

**COMPETITION  
RULES AND  
REGULATIONS  
2015 -2016**

Athletic  
association of  
Ireland

Athletic Association of Ireland

## **COMPETITION RULES AND REGULATIONS BOOKLET**

### **Edition 3.**

We have endeavoured to include in this competition booklet all athletic Competition rules and regulations in one easy referenced document. It is inclusive of senior, under 23, junior, masters and juvenile championship events, along with Irish Schools and Irish Universities championships.

There are a number of changes from the last edition arising from various ISAA, IUAA and AAI Congress's, with the addition of the New Indoor League.

We hope you find it of assistance and will benefit throughout the year ahead.

Georgina Drumm  
AAI Chair of Competition

Edition 3 - Updated Post AGM April 2015

**IAAF rules of competition apply in AAI championships except where otherwise specifically state**

## **INDOOR**

- Senior Indoor
- Senior Indoor Combined Events
- Master Indoor
- Master Combined Event
- Junior Indoor
- Under 23 Indoor
- Junior Indoor Combined Event
- Juvenile Indoor
- Juvenile Indoor Combined Events
- Irish Universities Indoor
- Schools Indoor Combined Events

## **CROSS COUNTRY**

- Senior Cross Country Inter Clubs
- Senior Cross Country Inter County
- Intermediate Cross Country
- Novice Cross Country
- Under 23 Cross Country
- Masters Cross Country
- Junior Cross Country Inter Club
- Junior Cross Country Inter County
- Juvenile Cross Country
- Juvenile B Cross Country
- Schools Cross Country
- Irish Universities Cross Country

## **TRACK & FIELD**

- Senior Track & Field
- Senior Track & Field Combined Events
- Track & Field League
- Under 23 Track & Field
- Master Track & Field
- Masters Track & Field Combined Events
- Junior Track & Field
- Junior Track & Field Combined Events
- Juvenile Track & Field
- Juvenile Track & Field Combined Events
- Juvenile B Track & Field
- Schools Track & Field
- Irish Universities

## **ROAD**

- Senior Road Walking
- Senior & Masters Marathon
- Senior & Masters Half Marathon
- Senior & Masters 10 K
- Irish Universities Road Relays

## **OTHERS**

**AAI Games**

**Indoor League**

**National League**

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## AGES

1. Senior athletes must be 16 years of age on the 31<sup>st</sup> December in the year of competition
2. Senior Cross Country athletes must be 18 years of age on the 31<sup>st</sup> December in the year of competition
3. Under 23 athletes must be aged 20 and under 23 years on the 31<sup>st</sup> December in the year of competition
4. Intermediate Cross Country athletes must be 20 years or over on the 31<sup>st</sup> December in the year of competition
5. Novice Cross Country athletes must be 19 years of age or over on the 31<sup>st</sup> December in the year of competition
6. Junior athletes must be 16 years on the 31<sup>st</sup> December in the year of competition and under 20 years on the 31<sup>st</sup> December in the year of competition
7. Juvenile Athletes 9 -19 years, No athlete may obtain a birthday in the year of competition and compete in that age.
8. Master athletes both male and female attain eligibility on their 35<sup>th</sup> birthday .
9. Athletes must be 18 years of age to compete in events of 10,000m and over. The recommended age groups for juveniles are: Up to U11 – 1 mile: 12 – 13 2k: 14-15 3k: 16 – 18 5k.

### Celtic Games

10. Track & Field Under 16 & 18 on 31<sup>st</sup> December in the year of competition
11. Cross Country Under 17 on 31<sup>st</sup> December in the year of competition

### Schools

12. Tailteann Games      Intermediate      Under 17 on 1st September in the year of competition

### 13. Schools Ages

Minor	Under 14 on 1 <sup>st</sup> July in the year of competition
Junior:	Under 15 on 1st July in the year of competition
Intermediate:	Under 17 on 1st July in the year of competition
Senior:	Under 19 on 1st Jan in the year of competition

### 14. For all SIAB (i.e. International) competition:

Schools Indoor	Under 16	Under 16 on 1 <sup>st</sup> September in the year of competition
Cross Country	Junior	Under 15 on 1 <sup>st</sup> September in the year of competition
	Intermediate	Under 17 on 1 <sup>st</sup> September in the year of competition
Track & Field	Intermediate	Under 17 on 1 <sup>st</sup> September in the year of competition
Combined Events	Junior	Under 15 on 1 <sup>st</sup> September in the year of competition
	Intermediate	Under 17 on 1 <sup>st</sup> September in the year of competition
	Senior	Under 19 on 1 <sup>st</sup> January in the year of competition

## MEMBERSHIP & ENTRY REGULATIONS

1. All athletes must be registered members of affiliated clubs of the Athletic Association of Ireland
2. A **new** athlete may register with the association and run unattached for a maximum of six months while choosing a club
3. Chair of High Performance in consultation with Chair of Competition may accept entry in specific competitions
4. No entry accepted by fax or email
5. Master athletes may compete in 5 events maximum
6. Club , team or county colours **must** be worn, exceptions identified on specific entry forms
7. Athletes are allowed to use their own implements provided that they are checked and marked by the organising committee before the competition and made available to all athletes, exception javelin & vaulting pole
8. IAAF False start rule applies to individual events from u 16 upwards to include juveniles  
Any athlete responsible for a false start shall be disqualified, note this rule applies to all race distances
9. In Combined Events, and Juvenile Events 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.

### 10. University Championships

Those entitled to compete as per IUAA Constitution

- ( i ) Entered by the Member to which they are attached and
- ( ii ) Be a registered student as defined at Section 6.2.1. or
- ( iii ) Be a student who may be repeating an examination as allowed  
under the regulations of their respective university/college/institute. or
- ( iv ) Be a person who has completed a course of study as described  
in Section 7.2 ( ii ) in the academic year immediately prior to a particular Championship. or
- ( v ) Be a registered full-time student of a foreign university/college/institute pursuing a  
course of study in part-fulfilment of their qualification at a Member  
university/college/institute.

An athlete entering any of the University Championships under category 8.2 ( iv ), shall:-

( i ) Only declare for one Member university/college/institute during a particular Academic year.

( ii ) Provide on request, proof of registration for the academic year immediately prior to a particular Championship.

For further details on University Rules <http://www.iuaa.org/Overview/constitution.pdf>



## CHAMPIONSHIPS RECORDS

- **National Record Holder**

An athlete who is eligible and has declared for Ireland

- **Championship Record**

An athlete whose performance exceeds the current Championship Record and who is entitled / eligible to compete in National Championships

- **Title Holder**

An athlete is a holder of, or eligible to hold, an Irish Passport, and is affiliated to an

*Or*

Ordinarily resides on the island of Ireland, is a member of an affiliated club on the island of Ireland

- **Juvenile Championship Record**

An athlete whose performance exceeds the current Championship Record and who is entitled/ eligible to compete in National Championships

### Protests / Appeals Process

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 set by the association, which will be forfeited if the appeal is not allowed.
6. Jury of appeal shall in juvenile matters consist of a representative of each of the 5 regions.
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 shall be final.

