EMAC Track & Field League Rules 2025

1) Teams MUST be affiliated to the League for the year of competition. The cost of affiliation is on the entry form and payable to the Club Treasurer prior to the first fixture. Teams must realise that by entering this league they are ALSO committing their club to the possible part payment of the cost of hiring venues.
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 in which relay squads should wear matching tops.
4) All scoring competitors MUST be current members of EMAC PRIOR to any match and must be EA registered including relay squads which should be fully listed. No athlete may score for more than one club in any given season.
5) Home club must arrange Track Referee, Chief Timekeeper, Field Referee, Starter and Marksman. Every team MUST bring a minimum of two officials/helpers to each match and ideally a timekeeper, track judge and field team.
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 three 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 starting in May with a final contested in September.
9) The top scoring team of each division will progress to the final in September. The remaining five places will be calculated 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.
10) Points per event shall be scored (M & W) downwards from 5 for all three divisions.
11) The final will be 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 including relays.
13) An athlete may score down in a younger age group at a meeting but cannot score in two age groups in one event, nor may they score in one age and guest in another. (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 for scoring athletes will be provided by the league and must be worn on the front and back for track events however field event competitors may compete with numbers on the front only. Duplication of bib numbers for non-scoring athletes to be avoided.
15) All athletes may have 4 attempts in the horizontal jumps and all throws.
16) Vertical jumps to follow the given increments with a maximum of 9 vaults/jumps per athlete. If only a few athletes remain, increases may be adjusted at the discretion of the field judge with the given values the default option.
    a) 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.
    b) 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.
17) 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.
18) Longer Distance races may be contested as a combined men's/women's races, at the discretion of the Track Referee.
19) 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.
20) Team Managers are encouraged to ensure that their athletes are able to tackle the events safely; this particularly applies to hurdles, vaults, jumps and throws.
21) Shoes - WMA Rules rather than UKA rules apply to EMAC events - League and Championships: WMA rules state that shoes for track competitions must have a maximum sole depth of 40mm (except for any shoe that contains spikes must have a sole with a maximum thickness of no more than 30mm).

Hurdles

Age Category	Distance	Number of Hurdles	Height of Hurdles	Distance to 1st hurdle	Distance between	Distance to finish	Toppling Weights
M35-49	400 m.	10	91.4 cm	45.00 m	35.00 m	40.00 m	3.6kg
M50-59	400 m.	10	83.8 cm	45.00 m	35.00 m	40.00 m	2.7kg
M60+	300 m.	7	76.2 cm	50.00 m	35.00 m	40.00 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+	300 m.	7	68.6 cm	50.00 m	35.00 m	40.00 m	2.7kg
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
W35-49	100 m	10	84.0 cm	13.00 m	8.50m	10.50m	3.6kg
W50-59	80 m	8	76.2 cm	12.00 m	7.00 m	19.00 m	2.7kg
W60-69	80 m	8	68.6 cm	12.00 m	7.00 m	19.00 m	2.7kg

Field Events

	DISCUS	JAVELIN	SHOT	HAMMER
M35-49	2kg	800gm	7.26kg	7.26kg
M50-59	1.5kg	700gm	6 kg	6kg
M60-69	1kg	600gm	5kg	5kg
M70+	1kg	500gm	4kg	4kg
W35-49	1kg	600gm	4 kg	4 kg
W50-59	1kg	500gm	3 kg	3 kg
W60-69	1kg	500gm	3 kg	3 kg
W70+	1kg	500gm	3 kg	3 kg