, enclosing a stamped addressed envelope.

iv) Where any part of the surfacing of the arena requires stipulation of the type and/or length of spikes different to normal the promoting club shall inform visiting clubs of such stipulation at least 14 days before the date of the meeting.

v) Every team will, without exception, compete in every designated fixture. In the Premier Division and Division 1 ten (10) points will be deducted from the score of each competing team when a team(s) fail to turn up for a match. In the Senior Division it will be five (5) points but in Divisions 2N, 2S & 2W and Senior Division 3 no points will be deducted.

5. New clubs

Applications from new clubs are welcome and may be made at any time. All new teams, including those resigning and re-joining, will either compete as a non-scoring team (especially if applying to join mid-season) in the lowest division or join that division in the first season.

6. Structure

The final divisional structure will be decided by the SWT&FL Committee following discussion at the AGM, when a draft structure will hopefully be available if all clubs have affiliated for the following season by the stated date.

The League structure in 2009 will be:-

There will be a Premier Division and Division 1, each of 16 clubs each, for the Senior with U15s competition. Both these divisions will have four teams in each match. There will be five matches in the Premier Division and Division 1.

Division 2 will be divided into North, South and West sections also with five matches.

There will be three divisions in the Senior only competition. Senior Division 1 & 2 will have 16 clubs each. There will be four teams in each match. There will be five matches. Senior Division 3 has ten teams and they will compete against each other in five matches.

7. Promotion and Relegation

	Number Promoted	Number Relegated
Premier Division	0	Min 3 Max 5
Division 1	3	Min 3 Max 6
Division 2 N	1	0 Re-election may be necessary
Division 2 S	1	0 Re-election may be necessary
Division 2 W	1	0 Re-election may be necessary
Senior Division 1	0	Min 3 Max 5
Senior Division 2	3	Min 2 Max 4
Senior Division 3	2	0 Re-election may be necessary

Any Southern team being relegated from the UK Women's League, which does not already have a team in the Premier Division/Senior Division 1 of the SWT&FL, shall be admitted to the Premier Division/Senior Division 1 for the next season with consequential changes to the promotion and relegation procedure.

8. League Positions

- i) League positions will be determined in the first instance by match points.
- ii) IN DIVISIONS Premier, 1 & Senior 1 & 2 league points will be awarded in each match as follows:
1st 4 points, 2nd 3 points, etc.
IN DIVISIONS 2N, 2S & 2W league points will be awarded in each match as follows:
1st 7 points, 2nd 6 points, etc.
IN SENIOR DIVISION 3, league points will be awarded in each match as follows:
1st 10 points, 2nd 9 points, etc
In the event of match points being equal at the end of the season the team with the higher aggregate of League points will be placed higher.

9. Awards

- i) A commemorative plaque shall be awarded to each divisional champion team.
- ii) Plaques will be presented at the Annual General meeting.
- iii) Any athlete breaking or equalling a League record will be awarded a commemorative plaque.

10. Results

- i) Match points must be telephoned to divisional secretaries on the evening of the match and detailed results must be posted to them, together with all the non-scoring results, declaration forms and lists of clubs' officials, using first class post (check postage cost), by the Monday following each match. Also on the evening of the match, match points and all outstanding performances, according to Athletics Weekly standards, must be telephoned or e-mailed to Athletics Weekly (or as arranged by Athletics Weekly).

Copies of the results (including non-scoring) must be circulated by the host club within a reasonable time to all competing clubs and to Umbra Athletics Ltd, Unit 1, Bredbury Business Park, Bredbury Park Way, Bredbury, Stockport SK6 2SN, for the 'Power of 10' website.

11. Officials

- i) The host club must nominate the starter, marksman, track referee, chief timekeeper and field referee and provide recorders. Host clubs should ensure that chief officials, and officials leading events, are Level 2 & above UKA officials. Where there is a double/joint fixture the host clubs must liaise with the host club of Match 2 over the appointment of these officials in advance of the fixture. The host club of Match 2, in all Divisions, must provide their recording team.
- ii) Each visiting team must provide the following officials who will be asked to sign in on the appropriate discipline form:-

Track - one judge, one timekeeper and one relay judge.

Field - team of field judges (minimum of 3 persons) as shown on the timetable.