### Anti Doping

All athletes under the age of 18 years (minors) competing in Senior or Junior events may be selected for in-competition testing.

**Athletics Ireland is committed  
to  
Drugs Free Sport**

## Track & Field Championships

1. Senior competition: in the event of heats proving unnecessary, finals will be held at final times
2. Junior and Masters competition: in the event of heats proving unnecessary, finals will be held at heat times
3. Athletes must check in at least 60 minutes before their event, 90 minutes pole vault
4. Athletes **must** wear their official club singlet, a plain white vest with no logos may be permitted in certain circumstances with permission of meet manager / director
5. Lane draws and seeding as per IAAF in semi-finals and finals (Rule 166)
6. Every athlete will be provided with a number which during the competition must be worn visibly, these numbers must be worn as issued and may not be cut folded or obscured in any way (Rule 143.8)
7. When photo finish equipment is in operation the athlete may be required to wear an additional number on the side of their shorts or leg
8. Starting blocks shall be used for all races up to and including 400m (Rule 161.1), **starting blocks optional for ages 60+**
9. Only starting blocks provided by the Organising Committee may be used. (Rule 161.3)
10. IAAF False start rule applies, Any athlete responsible for a false start shall be disqualified. (Rule 162.7) **Note this rule applies to all race distances.**
11. In Combined Events, 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)
12. 10,000 m team event for Men 6 to run 3 to score (incorporated in 10,000m Senior Track & Field Championship)
13. 5,000m team event for Men 6 to run 3 to score
14. An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where:
  - (a) a final confirmation was given that the athlete would start in an event but then failed to participate;
  - (b) an athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further. (Rule 142.4)

## FIELD EVENTS REGULATIONS

1. In Senior Men Shot, Discus and Hammer athletes must be 18 years or over to compete
2. The implements used shall comply with IAAF specifications
3. Athletes are allowed to use their own implements provided that they are checked and marked by the organising committee before the competition and made available to all athletes, exception javelin & vaulting pole
4. An athlete shall not use gloves except in the hammer throw (Rule 187.4(b))
5. In order to obtain a better grip an athlete may use a suitable substance on hands. In addition hammer throwers may use such substance on their gloves and shot putters may use such substances on their neck. In the Shot Put and Discus Throw , athletes may place chalk or a similar substance on the implement (Rule 187.4(c))
6. The following will not be considered assistance. Any kind of personal safeguard (bandage, tape , belt , support etc) for protection or medical purposes (Rule 144.2 (f))
7. An athlete may not spray nor spread any substance in the circle or on his shoes nor roughen the surface of the circle. ( Rule 187.8)
8. An athlete shall not leave the circle until the implement has touched the ground (Rule 187.17)
9. Athletes must check in at least 60 minutes before their event, Pole Vault 90 minutes
10. Athletes must wear their official club singlet
11. Senior and Junior competition: where there are more than eight (8) competitors each athlete shall be allowed three(3) trials and the eight (8 )athletes with the best performances will be allowed an additional three (3) trials
12. Where there are (8) athletes or fewer each athlete shall be allowed six (6) trials
13. In Combined Events competition athletes shall be allowed three (3) trials only
14. In Masters competition an athlete has four (4) trials
15. In AAI Games each athlete has four (4) trials, trials up to six in total can be accommodated by agreement of the Meet Manager where time allows.
16. An athlete may request upon completion of their trials in field events to leave the competition if required for medal presentation.
17. Competing under protest in Field Events – If one or more athlete(s) is permitted by the referee to continue in a competition under protest (Rule 146.4 (b)), these athletes shall compete in all subsequent rounds before all other athletes and in the relative order according to the original competition (Rule 180.5 Note (ii))
18. High Jump and Pole Vault in the case of a tie for any place, including first place the tie shall remain in AAI competition, This rule will not apply to combined events (Rule 181.8 (d))

## JUVENILE SPECIFIC REGULATIONS

1. U9, 10 Long Jump competition, athletes may jump anywhere from the sand.
2. U9, 10, 11 Long Jump three (3) Jumps only per athlete.
3. Turbo Javelin U9, 10 , 11 three (3) throws only
4. The first four (4) from each region qualify for the National Championships. Exception 600m first three (3) qualify due to safety regulations.
5. Team Competition Three (3) teams per event per region, qualifying through Regional/Province, in the event that a team member is unable to attend a reserve may be used.
6. In Childrens Games ,Clubs with more than one team per age group **MUST** declare the members of each team at check-in. Failure to do this will mean the teams will be scored as entered.
7. Three (3) relay inter club teams per county per age group, Teams qualify from the County. One (1) County relay team per age group.
8. Athletes are confined to their own age group.
9. Ages 12, 13, 14, 15 and 16 are limited to 3 events plus relay.
10. Ages 17, 18 and 19 are limited to 4 events plus relay.
11. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age, athletes may move up one age group only , ages 17, 18, 19, all 4 athletes may move up.
12. All entries must come through the Regional Secretary exception club relay through county.
13. IAAF False start rule applies to juvenile individual events from u 16 upwards, any athlete responsible for a false start shall be disqualified. (Rule 162.7) *Note this rule applies to all race distances*
14. In Combined Events, and in Juvenile 12 - 15 events 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.
15. Athletes from U14 upwards **must** use Starting Blocks  
Athletes U9 – U11 **may** use crouch position, two false starts apply  
Athletes U12- U13 **-must** use crouch position.
16. Only Starting blocks provided by the organising committee may be used.
17. 60m, 300m, 500m, 600m are on times no finals, in U9,10,11 age groups.

### **TAILTEANN GAMES**

1. Each Province may nominate three (3) Competitors in each event, except in track events of 400m or less in which two (2) may be entered.
2. In throwing and jumping for distance , each competitor shall have 5 attempts

### **School Championships**

1. Each Province may nominate three (3) Competitors in each event, except in track events of 400m or less, in which two (2) may be entered.
2. No Competitor may compete in more than two (2) events plus relay.
3. No school may have more than 2 competitors in any event.
4. Each competitor must compete in their own age-group except in relays , where one athlete from the age group immediately below may complete a team.
5. In throwing and jumping for distance each competitor shall have three(3) attempts, and the best six (6) shall have two (2) more attempts in the All Ireland.
6. In the All Ireland the 800m event will be run in lanes for the first bend.
7. In Minor and Junior age groups an athlete may not enter in two(2) or more middle distance events.
8. In Junior Girls and Boys Triple Jump an athlete must start the run up no further than 12 metres from the board.
9. A minor athlete may compete Minor or Junior in Track & Field but not in the same event in both age groups.
10. Leinster Schools only, an athlete may choose to compete at Under 16 or under 17 level and must remain in that category for individual events only.
11. If an athlete is responsible for two false starts, he shall be disqualified.

