

SCOTTISH NATIONAL ATHLETICS LEAGUE

RULES of COMPETITION

The league will be held under UKA rules.

1. Each year the league will apply for a World Athletics / UKA level 2 licence which will enable performances to be considered for UKA team selection.
2. Athletes competing in the league must compete for their first claim Scottish club. Athletes who are members of the Jaguars will compete for their 'home' Scottish club.
3. Each club will provide a minimum of **Three** Match Officials.
4. Any club found to have used an ineligible athlete shall forfeit all Match points gained by that athlete.
5.
 - a. Points will be awarded in nine categories – U18 men / U18 women / U20 men / U20 women / Senior men / Senior Women / all male / all-female / overall
 - b. The Meet Manager system will be used to work out points
 - c. This will be a straightforward structure with no divisions
 - d. No points will be awarded to any competitor who fails to achieve the standard.
6. In throws and horizontal jumps each competitor will be allowed 2 warm-up and three competition trials. The top eight athletes will receive a further three trials however where there is mixed age groups the top eight must include at least two athletes from each age group (U17/U20/Senior). Masters' athletes using reduced weights will only receive three trials.
7. High Jump – athletes will receive a minimum of 2 warm-up trials. Minimum starting heights will be:
U18W 1.25m
U18M 1.35m
8. Height progressions will rise by 5cm increments until the number of athletes remaining dictates their choice.
9. Competitors may use their own equipment provided it is checked in at Equipment room and checked by the equipment officer.
10. EDM will be in operation in long throws and long jump.
11. Club vests will be worn unless the appropriate Referee has given discretion.
12. At each match athletes are allowed to compete in a maximum of **three individual events**.
13. Where a club has used an athlete in more than their permitted number of events, any Match points gained in the extra events shall be deducted.
14. Any event with less than three entered athletes will be cancelled
15. In all track events clubs will be allowed up to FIVE athletes per age group in each event, with any other athletes being put on a waiting list.

16. If a field event is oversubscribed some athletes may not be accepted and will be put on a waiting list
17. Although athletes can compete in three events in the league, this should only be used where appropriate and not as a route/way to get points as it is important that as many athletes as possible get the opportunity to compete which is in accordance with the spirit of the league.
18. Team Managers should submit their teams ten days prior to the meeting using the electronic declaration form. Entry lists will be available on the Aberdeen AAC website - aaacresults.com
 - a. Athletes must declare on the day of competition at least one hour prior to the start of their event where they will be issued with a race number.
 - b. All track athletes must report to assembly 15 minutes prior to their event to be escorted out to their event. Hip numbers will be issued where appropriate.
 - c. Only stadium blocks can be used. No personal starting blocks
 - d. Field event athletes should report direct to their field event 15/20 minutes before the start of the event. This will allow athletes to mark out run-ups and get warm-up trials.
19. The programme of events at each meeting will differ. Not all events will be held at each meeting.
20. At the conclusion of each meeting points will be awarded