At least one member of the field judging should hold a Level 2 or above UKA official's licence.

The Committee may take action on clubs who persistently fail to provide their full quota of officials (1 track judge, 1 timekeeper and 3 field judges). It could lead to relegation or expulsion from the league.

iii) Every effort must be made to obtain qualified officials.

iv) Any team that cannot meet its responsibilities must inform the promoting club at least 14 days before the date of the fixture.

v) Host clubs must provide sufficient copies of the relevant SWT&FL rules for each discipline and the Referees/Chiefs should ensure that these are understood and applied.

12. Programme for fixtures

i) **There are separate timetables for single fixtures, double fixtures (2 women's teams) and joint fixtures (one women's team and one men's team) in all divisions.**

ii) PLEASE NOTE IF YOU HAVE A TRACK WITH A RESTRICTIVE CERTIFICATE.

The only circumstances under which the order of events may be changed is where the layout of the arena makes this necessary (see 13i). Notice to deviate from the programme must be given by host clubs to the visiting teams not less than 14 days prior to the relevant fixture by recorded delivery. Also if fixture changes from that indicated on the fixture list (i.e. single to double or joint) host club should also inform visiting clubs.

13. Field Events

i) The order of the field events may be changed where the layout of the arena does not permit the set timetable order, again taking note of restrictive track certificates.

ii) **DIVISIONS Premier, 1, Senior 1 & 2 In field events (except high jump and pole vault) each competitor will be allowed 3 trials and the best 4 athletes in each match will be allowed 3 more trials.**

DIVISIONS 2N, 2S & 2W In the field events (except high jump and pole vault) each competitor will be allowed 3 trials and the best 7 athletes 3 more trials.

SENIOR DIVISION 3 In the field events (except high jump and pole vault) each competitor will be allowed 3 trials and the best 10 athletes 3 more trials.

iii) Any athlete who misses a round forfeits that round. Athletes (and team managers) must choose their events to fit the programme.

iv) Special attention should be paid to starting field events on time.

v) High Jump - In high jump competitions (U15Gs and Women) there shall be no fixed starting height, but the second height shall be 1.20m for women and 1.05m for U15Gs, after which the bar shall be raised by not less than 5cm intervals to 1.50m for women and 1.35m for U15Gs or until half the competitors are eliminated.

vi) Pole Vault - Each competitor is responsible for ensuring that she has a suitable pole to use in the event.

IN THE PREMIER DIVISION & SENIOR DIVISION 1 ONLY THERE SHALL BE NO FIXED STARTING HEIGHT, BUT THE SECOND HEIGHT SHALL BE 1.70M AFTER WHICH THE BAR SHALL BE RAISED BY NOT LESS THAN 10CM INTERVALS TO 2.30M OR UNTIL HALF THE COMPETITORS ARE ELIMINATED.

In Divisions 1, 2, & Senior 2 & 3 there is no fixed starting height or second height. The bar should be raised by not less than 10cm intervals to 2M or until half the competitors are eliminated.

14. Double Fixtures

PREMIER DIVISION & DIVISION 1, Field events in both matches will be held together (see Timetable) and in the track events Match 1 is the first on the fixture list. If there are so few athletes track events for all matches can be amalgamated.

15. Non Scoring Events

- i) If additional non scoring events are held in Premier Division, Divisions 1 & 2 they must not interfere with the League programme timetable, and it is the responsibility of the host team secretary to inform the visiting teams that the additional events are taking place. In the Senior only divisions non-scorers may compete in all events.
- ii) The number of non scoring competitors must be kept within reasonable bounds, and it is recommended that referees limit numbers if they consider it advisable.
- iii) By competing in a non scoring event an athlete is not precluded from competing in a match event, but UKA rule 107 applies also SWT&FL rules 2(vi) and 2(ix).

16. Scoring

- i) **Two competitors per team, per event, A & B strings, except relays and 300mH U17W. All individual events score separate A & B strings in each event.**

PREMIER DIVISION & DIVISION 1 & Senior DIVISIONS 1 & 2 For 4 teams or less score 4,3,2,1.

SENIOR DIVISION 3 For 10 teams or less score 10,9,8,7,6,5,4,3,2,1.

