

## EMAC Track & Field League Rules 2017

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) Athletes must wear their club's registered vest, including when competing for a composite team; relay teams should wear matching tops.

3) All scoring competitors MUST be current members of EMAC PRIOR to any match and must be EA registered.

4) 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.

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

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

7) There will be four approximately monthly matches that make the league competition starting in May with a final contested in September.

8) The two top scoring teams of each division will progress to the final in September plus the next two highest scoring teams across the three leagues. 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 Managers' discretion.

9) Points per event shall be scored (M & W) downwards from 8 irrespective of the number of teams taking part. This will allow for computation of the last two final teams.

10) The final will be also scored downwards from 8 including relays.

12) Athletes competing in the final MUST have competed for their club in at least one of the same year's 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 but MAY compete in other M60 events).

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 but field event competitors may compete with numbers on the front only. Duplication of bib numbers to be avoided.

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

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

17) All athletes may have 4 attempts in the horizontal jumps and all throws.

18) 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 9 vaults per athlete.

19) High Jump: Start at lowest height requested (but no lower than 1.00 metre) and go up in 5cm increments for Men, 3cm increments for Women. Maximum of 9 jumps per athlete.

20) 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.

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

22) Team Managers are encouraged to consider the impact of guests on the smooth running of an evening; inclusion of guests in any event are at the discretion of the Track and Field Referees.

23) Team Managers are encouraged to ensure that their athletes are able to tackle the events safely; this particularly applies to hurdles, jumps and throws.

Hurdles							
Age	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 *
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
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 *

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
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