

Munster Athletics Indoor & Outdoor Track & Field Regulations

Munster Athletics wishes to advise clubs that from the 1st January 2012 the following regulations will apply to all Munster Track and Field Championships Indoor and Outdoor.

Officials

IT IS THE RESPONSIBILITY OF ALL CLUBS, WITH NO EXCEPTIONS, TO PROVIDE OFFICIALS FOR COMPETITION.

It is becoming increasingly more difficult to start Munster Track and Field Championships on time due to lack of officials.

To deal with this Munster Athletics will introduce the following regulations for all Munster Athletics Track & Field Championships effective from the 1st January 2012.

1. All Participating Clubs shall provide officials for **ALL** competitions which they have athletes competing in.
2. Failure of a club to provide officials will result in a club's athletes not being permitted to compete.
3. Entry forms submitted without Club Official details will be deemed incomplete and returned.
4. Officials must be clearly named on submitted club entry forms. Officials must sign in at the check-in desk on the day of competition and be available to officiate for the duration of the competition.
5. Where nominated officials are not in attendance on the day of competition, alternative officials must be made available. It is the intention of Munster Athletics to wholly prohibit participation of offending clubs in competition.

Entries

Closing dates are set so as to allow sufficient time for clubs to arrange and submit their entries in advance of the championship.

Entries may be submitted either by post or email.

1. If submitted by Post the entries must be accompanied by the correct entry fees.
2. If submitted by email the correct entry fees must be submitted within 7 working days

To avoid disappointment for athletes, clubs are advised to ensure that entries with the correct entry fees are with the relevant Competition Secretary before the closing date of each Championship. Entries without the correct fees may not be processed and returned.

STRICTLY NO INDIVIDUAL ON THE DAY ENTRIES OR EVENT AMENDMENTS WILL BE ACCEPTED. THIS APPLIES TO ALL MUNSTER TRACK & FIELD CHAMPIONSHIPS INDOOR AND OUTDOOR FOR MASTER'S, SENIOR, U/23, JUNIOR AND JUVENILE

Relay entries may be accepted, WITHIN REASON, but all entries must be clearly written out and presented on the supplied sheet. Such entries MUST be processed EARLY on the day of competition.

Athletic Proficiency

ATHLETIC PROFICIENCY FOR PARTICIPATION IS NOT OPTIONAL. In the interest of safety for all present, it is the responsibility of **ALL** coaches to ensure athletes exhibit proficiency in all events on the day of competition. In the event an athlete fails to exhibit the required or expected level of proficiency in a discipline, a coach or parent may be contacted and the athlete sympathetically requested to desist from competition.

In-Field Coaching

COACHES AND PARENTS ARE STRICTLY NOT ALLOWED ON THE TRACK OR INFIELD AT ANY TIME. The infield is for Officials & Competing Athletes. Parents & Coaches are not allowed on the infield, those found to be in violation of this guideline risk disqualification of their athletes. Please stay outside the perimeter fencing surrounding the competition area at all venues.

Competition

1. Athletes shall wear their club uniform (Singlet and Shorts) while competing in their events, including presentations.
2. An athlete who has represented AAI, Irish Schools or any other Organisation in International competition are not allowed to wear any portion of the National Uniform (Singlet, Shorts or Tracksuit) within the competition area at Munster Track and Field Championships.
3. Athletes are not allowed to use or have in their possession IPODS, MP3 Players, Mobile Phones or any other device that may impair their hearing or awareness within the competition area of the arena.
4. Athletes are only allowed to use 5mm Spikes on their shoes on the track
5. Under 17 – U19 Athletes entered for but do not take part in Munster Track & Field Championships due to injury or other special circumstances must apply in writing to the relevant competition secretary if they wish to be entered for the corresponding National T & F Championships.
6. First 4 **JUVENILES** qualify for National Championship in all events with the exception of the 600m where the first three qualify.
7. Athletes may move up ONE age group only for a relay, with the following exceptions:
Girls U16 CANNOT compete in the Girls U17 4 * 300m
Boys U16 CANNOT compete in the Boys U17 4 * 400m
For age groups U9 – U16, at least two members of a relay team must be the correct age for that age group.
Entries without D.O.B, **2012** AAI registration number or correct entry fees will NOT be accepted.
There will be no late entries or changes accepted for any relay team after the teams have been called to race assembly.
8. Athletes **CANNOT** step up an age group to complete in an event not held in their age group. (i.e. U13's CANNOT compete in the U14 Walk or hammer)
All events are finals unless otherwise indicated by (H) Heats.
If for any event there are insufficient athletes to hold heats, the final will be held at **heat-time**.
Athletes U12 – U19 are limited to **6** individual events in total over the two days.
There is no limit on the number of athletes a club may enter per individual event.

The Competition Rules of Athletics Ireland as amended from time to time apply to all Competitions organised by Munster Athletics.

U9, U10 & U11 TEAM COMPETITION

1. To be eligible athletes must not celebrate their 9th, 10th, or 11th birthday in the year of Competition.
Each athlete may compete in two events **ONLY**. With the same or different partner per event.
Top 3 teams per event qualify for the National Team Competition.

U9 & U10 Long Jump, take-off is from a sand marker. Each athlete is allowed three jumps.

U11 Long Jump, take-off is from the board. Each athlete is allowed three jumps.

For Ball Throw, the Javelin technique **MUST** be used, with the longest throw of three consecutive attempts being measured from where the ball first makes contact with the ground.

All track results will be based on times (no heats/finals)

For Relays – at least two athletes must be the correct age for that age group.