## TRACK & FIELD CHAMPIONSHIPS EVENTS

	Senior Men	Senior Women	Junior Men	Junior Women	U 23 Men	U 23 Women	Master Men	Master Women	IUAA Men	IUAA Women
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100m H		✓		✓		✓	✓	✓		✓
110m H	✓		✓		✓		✓		✓	
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m H	✓	✓	✓	✓	✓	✓			✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1,500m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3,000m			✓	✓				✓		✓
5,000m	✓	✓	✓	✓	✓	✓	✓		✓	✓
10,000m *	✓								✓	
3000m W	League			✓		✓		✓	✓	
5000m W		✓	✓		✓		✓			
10000m W	✓									
1500m W		League								✓
3000m S C	✓	✓	✓	✓	✓	✓			✓	✓
Triple J	✓	✓	✓	✓	✓	✓			✓	✓
Long J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pole Vault	✓	✓	✓	✓	✓	✓			✓	✓
Shot Put	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hammer	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Weight H	✓		✓		✓					
Weight D	✓		✓		✓		✓		✓	✓
4 x 100m	✓	✓					✓	✓		
4 x 400m	✓	✓					✓	✓		

## JUVENILE TRACK & FIELD CHAMPIONSHIPS EVENTS

	12	13	14	15	16	17	18	19		12	13	14	15	16	17	18	19
60m H		✓									✓						
75m H			✓									✓					
80m H				✓									✓	✓			
100m H					✓	✓									✓	✓	✓
110m H							✓	✓									
250m H				✓	✓								✓	✓			
300m H						✓									✓		
400m H							✓	✓								✓	✓
2000m W			✓	✓								✓	✓	✓			
3000m W					✓	✓									✓	✓	✓
5000m W							✓	✓									
80m	✓	✓	✓							✓	✓	✓					
100m				✓	✓	✓	✓	✓					✓	✓	✓	✓	✓
200m			✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓
400m						✓	✓	✓							✓	✓	✓
600m	✓	✓								✓	✓						
800m			✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓
1500m			✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓
3000m					✓	✓	✓	✓								✓	✓
2000m SC						✓									✓	✓	
3000m SC							✓	✓									✓
Javelin	Turbo	✓	✓	✓	✓	✓	✓	✓		Turbo	✓	✓	✓	✓	✓	✓	✓
Shot Put	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Discus			✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓
Hammer			✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Pole Vault				✓	✓	✓	✓	✓						✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump				✓	✓	✓	✓	✓						✓	✓	✓	✓
4 x 100m	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
4 x 400m						✓	✓	✓							✓	✓	✓
4 x 100m Co		✓		✓		✓		✓		✓		✓		✓		✓	

## IRISH SCHOOLS CHAMPIONSHIP EVENTS

GIRLS	Minor	Junior	Inter	Senior
75m H		✓		
80m H			✓	
100m H				✓
110m H				
300m H			✓	
400m H				✓
1200m W		✓		
2000m W			✓	
3000m W				✓
100m	✓	✓	✓	✓
200m		✓	✓	✓
300m			✓	
400m				✓
800m	✓	✓	✓	✓
1500m		✓	✓	✓
Mile U 16				
3000m			✓	✓
5000m				
1500m S/C			✓	✓
Javelin		✓	✓	✓
Shot Put	✓	✓	✓	✓
Discus		✓	✓	✓
Hammer		✓	✓	✓
High Jump		✓	✓	✓
Pole Vault		✓	✓	✓
Long Jump	✓	✓	✓	✓
Triple Jump		✓	✓	✓
4 x 100m	✓	✓	✓	✓
Wheelchair	100m	Shot	Discus	

BOYS	Minor	Junior	Inter	Senior
80m H		✓		
100m H			✓	
110m H				✓
400m H			✓	✓
1200m W		✓		
2000m W			✓	
3000m W				✓
100m	✓	✓	✓	✓
200m		✓	✓	✓
400m			✓	✓
800m		✓	✓	✓
1500m	✓	✓	✓	✓
Mile U 16				
3000m			✓	
5000m				✓
1500m S/C			✓	
2000m S/C				✓
Javelin		✓	✓	✓
Shot Put	✓	✓	✓	✓
Discus		✓	✓	✓
Hammer		✓	✓	✓
High Jump		✓	✓	✓
Pole Vault		✓	✓	✓
Long Jump	✓	✓	✓	✓
Triple Jump		✓	✓	✓
4 x 100m	✓	✓	✓	✓



## JUVENILE B CHAMPIONSHIP EVENTS

	60m	80m	100m	600m	800m	Long Jump	High Jump	Shot Put
Boys under 12	✓			✓		✓	✓	✓
Boys under 13		✓		✓		✓	✓	✓
Boys under 14		✓			✓	✓	✓	✓
Boys under 15			✓		✓	✓	✓	✓
Boys under 16			✓		✓	✓	✓	✓

	60m	80m	100m	600m	800m	Long Jump	High Jump	Shot Put
Girls under 12		✓		✓		✓	✓	✓
Girls under 13		✓		✓		✓	✓	✓
Girls under 14		✓			✓	✓	✓	✓
Girls under 15			✓		✓	✓	✓	✓
Girls under 16			✓		✓	✓	✓	✓

## JUVENILE GAMES TEAM COMPETITION

	60m	300m	500m	600m	Long Jump	Turbo Javelin	4 x 100m
Boys under 9	✓	✓			✓	✓	✓
Boys under 10	✓		✓		✓	✓	✓
Boys under 11	✓			✓	✓	✓	✓
Girls under 9	✓	✓			✓	✓	✓
Girls under 10	✓		✓		✓	✓	✓
Girls under 11	✓			✓	✓	✓	✓

## Track & Field Combined Events Senior/ Junior /Masters

Normal Masters step down rule will allow athletes M50 to compete in Pentathlon

	MEN	WOMEN	JUNIOR WOMEN	JUNIOR MEN	MASTER MEN 35-49	MASTER MEN 50+	MASTER WOMEN 35-49	MASTER WOMEN 50+
	Decath	Hep	Hep	Decath	Pen	Quad	Pen	Quad
100m	✓			✓		✓		✓
Long J	✓	✓	✓	✓	✓	✓	✓	✓
Shot	✓	✓	✓	✓	✓	✓	✓	✓
High J	✓	✓	✓	✓	✓		✓	
200m		✓	✓					
400m	✓			✓				
100m H		✓	✓				✓	
110m H	✓			✓	✓			
Discus	✓			✓				
Pole V	✓			✓				
Javelin	✓	✓	✓	✓				
1500m	✓			✓	✓	✓		
800m		✓	✓				✓	✓

## IRISH UNIVERSITIES

Men	110m H	Shot Put	High Jump	Long Jump	1500m
Women	100m H	Shot Put	High Jump	Long Jump	800m

