

## EMAC Track & Field League Rules

1) Teams MUST be affiliated to the League for the year of competition.

The cost of affiliation is £30 for a single team & £50 total for Men's & Women's teams. Payable to the Club Treasurer prior to the first fixture.

2) There will be separate men's and women's competitions.

3) A pre designated club vest MUST be worn by all athletes.

4) All scoring competitors MUST be current members of EMAC **PRIOR** to any match.

5) The minimum requirement to constitute a team is **eight** athletes of mixed gender. Every team MUST also be able to commit to bringing a minimum of **two** officials/helpers to each match.

6) All competition, including non-scoring events, is open to athletes of Masters age (35+) on the date of the meeting.

7) There will be four divisions of an equal number of teams (where possible) selected for geographical advantage.

8) There will be four, approximately, monthly matches that make the league competition. Usually starting in April. With a final contested in September.

9) The two top scoring teams of each division will progress to the final in September. In the final medals will be awarded (G/S/B) to the three highest scoring teams. Other individual trophies may be awarded at the League organiser's discretion.

10) Points per event shall be scored (M & W) according to the number of teams in the division, 6,5,4,3,2,1 etc, added up to make a match total. Matches where a lesser number of teams turn out will still score from the number of teams competing in the division.

11) The final will be scored 8, 7, 6, 5, 4, 3, 2, 1.

12) Athletes competing in the final **MUST** have competed for their club in at least one of the same years league matches.

13) An athlete may score down in a younger age group at a meeting.

But, cannot score in two age groups in one event. (i.e. M60 runs in M35 400m, but NOT in M60 400m as well). Other M60 events are OK. **The appropriate number for the age group must be worn when scoring down.**

14) Numbers must be worn on the front and back for track events. Numbers on the front only are permissible for field event competitors, unless they are a hindrance to the performing of the event.

15) The host club must provide non-scoring numbers.

16) Home club must arrange Track Referee, Chief Timekeeper, Field Referee, Starter and Marksman.

17) **Visiting clubs must provide two officials, one timekeeper and one track judge, and two helpers**, required to man their allocated field event, **plus**.

18) **There will be 3 attempts only** in the horizontal jumps and the throws. The top 3 may then have a 4<sup>th</sup> attempt.

19) Pole Vault opening heights: Men & Women - The lowest height that can be set but not lower than 1.00m; Further jumps will be made in 20cm increments. **Maximum of 7 vaults per athlete.**

20) High jump: Start at lowest height requested (but no lower than 1.00 metre) and go up in 5cm increments. **Maximum of 7 jumps per athlete.**

21) The walks shall be contested as a combined men's/women's race, with 'A' & 'B' string men and women of any age from each club. Each identified by the younger age groups bib number.

22) Longer Distance races may be contested as a combined men's/women's races, at the discretion of the Track Referee.

**Duplication of Bib numbers to be avoided.**

## Hurdles

Age Category	Distance	Number of Hurdles	Height of Hurdles	Distance to 1st hurdle	Distance between hurdles	Distance to finish	Toppling Weights
M35-49	110 m.	10	99.1 cm	13.72 m	9.14 m.	14.02 m	3.6kg
M50-59	100 m.	10	91.4 cm	13.00 m	8.50 m	10.50 m	3.6kg
M60-69	100 m.	10	84.0 cm	12.00 m	8.00 m	16.00 m	2.7kg *
M70-79	80 m.	8	76.2 cm	12.00 m	7.00 m	19.00 m	2.7kg
M80+	80 m.	8	68.6cm	12.00 m	7.00 m	19.00 m	2.7kg *
M35-49	400 m.	10	91.4 cm	45.00 m	35.00 m	40.00 m	3.6kg
M50-59	400 m.	10	84.0 cm	45.00 m	35.00 m	40.00 m	2.7kg
M60-69	300 m.	7	76.2 cm	50.00 m	35.00 m	40.00 m	2.7kg
M70-79	300 m.	7	68.6 cm	50.00 m	35.00 m	40.00 m	2.7kg *
M80+	200 m.	5	68.6 cm	20.00 m	35.00 m	40.00 m	2.7kg *
M35-59	3000 m S\C	35	91.4 cm	Varies	70.00 m	62.20 m	
M60+	2000 m S\C	28	76.2 cm	Varies	70.00 m	62.20 m	
W35-39	100 m.	10	84.0 cm	13.00 m	8.50 m	10.50 m	3.6kg
W40-49	80 m.	8	76.2 cm	12.00 m	8.00 m	12.00 m	2.7kg
W50-59	80 m.	8	76.2 cm	12.00 m	7.00 m	19.00 m	2.7kg
W60+	80 m.	8	68.6cm	12.00 m	7.00 m	19.00 m	2.7kg *
W35-49	400 m.	10	76.2 cm	45.00 m	35.00 m	40.00 m	2.7kg
W50-59	300 m.	7	76.2 cm	50.00 m	35.00 m	40.00 m	2.7kg
W60-69	300 m.	7	68.6 cm	50.00 m	35.00 m	40.00 m	2.7kg *
W70+	200 m.	5	68.6 cm	20.00 m	35.00 m	40.00 m	2.7kg *
W35+	2000 m S\C	28	76.2 cm	Varies	70.00 m	62.20 m	

## Field Events

	DISCUS	JAVELIN	SHOT	HAMMER	WEIGHTS
M35-49	2kg	800gm	7.26kg	7.25kg	15.88Kg
M50-59	1.5kg	700gm	6.00kg	6.00kg	11.34kg
M60-69	1kg	600gm	5.00kg	5.00kg	9.08kg
M70-79	1kg	500gm	4.00kg	4.00kg	7.26kg
M80+	1kg	400gm	3.00kg	3.00kg	5.45kg
W35-49	1kg	600gm	4.00kg	4.00kg	9.08kg
W50-59	1kg	500gm	3.00kg	3.00kg	7.26kg
W60-69	1kg	500gm	3.00kg	3.00kg	5.45kg
W70-74	1kg	500gm	3.00kg	3.00kg	5.45kg
W75-79	0.75kg	400gm	2.00kg	2.00kg	4.00kg
W80+	0.75kg	400gm	2.00kg	2.00kg	4.00kg