Start Rules

1. IAAF False start rule applies to juvenile individual events from U16 upwards; any athlete responsible for a false start shall be disqualified. (Rule 162.7) Note this rule applies to all race distances.

⁴In the 12 -15 years any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. (Rule 162.7)

Athletes U12 must use the crouch start.

Athletes U13 and upwards must use starting blocks,

Only blocks supplied by the organising committee may be used

Age Groups for Track and Field Championships

| Age Categories | Number of Events |
|--|---|
| U9, U10, U11 (Team Competition) | 2 Events + Relays |
| U12 – U13 | 6 Events Individual + Relay |
| U14 – U19 | 6 Events + Relays |
| Senior | 5 Events <u>No Limits Todate</u> |
| Junior | 5 Events <u>No Limits Todate</u> |
| U/23 | 5 Events <u>No Limits Todate</u> |
| Masters | 4 Events + Relays |

1. There will be Track and Field Competition for Senior, Masters, Junior, Under23 and Juvenile
2. No juvenile athlete may obtain a birthday in the year of competition and compete in that age.
3. Please note all ages in this booklet should be read as UNDER the stated age.
4. **Senior:** Athletes must be 16 years of age on 31st December in the year of competition
5. **Junior:** Athletes must be 16 years of age and under 20 on the 31st December in the year of Competition.
6. **U/23:** Athletes must be aged 20 and under 23 years on the 31st December in the year of Competition
7. **Masters:** Both Male and Female Athletes attain eligibility on reaching their 35th Birthday for Track & Field **on or before date of competition.**
8. **Juvenile:** Both Male and Female 9 – 19 years. No athlete may obtain a birthday in the year of competition **& compete** in that age.

Policy Statement for the Athletic Association of Ireland

The Athletic Association of Ireland is fully committed to safeguarding the well being of all of its members. Every individual in Athletics Ireland should at all times show respect and understanding or members rights, safety and welfare and conduct themselves in a manner that reflects the principles of the organisation and the guidelines contained in the Code of Ethics and Good Practice for Children's Sport.

In Athletics Ireland our first priority is the welfare of the young people and we are committed to providing an environment which will allow participants to perform to the best of their ability, free from bullying and intimidation.

This is an extract from the Policy Statement from the Code of Ethics and acts as a guide for all rules.

The Code has been distributed to all clubs and is readily available from Athletics Ireland.

<http://www.athleticsireland.ie/docs/CodeofConduct.pdf>

Entries

- Please ensure all entry forms are completed in BLOCK CAPITALS and legible.
- First and Last Name for each athlete is required along with **DOB** and **current AAI registration number** (life registration numbers will **NOT** be accepted)
- In Individual Competition Athletes are **strictly** confined to their own age groups. A fine of €100 will be levied where this rule is broken
- There is no limit on the number of athletes a club may enter per individual event.
- Entries received after the advertised closing date if accepted will be will be charged at double the normal entry fee.
- Entry forms to be complete must include the Name of the club official to assist during the championships.
- Entries without D.O.B, Current AAI registration number or correct entry fees will **NOT** be accepted

Completed Entry Forms Accompanied by the correct entry fee and name of Official to be sent to the relevant Competition Secretary:

Munster Juvenile T & F Secretary, Anne Cullinane, Kilarney Road, Abbeyfeale, Co. Limerick

Munster Senior T & F Secretary, Esther Fitzpatrick, Daisy Park, Lisscarroll, Co. Cork

Munster Senior Indoor Secretary, Pdraig Kelly

Check – In

1. Athletes are required to check – in for their sprint events at least 45 minutes prior to the advertised start time.
2. Athletes arriving late after check – in has closed and heats are made will only be allowed to compete if there is a lane free. Heats will not be re drawn to accommodate late arrivals.
3. Field event athletes check – in when their event is called.

Order of Events and Timetables

- Order of Events and Time Tables are published as a guideline only and may be advance or be delayed during the course of the Championships. Munster Athletics reserves the right to alter the programme and timetables to facilitate the smooth running of the competition. Any alterations will be published on the Munster Athletics website, www.munsterathletics.com Or announced over the P A on the day of competition.
- Please direct any queries to the relevant Munster Athletics Track & Field competition secretary

Senior, Junior & U23, PLEASE NOTE:

- To compete as a Junior the athlete must be over 16 and under 20 in the year of competition.
- To compete as an U23, the athlete must be over 20 and under 23 in the year of competition.
- Relays as per Programme, entries taken on the day at a cost of €15 per team.
- Guest athletes who must be pre entered are welcome to compete, and will be awarded a non-Championship medal where they finish in the top-three of an event.

PROTESTS / APPEALS PROCEDURES

1. Any protest in the first instance shall be made orally to the Referee by the athlete or someone acting on his behalf
2. Protests shall be made upon completion of an event , maximum 30 minutes
3. The referee may decide on the protest or refer it to the jury of appeal
4. An appeal to the jury of appeal should only come after a decision by the referee
5. The appeal to the jury shall be in writing signed by a responsible official on behalf of the athlete or the team, and shall be made within 30 minutes following the decision of the referee and shall be accompanied by a fee €40, which will be forfeited if the appeal is not allowed.
6. Jury of appeal shall in juvenile matters consist of a representative of any five Munster Counties, not involved in the appeal. The Chairman of the Juvenile committee shall act as chairman for such appeals provided a club from his county is not involved in the appeal.
7. For all other competitions Jury of appeal shall consist of relevant nominated persons, 3 in total.
8. The decision of the Jury of Appeal is Final.

These Regulations will be strictly adhered to.