## JUVENILE COMBINED EVENTS

	B 14	B 15	B 16	YOUTH		G 14		G 15	G 16	YOUTH
75m H	✓					✓				
80m H		✓						✓	✓	
100m H			✓							✓
110mh				✓						
High Jump	✓	✓	✓	✓		✓		✓	✓	✓
Long Jump	✓	✓	✓	✓		✓		✓	✓	✓
Shot Put	✓	✓	✓	✓		✓		✓	✓	✓
100m				✓						
200m										✓
400m				✓						
Javelin				✓						✓
800m	✓	✓	✓			✓		✓	✓	✓
1500m				✓						
Discus				✓						
Pole Vault				✓						

## TAILTEANN INTERPROVINCIAL SCHOOLS

	Inter Girls	Inter Boys		Inter Girls	Inter Boys
100m	✓	✓	300m H	✓	
200m	✓	✓	400m H		✓
300m	✓	✓	High Jump	✓	✓
400m		✓	Long Jump	✓	✓
800m	✓	✓	Triple Jump	✓	✓
1500m	✓	✓	Pole vault	✓	✓
1500m S/Chase	✓	✓	Shot Put	✓	✓
3000m	✓	✓			
80m H	✓		Discus	✓	✓
100m H		✓	Javelin	✓	✓
4x100m		✓	Hammer	✓	✓
4x300m	✓		2000m W	✓	✓
4x400m		✓			

## 1. Team Composition

Teams can be either

### a. Club Teams from a single club

- No guests allowed in the premier division.
- Maximum of 2 members registered with other clubs from within their county affiliated to the Athletic Association of Ireland Division 1
- These athletes shall be stated clearly on the initial entry, and no changes will be allowed from the close of entries
- Members of these club teams may not take part in any other team.

### b. Composite Teams

- More than one club and greater than 2 athletes per club, from within their county affiliated to the Athletic Association of Ireland
- The names of the clubs and athletes must be given on the initial entry, and no changes will be allowed from the close of entries.
- Members of these teams may not take part in any other team.
- The composite team may compete under a suitable area name.
- **Team colours must be declared**

### c. County Teams

- Entered by a County Board.
- Names of clubs and athletes must be provided on the entry form, and members named of these clubs may not take part in any other team.
- Note: A County may enter a team made up of a number of clubs from within their county affiliated to the Athletic Association of Ireland, even though other clubs in the county enter separately or as a composite unit.
- By agreement of the county, athletes who are not selected to compete on the county team can participate as guests with clubs within their county.

2. Club Secretary or Chairman **must** sign the entry of team to which the club is committed.

3. Club members may compete only on the team nominated by the club official.

4. Teams will declare an identifying singlet in advance, which must be worn in all competition. Failure to wear it will result in disqualification and loss of points for all events in which the infringement occurs.

5. Team Managers
  - a. Declare their teams 1 hour before the start of the competition., Note Pole Vault 90 minutes
  - b. Individual athletes need only report to the site of competition.
  - c. No changes in the original team declaration may be made without the consent of the event referee and subsequent notification to the meet organiser.
6. All athletes must be bona fide registered members of the club for which they compete.
7. Members of composite teams must be registered athletes.
8. Members of County teams must be registered athletes from within their county.
9. All athletes must be 16 years or over on 31<sup>st</sup> December in the year of competition.
10. In Senior Men Shot, Discus and Hammer athletes must be 18 years and over to compete.
11. Athletics Northern Ireland clubs entering the league must furnish a list of their athletes to the AAI Office by the closing date. Additional athletes 2 in total, if used, must be from the County of the competing club.
12. 2 top teams in final of Division 1 will be promoted to Premier Division men & women.
13. Demotion will be the bottom 2 teams following rounds 1 & 2.
14. A team not competing in the league for 2 years will be automatically demoted.
15. Changes to the rules and regulations of the national league may be undertaken from time to time by the competitions committee.
16. County or Composite Teams are not eligible to progress to European Team Competition.
17. Teams who fail to field a team in Round 2 will be deemed to be ineligible to compete in the league the following year, subject to review.

## Structure and Format

### ***Division 1***

Rounds 1, 2 and Final will consist of full programme with both men and women counting 15 best events.

### ***Premier Division***

Rounds 1, 2 and Final will consist of full programme with both men and women counting 17 best events for men, 15 best results for women.

### **IAAF Rules of Competition will apply**

1. In general every effort will be made to locate teams at the one most convenient to them, and men's and women's teams from the same club at the same venue. However the need to balance the strength of the groups means that this cannot be guaranteed.
2. The Referee will decide all matters of fact. Appeals (in writing) to the League co-ordinator or Deputy on the day as per IAAF.
3. Clubs who compete as part of composite or county teams who gain promotion will remain part of that team for a minimum of one further season.
4. Scoring for events shall remain as heretofore,

1 <sup>st</sup> Place –	9 points,
2 <sup>nd</sup> place –	7 points
3 <sup>rd</sup> Place -	6 points
4 <sup>th</sup> place -	5 points
5 <sup>th</sup> place -	4 points
6 <sup>th</sup> place -	3 points
7 <sup>th</sup> place -	2 points
8 <sup>th</sup> place -	1 point
5. Qualification for the final is by total number of points scored over rounds 1 & 2.
6. 8 teams per division men and women will progress to the final.
7. In the event that there is a tied position for the final, total number of winning positions ie 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> etc will be the deciding factor.
8. Each athlete may take part in two track and one field event, or two field and one track event, plus relays on each day.

9. Teams shall nominate two officials on the entry form for each round including final, together with details of their events if applicable. The named officials may be changed on the team declaration, but failure to attend will result in deduction of the lowest counting event points on the day.
10. Team managers will certify that competitors are physically fit and technically competent to take part in their events.
11. The referee shall, on recommendation of officials, remove from competition anybody whom through lack of fitness, ability or technique constitutes a danger to himself or other competitors.
12. Non scoring guests athletes may be accommodated in qualifying rounds at the discretion of the Official in charge at the venue, but will not be allowed in the final.
13. In Field events where applicable 4 trials will be allowed.
14. Competitors must bring their own Pole Vault which may not be shared without permission from the owner.
15. Starting Height Pole Vault Men 2.00m Women 1.55m
16. 4 Failures **In Total** for Pole Vault and High Jump (*Normal 3 consecutive failure elimination rule also applies*)

# Indoor Championships

## TRACK EVENTS

1. Senior competition: in the event of heats proving unnecessary, finals will be held at final times.
2. Junior and Masters competition, in the event of heats proving unnecessary, finals will be held at heat times.
3. Athletes must check in at least 60 minutes before their event, 90 minutes pole vault.
4. Athletes must wear their official club singlet, a plain white vest with no logos may be permitted in certain circumstances with permission of meet manager / director.
5. Lane draws and seeding as per IAAF in semi-finals and finals (Rule 214.10)
6. Every athlete will be provided with a number which during the competition must be worn visibly, these numbers must be worn as issued and may not be cut folded or obscured in any way. (Rule 143.8)
7. When photo finish equipment is in operation the athlete may be required to wear an additional number on the side of their shorts or leg.
8. Starting blocks shall be used for all races up to and including 400m (Rule 161.1) Only Starting blocks provided by the organising committee may be used, **starting blocks optional for ages 60+**
9. IAAF False start rule applies. Any athlete responsible for a false start shall be disqualified. (Rule 162.7) **Note this applies to all race distances**
10. In Combined Events, 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)
11. An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where:
  - a. final confirmation was given that the athlete would start in an event but then failed to participate;
  - b. an athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further. (Rule 142.4)
12. No running race for Junior athletes in Indoor competition exceeds 1500m.