DIVISIONS 2N,2S & 2W For 7 teams or less score 7,6,5,4,3,2,1

All relay teams score as above.

- ii) In events where A & B strings compete separately, the best performer **MUST** be nominated as A string. (Team managers have a special responsibility to implement this rule.) When A & B strings compete together, for any reason, the best placed competitor shall be deemed the A string. It is important that any protest over this rule should be made to the track referee so that the matter may be dealt with immediately. The track referee may report any such protest to the divisional secretary.
- iii) Every effort should be made to announce the match scores as often as possible over the public address system.

17. Conduct of Fixtures

i) Teams should arrive at the venue at least 30 minutes before the start of the meeting. Clubs that do not intend to compete in the Hammer and therefore may not arrive before the time at which that event is due to start, must advise the host club of this. They still have the obligation to arrive and declare their team in time for the remainder of the programme.

ii) **Teams should be declared on the League 2009 declaration sheets at least 15 minutes before the start of the meeting. ONLY THE DECLARATION FORMS AS SUPPLIED BY THE SWT&FL MAY BE USED. Clubs MUST indicate in the space provided on the team declaration form the age group category (i.e. U13G, U15G, U17W, U20W, SW or VW) of every athlete, and the forenames of ALL athletes. They should also indicate if they are HCAs. The declaration sheets must be sent to the divisional results secretary after the match together with the detailed results and officials' signing in sheets. Changes due to injury or other reasons should be notified at once to the scorers and should be made prior to the event.**

iii) Any team renegeing on the fixture or competing in less than 50% of events at a meeting must inform the secretary in writing within 7 days by recorded delivery, detailing the reason. Teams failing to comply or not offering a reason which the committee considers valid, will be relegated to the next division for the following season. In the case of that team finishing in a position which would normally entail relegation, the relegation may be for 2 divisions.

iv) If the fixture is cancelled the host secretary must submit details in writing to the League Secretary, giving reasons for cancellation. No attempt shall be made to re-arrange the fixture and the match points shall be awarded on the basis of the team's average scores during the season, but scaled up and down so that the total

points scored by the teams concerned equals the maximum for a match.

v) In poor weather conditions it is the responsibility of the host club to notify visiting clubs of likely cancellation by 10.00 pm on the eve of the fixture.

vi) It is the responsibility of the host club to notify visiting clubs of any cancellation immediately.

vii) If the fixture is cancelled and insufficient notice has been given, the host club may be deemed liable for expenses incurred by visiting clubs. The committee is empowered to recommend expenses after submissions have been sent within 14 days of a cancelled fixture.

viii) If a fixture is abandoned before 50% of the events are concluded the match is void and rule 17(iv) applies.

ix) If 50% or more of the events have been completed the match shall stand and the outstanding points shall be based on the points already scored by the competing clubs i.e. total points already scored, divided by the number of events completed, multiplied by the total number of events in the match.

x) If, for any reason, a particular event in a fixture is not held, the points will be adjusted at the end of the season by taking into consideration the points scored in the rest of the season in that event.

xi) If a particular event has to be abandoned after it has started the points will be shared by the declared competitors unless any competitors have been eliminated, then the competitors will share the points still to be decided and the eliminated competitors will be credited with the position and points they have earned.

xii) Club vests must be worn. An athlete not wearing a club vest may not compete unless an unavoidable shortage has been reported to the referees before the start of the match.

xiii) A draw has been made for track lanes and field events order of competition, and the order of competition must be used.

xiv) Where insufficient hurdles or lanes are available, hurdles and sprints may be held as time trials. If times are equal, points will be shared.

xv) Match secretaries should ensure that current copies of UKA rules and league rules are available, and that equipment, scoring and recording materials are adequate, also numbers for non-scoring events. (If further copies of league rules are required for referees these should be photocopied, also copies of the programme of events for the match).

18. Health & Safety

i) Promoting clubs must ensure that they have adequate third party insurance cover.

ii) Promoting clubs must provide adequate first aid cover for all league matches.

19. League Management

i) League Management Committee meetings shall be held as deemed necessary by the Management Committee.

ii) The committee is empowered to make decisions on matters not directly covered by the rules or constitution of the League.

iii) AGM and EGM minutes should be circulated within one month of the meeting to club representatives and committee members.