## JUVENILE SPECIFIC REGULATIONS

1. The first three (3) from each region qualify for the National Championships.
2. An athlete may compete in three individual events plus the relay.
3. Athletes are confined to their own age group.
4. In the Indoor Relays an athlete may move up one age group.
5. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age with the exception of ages 17, 18, 19. Athletes may move up one age group only.
6. All entries must come through the Regional Secretary.
7. Relay teams qualify from region, 3 teams per region
8. Athletes from U14 upwards must use Starting Blocks
9. Athletes U12 & 13 must use crouch position
10. IAAF False start rule applies to juvenile individual events from u 16 upwards  
Any athlete responsible for a false start shall be disqualified. (Rule 162.7)
11. In Combined Events, and Juvenile Events 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) This applies to all races.
12. Only Starting blocks provided by the organising committee may be used.

### JUVENILE Relay Events

1. In 4x 100m , the first 2 athletes run in lanes the third athlete breaks
2. In 4 x 200m, the first leg and the first bend of the second leg shall be run in lanes.

## FIELD EVENT REGULATIONS

1. In Senior Men, Shot, and Weights athletes must be 18 years or over to compete.
2. The implements used shall comply with IAAF specifications.
3. Athletes are allowed to use their own implements provided that they are checked and marked by the organising committee before the competition and made available to all athletes.
4. In order to obtain a better grip an athlete may use a suitable substance on hands, shot putters may use such substances on their neck. In addition, in the Shot Put and Discus Throw , athletes may place chalk or a similar substance on the implement (Rule 187.4(c))
5. The following will not be considered assistance. Any kind of personal safeguard (bandage, tape , belt , support etc) for protection or medical purposes (Rule 144.2 (f))
6. An athlete may not spray nor spread any substance in the circle or on his shoes nor roughen the surface of the circle.
7. An athlete shall not leave the circle until the implement has touched the ground (Rule 187.17)
8. Athletes must check in at least 60 minutes before their event, pole vaulting 90 minutes.
9. Athletes must wear their official club singlet.
10. Senior and Junior competition where there are more than eight (8) competitors each athlete shall be allowed three(3) trials and the eight (8 )athletes with the best performances will be allowed an additional three (3) trials.
11. Where there are eight (8)athletes or fewer all each athlete shall be allowed six (6) trial.
12. In Combined Events competition athletes shall be allowed three (3) trials only.
13. In Masters competition an athlete has four (4) trials.
14. In AAI Games competition an athlete has (4) trials.
15. An athlete may request upon completion of their trials in field events to leave the competition area, all such athletes will be escorted together from the area at an appropriate time unless required for medal presentation.
16. Competing under protest in Field Events – If one or more athlete(s) is permitted by the referee to continue in a competition under protest (Rule 146.4 (b)), these athletes shall compete in all subsequent rounds before all other athletes and in the relative order according to the original competition Rule 180.5 Note (ii).
17. High Jump and Pole Vault in the case of a tie for any place, including first place the tie shall remain in AAI competition, this rule will not apply to combined events.

## INDOOR CHAMPIONSHIP EVENTS

	Senior Men	Senior Women	U23 Men	U23 Women	Junior Men	Junior Women	Master Men	Master Women	IUAA Men	IUAA Women
60m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60m H	✓	✓	✓	✓	✓	✓	35-49	35-49	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1,500m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3,000m	✓	✓					✓	✓	✓	✓
3,000m W			✓	✓	✓	✓	✓	✓		
5,000m W	✓	✓								
2,000m W					✓	✓	✓	✓	✓	
1500m W										✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓			✓	✓
High Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pole Vault	✓	✓	✓	✓	✓	✓			✓	✓
35 lbs Dist			✓		✓				✓	
56 lbs Dist	✓									
20 lbs Dist										✓
4 x 200m									✓	✓

## JUVENILES INDOOR EVENTS

### BOYS

### GIRLS

	12	13	14	15	16	17	18	19	12	13	14	15	16	17	18	19
60m H		✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓
1000m W			✓	✓							✓	✓				
1500m W					✓	✓	✓	✓					✓	✓	✓	✓
60m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m					✓	✓	✓	✓					✓	✓	✓	✓
400m							✓	✓							✓	✓
600m	✓	✓							✓	✓						
800m			✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓
1500m					✓	✓	✓	✓					✓	✓	✓	✓
Shot P	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple J							✓	✓							✓	✓
Pole Vault				✓	✓	✓	✓	✓				✓	✓	✓	✓	✓
4 X 100m	✓	✓							✓	✓						
4 X 200m			✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓

## COMBINED EVENTS INDOOR

Normal Masters step down rule will allow athletes M50+ to compete in Pentathlon

### SENIOR, JUNIOR , MASTERS, UNIVERSITIES

	Senior Men	Senior Women	Junior Women	Junior Men	Men 35-49	Men 50+	Women 35-49	Women 50 +	IUAA Men	IUAA Women
60m						✓		✓	✓	✓
Long J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High J	✓	✓	✓	✓	✓		✓		✓	✓
60m H	✓	✓	✓	✓	✓		✓		✓	✓
800m		✓	✓				✓	✓		✓
1000m	✓			✓	✓	✓			✓	

### JUVENILE PENTATHLON

	B 14	B 15	B16	Youth	G 14	G15	G16	Youth
60m H	✓	✓	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	✓	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓		✓	✓	✓	✓
1000m				✓				

### IRISH SCHOOLS

Boys	Junior	Inter	Senior	Girls	Junior	Inter	Senior
60m H	✓	✓	✓		✓	✓	✓
200m	✓	✓	✓				
High J					✓	✓	✓
Long J	✓	✓	✓		✓	✓	✓
Shot Put	✓	✓	✓		✓	✓	✓
800m	✓	✓	✓		✓	✓	✓

## **Senior Indoor Club League**

	<b>60m</b>	<b>60m h</b>	<b>800m</b>	<b>1500m</b>	<b>200m</b>	<b>400m</b>	<b>Long J</b>	<b>Triple J</b>	<b>P.Vault</b>	<b>Shot P</b>	<b>High J</b>	<b>4 x 2</b>
<b>1</b>	✓	✓	✓				✓		✓	✓		
<b>2</b>				✓	✓	✓		✓			✓	
<b>F</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

1. Each Club may enter up to 2 Male & 2 Female teams
2. Athletes may only compete on 1 team throughout the competition
3. Four trials for Triple Jump, Long Jump & Shot Put
4. 4 Failures **In Total** for Pole Vault and High Jump (*Normal 3 consecutive failure elimination rule also applies*)
5. All teams compete together no divisions, Men & Women teams will be scored separately
6. Points will be awarded depending on the number of teams entered in the category
7. Top 8 Men & Women Team will qualify for the final
8. Top male and female team will be awarded a perpetual trophy , first 3 teams medals
9. Athletes must be over 16 years of age in the year of competition
10. Men must be 18 years of age to compete in the Shot Putt
11. All Teams and Individuals entered must supply Club Names
12. Athlete may compete in maximum of 1 track & 1 field event in round 1 & 2
13. Athletes may compete in maximum of 2 track & 1 field or vice versa plus relay on final day
14. In the event of a tied position the countback rule will apply to wins etc.

## ROAD CHAMPIONSHIPS

### Road Relay

Athletes must wear club singlet

In team events athletes may only score in the category for which they declare

Championships medals will only be awarded to registered athletes

Presently a lap is 1 mile approximately

NB: The recommended age groups for juveniles are:

(Up to U11 – 1 mile): (12 – 13 2k): (14-15 3k): (16– 18 5k).

	Score	2 laps	1 lap	3 laps	2 laps	1 lap
Senior Men	4	✓	✓	✓	✓	
Senior Women	3		✓		✓	✓
Masters Men	3		✓		✓	✓
Masters Women	3		✓		✓	✓

### University Road Relays

Approx. distances , A university /college /institute may enter more than one team

	Score	1 <sup>st</sup> Leg	2 <sup>nd</sup> Leg	3 <sup>rd</sup> Leg	4 <sup>th</sup> Leg	5 <sup>th</sup> Leg
Men	5	1600m	3200m	4800m	3200m	1600m
Women	4	1600m	3200m	3200m	1600m	-

### 10 K Road Championships

Athlete must wear club singlet alternatives permitted in certain circumstances with permission of meet manager / director on application with entry.

Athletes must be 18 years of age to compete in events of 10,000m and over.

In team events athletes may only score in the category for which they declare

Team scores calculated on first 3 across line unless declared, finishing times, youngest age will apply to team category.

Championships medals will only be awarded to registered athletes

	Score	Individuals	Club Teams
Senior Men	4	First 3	First 3
Senior Women	3	First 3	First 3
Masters Men	3	First 3 O/35 ,0/40.....	First 3- O/35 + O/50
Masters Women	3	First 3 O/35 ,0/40.....	First 3 - O /35 + O/50

### Half Marathon Championships

Athlete must wear club singlet alternatives permitted in certain circumstances with permission of meet manager / director on application with entry.

Athletes must be 18 years of age to compete in events of 10,000m and over.  
In team events athletes may only score in the category for which they declare

**Team scores calculated on first 3 across line unless declared (finishing times), youngest age will apply to team category.**

Championships medals will only be awarded to registered athletes

	Score	Individuals	Club Teams
Senior Men	3	First 3	First 3
Senior Women	3	First 3	First 3
Masters Men	3	First 3 0/35,0/40 .....	First 3- 0 /35 + 0/50
Masters Women	3	First 3 0/35 ,0/40 .....	First 3- 0 /35 + 0/50

### Marathon Championships

Athlete must wear club singlet alternatives permitted in certain circumstances with permission of meet manager / director on application with entry.

In team events athletes may only score in the category for which they declare.

**Team scores calculated on first 3 across line unless declared, finishing times, youngest age will apply to team category.**

Athletes must be 18 years of age to compete in events of 10,000m and over.

Team positions calculated on finishing times of each athlete

Championships medals will only be awarded to registered athletes

	Score	Individuals	Club Teams
Senior Men	3	First 3	First 3
Senior Women	3	First 3	First 3
Masters Men	3	First 3 0/35,0/40 .....	First 3- 0 /35 + 0/50
Masters Women	3	First 3 0/35 ,0/40 .....	First 3- 0 /35 + 0/50

### Walks Championships

Athlete must wear club singlet alternatives permitted in certain circumstances with permission of meet manager / director on application with entry.

Athletes must be 18 years of age to compete in events of 10,000m and over.

Championships medals will only be awarded to registered athletes

	Distance	Individuals
Senior Men	20 k	First 3
Senior Women	20 k	First 3
Senior Men	35 k	First 3



# CROSS COUNTRY CHAMPIONSHIPS

## REGULATIONS

1. All competitors must wear official team colours.
2. In Inter County Competition (Senior and Junior) all athletes ***must*** wear county colours
3. In Inter County ( Senior and Junior) all entries must be approved by relevant County Board
4. Graded teams within a competition, the last finishing team in a grade shall not be relegated where there exists in that grade a team that has not competed within that grade. Such non-competing teams shall be relegated instead. If there is more than one such team, lots shall be drawn to determine the team to be relegated.
5. Applications for regrading will be accepted on a publicised date prior to the commencement of the Cross Country Season for individual Senior, Intermediate and Novice.
6. Regrading for Inter Club and Inter County teams will be implemented based on previous participation and results over a three year period commencing in 2010, 2013 , 2016 etc

### Senior Inter Club and Inter County Cross Country Competition

- There are three (3) Grades within the competition for Senior Men, two (2) for Senior Women
- Relegation will apply, first team Grade B and C promoted
- Regrading for Inter Club and Inter County teams will be implemented based on previous participation and results over a three year period commencing in 2010, 2013 , 2016 etc
- The last finishing team in a grade shall not be relegated where there exists in that grade a team that has not competed within that grade. Such non-competing teams shall be relegated instead. If there is more than one such team, lots shall be drawn to determine the team to be relegated.
- Teams who are awarded 2<sup>nd</sup> or 3<sup>rd</sup> positions cannot be demoted
- Club and County teams who do not compete for (2) two consecutive years ***may*** be demoted

### SENIOR

Athletes must be 18 years of age or over on the 31<sup>st</sup> December in the year of competition

## NOVICE

1. Novice athletes must be **19** years of age or over on the 31<sup>st</sup> December in the year of competition
2. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at the National Novice Championships.
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Intermediate Championships
4. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Senior Grade A Championship.
- 5. An athlete who has never been an individual medal winner or a scoring member of the winning club at National Senior 4000m Championship. (2016 onwards).**
6. An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards.
7. An athlete who has never been an individual medal winner at National level in road event at 1500m and upwards, or
8. An athlete who is a scoring member of the winning club or county team at National Senior Grade A, Road, Cross Country or Track Championships
9. An athlete who has never represented Ireland at any IAAF or EAA Senior International Championship.
10. Status of an athlete will not be altered during a cross country season (September to April) other than in the case of an individual win

## INTERMEDIATE

1. Intermediate athletes must be 20 years of age or over on the 31<sup>st</sup> December in the year of competition
2. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Intermediate Championships
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Senior Grade A Championships
- 4. An athlete who has never been an individual medal winner or a scoring member of the winning club at National Senior 4000m Cross Country Championship (2016 onwards).**
5. An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards.
6. An athlete who has never been an individual medal winner at National level in road event at 1500m and upwards, or a scoring member of the winning club or county team at National Senior Grade A Championships
7. An athlete who has never been on a representative team at Senior International Level.
8. Status of an athlete will not be altered during a cross country season (September to April) other than in the case of an individual win

## UNDER 23

(In conjunction with Senior Inter Club)

1. Under 23 athletes must be aged between 20 and under 23 years on the 31<sup>st</sup> December in the year of competition
2. Under 23 athletes must declare and must indicate correctly on entry form

## JUNIOR

1. Junior athletes must be 16 years on the 31<sup>st</sup> December in the year of competition and under 20 years on the 31<sup>st</sup> December in the year of competition

## JUVENILE A

1. First Four (4) club teams in the 11-18 age group, all must have competed in the Provincial/Regional Cross Country Championships.
2. Three (3) teams from each Munster, Ulster, Connaught, 4 from Leinster and 1 Team from the Region of Dublin qualify for County Teams.
3. In the 17-18 age Groups open entry will apply provided the athlete has competed in the Provincial/Regional Cross Country Championships. Open entries must be with National at closing date for competition, entries through Provincial Secretary ONLY.

## JUVENILE B

1. Open to athletes who HAVE NOT WON a National Cross Country Individual Region, County or Club medal.
2. Club Entries through club secretary.
3. County Team entries through county secretary.
4. Entries through county secretary for Inter County Relay, county singlets must be worn.
5. Athletes may not compete in Juvenile B Cross Country Events and Inter County Relay on the same day.

**SENIOR JUNIOR MASTER DISTANCES**

<b>Inter Club</b>	<b>Distance</b>	<b>No to Run</b>	<b>No to Score</b>	<b>No to Run</b>	<b>No to Score</b>
Senior Men + Under 23	10,000m	8	4	-----	-----
Senior Women +Under 23	8,000m	8	4	-----	-----
<b>Senior 4000m Course M&amp;W</b>	<b>4,000m</b>	<b>Open</b>	<b>4</b>		
Junior Men	6,000m	8	4	-----	-----
Junior Women	4,000m	8	4	-----	-----
IUAA Men	8000m	16	6		
IUAA Women	5000m	14	4		
<b>Inter County</b>				<b>County</b>	<b>County</b>
Senior Men	10,000m	-----	-----	12	6
Senior Women	8,000m	-----	-----	8	4
Junior Men	6,000m	-----	-----	12	6
Junior Women	4,000m	-----	-----	8	4
<b>Inter Club &amp; County</b>		<b>Club</b>		<b>County</b>	
Novice Men	6,000m	8	4	12	6
Novice Women	4,000m	8	4	8	4
Intermediate Men	8,000m	8	4	12	6
Intermediate Women	5,000m	8	4	8	4
Masters Men	7,000m	8	4	12	6
Master Men 0/65	4,000m	6	3	8	4
Masters Women	4,000m	8	4	8	4
<b>AWARDS</b>					
Senior Men	First 3	First 3 Teams Grade A,B,C		First 3 Teams Grade A, B,C	
Senior Women	First 3	First 3 Teams Grade A, B		First 3 Teams Grade A, B	
<b>4000m Course Men &amp; Women</b>	<b>First 3</b>	<b>First 3 Teams</b>			
Junior Men & Women	First 3	First 3 Teams		First 3 Teams	
Masters Men	First 3	First 3 Teams + 35, + 50 , +65			
Masters Women	First 3	First 3 Teams + 35 + 50			
Inter Men & Women	First 3	First 3 Teams			
Novice Men & Women	First 3	First 3 Teams			
Under 23 Women	First 3				
Under 23 Men	First 3				

**JUVENILE CROSS COUNTRY DISTANCES AND AWARDS**

Juveniles			Club		County		Provincial	
	Ages	Distances	Run	Score	Run	Score	Run	Score
Girls	11	1500m	6	4	10	6	12	6
Boys	11	1500m	6	4	10	6	12	6
Girls	12	2000m	6	4	10	6	12	6
Boys	12	2000m	6	4	10	6	12	6
Girls	13	2500m	6	4	10	6	12	6
Boys	13	2500m	6	4	10	6	12	6
Girls	14	3000m	6	4	10	6	12	6
Boys	14	3000m	6	4	10	6	12	6
Girls	15	3500m	6	4	10	6	12	6
Boys	15	3500m	6	4	10	6	12	6
Girls	16	4000m	6	4	10	6	12	6
Boys	16	4000m	6	4	10	6	12	6
Girls	17	4000m	6	4	10	6	12	6
Boys	17	5000m	6	4	10	6	12	6
Girls	18	4000m	6	4	10	6	12	6
Boys	18	6000m	6	4	10	6	12	6

**JUVENILE B**

		Distances	Run Club	Score Club	Run County	Score County
Girls	11	1000m	6	4	10	6
Boys	11	1000m	6	4	10	6
Girls	13	1500m	6	4	10	6
Boys	13	1500m	6	4	10	6
Girls	15	2500m	6	4	10	6
Boys	15	2500m	6	4	10	6
Girls	17	3000m	6	4	10	6
Boys	17	3000m	6	4	10	6

**AWARDS**

Juvenile A	First 12 Individuals	First 3 Club Teams	First 3 County Teams	First 3 Prov teams
Juvenile B	First 12 Individuals	First 3 Club Teams	First 3 County teams	

## IRISH SCHOOLS CROSS COUNTRY

1. Athletes must run in their own age-group except in the team event where one athlete from the age group immediately below may complete a team.
2. No athlete may run in more than one race.
3. In the event of a tie in the team competition, the last scoring runner who finishes nearer the first place shall determine the result.
4. 3 Teams from Provincial Championships in each age category
5. Any runner who finished in the first 15 Athletes in the Provincial Championships in each age category.
6. A school may make a substitution within its own team.
7. Substitutions should be handed to the organisers in writing at least one hour before the start of the race.
8. In exceptional circumstances the Irish or Provincial Executive may invite an athlete or athletes to participate in the competition.

## IRISH SCHOOLS DISTANCES & AWARDS

		Run	Score	Individuals	Team Prizes
Minor Girls	2000m	6	3	6	3
Minor Boys	2500m	8	4	6	3
Junior Girls	2500m	6	3	6	3
Junior Boys	3500m	8	4	6	3
Intermediate Girls	3500m	6	3	6	3
Intermediate Boys	5000m	8	4	6	3
Senior Girls	2500m	6	3	6	3
Senior Boys	6000m -6500m	8	4	6	3

## THROWING IMPLEMENTS

<b>MALE</b>	<b>Shot kg</b>	<b>Hammer kg</b>	<b>Discus kg</b>	<b>Javelin gr</b>	<b>Weight lbs</b>
Senior	7.26	7.26	2.00	800	56
IUAA	7.26	7.26	2.00	800	35
U23	7.26	7.26	2.00	800	35
Junior	6.00	6.00	1.75	800	35
Masters 35-49	7.26	7.26	2.00	800	56
Masters 50-59	6.00	6.00	1.50	700	35
Masters 60-69	5.00	5.00	1.00	600	35
Masters 70-79	4.00	4.00	1.00	500	35
Masters 80+	3.00	3.00	1.00	400	35
Under 19	6.00	6.00	1.75	800	
Under 18	5.00	5.00	1.50	700	
Under 17	5.00	5.00	1.50	700	
Under 16	4.00	4.00	1.00	600	
Under 15	3.00	3.00	1.00	500	
Under 14	2.72	2.50	0.75	400	
Under 13 & 12	2.00	-----	-----	400	
<b>FEMALE</b>	<b>Shot kg</b>	<b>Hammer kg</b>	<b>Discus kg</b>	<b>Javelin gr</b>	<b>Weight lbs</b>
Senior	4.00	4.00	1.00	600	
IUAA	4.00	4.00	1.00	600	9kg
U23	4.00	4.00	1.00	600	
Junior	4.00	4.00	1.00	600	
Masters 35-49	4.00	4.00	1.00	600	
Masters 50-59	3.00	3.00	1.00	500	
Masters 60-74	3.00	3.00	1.00	400	
Masters 75+	2.00	2.00	0.75	400	
Under 19	4.00	4.00	1.00	600	
Under 18	3.00	3.00	1.00	500	
Under 17	3.00	3.00	1.00	500	
Under 16	3.00	3.00	1.00	500	
Under 15	2.72	2.50	0.75	400	
Under 14	2.00	2.50	0.75	400	
Under 13/12	2.00	-----	-----	400	
<b>IRISH SCHOOLS</b>	<b>Shot kg</b>	<b>Hammer kg</b>	<b>Discus kg</b>	<b>Javelin gr</b>	
Boys Minor	3.25		0.75	500	
Boys Junior	4.00	4.00	1.00	600	
Boys Intermediate	5.00	5.00	1.50	700	
Boys Senior	6.00	6.00	1.75	800	
Girls Minor	2.72		0.75	400	
Girls Junior	2.72	2.50	0.75	400	
Girls Intermediate	3.00	3.00	1.00	500	
Girls Senior	4.00	4.00	1.00	600	

## HURDLE SPECIFICATIONS

Age Group	Distance	Height	No	Approach	Interval	Finish	
Girls 13	60m	68.6cm 2' 3	5	11.00m	7.25m	12.75m	
Girls 14	75m	68.6cm 2' 3	8	11.50m	7.50m	11.00m	
Girls 15	80m	76.2cm 2' 6	8	12.00m	8.00m	12.00m	
Girls 15	250m	68.6cm 2' 3	6	35.00m	35.00m	40.00m	
Girls 16	80m	76.2cm 2' 6	8	12.00m	8.00m	12.00m	
Girls 16	250m	68.6cm 2' 3	6	35.00m	8.00m	40.00m	
Girls 17	100m	76.2cm 2' 6	10	13.00m	8.50m	10.50m	
Girls 17	300m	76.2cm 2' 6	7	50.00m	35.00m	40.00m	
Girls 18	100m	76.2cm 2' 6	10	13.00m	8.50m	10.50m	
Girls 18	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m	
Girls 19	100m	83.8cm 2' 9	10	13.00m	8.50m	10.50m	
Girls 19	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m	
Junior W	100m	83.8 cm 2' 9	10	13.00m	8.50m	10.50m	
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m	
Senior W	100m	83.8 cm 2' 9	10	13.00m	8.50m	10.50m	
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m	
Master 35 -39	100m	83.8cm 2' 9	10	13.00m	8.50m	10.50m	
W40-49	80m	76.2cm 2' 6	8	12.00m	8.00m	12.00m	
IUAA W	100m	83.8 cm 2' 9	10	13.00m	8.50m	10.50m	
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m	
Boys 13	60m	68.6cm 2' 3	5	11.00m	7.25m	12.75m	
Boys 14	75m	76.2cm 2' 6	8	11.50m	7.50m	11.00m	
Boys 15	80m	83.8cm 2' 9	8	12.00m	8.00m	12.00m	
Boys 16	100m	83.8cm 2' 9	10	13.00m	8.50m	10.50m	
Boys 15	250m	76.2cm 2' 6	6	35.00m	35.00m	40.00m	
Boys 16	250m	76.2cm 2' 6	6	35.00m	35.00m	40.00m	
Boys 17	100m	91.4cm 3' 0	10	13.00m	8.50m	10.50m	
Boys 17	300m	76.2cm 2' 6	7	50.00m	35.00m	40.00m	
Boys 18	110m	91.4cm 3' 0	10	13.72m	9.14m	14.02m	
Boys 18	400m	83.8cm 2' 9	10	45.00m	35.00m	40.00m	
Boys 19	110m	99.1cm 3' 3	10	13.72m	9.14m	14.02m	
Boys 19	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m	
Junior Men	110m	99.1cm 3' 3	10	13.72m	9.14m	14.02m	
	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m	
Senior Men	110m	106.7cm 3' 6	10	13.72m	9.14m	14.02m	
	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m	
Masters 35-49	110m	99.1cm 3' 3	10	13.72m	9.14m	14.02m	
IUAA Men	110m	106.7cm 3' 6	10	13.72m	9.14m	14.02m	
	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m	



## INDOOR HURDLES

Girls 13	60m	68.6cm 2' 3	5	11.00m	7.25m	20.00m	
Girls 14	60m	68.6cm 2' 3	5	11.50m	7.50m	18.50m	
Girls 15	60m	76.2cm 2' 6	5	12.00m	8.00m	16.00m	
Girls 16	60m	76.2cm 2' 6	5	12.00m	8.00m	16.00m	
Girls 17	60m	76.2cm 2' 6	5	13.00m	8.50m	13.00m	
Girls 18	60m	76.2cm 2' 6	5	13.00m	8.50m	13.00m	
Girls 19	60m	83.8cm 2' 9	5	13.00m	8.50m	13.00m	
Junior W	60m	83.8cm 2' 9	5	13.00m	8.50m	13.00m	
Senior W	60m	83.8cm 2' 9	5	13.00m	8.50m	13.00m	
Masters W 35- 39	60m	83.8cm 2' 9	5	13.00m	8.50m	13.00m	
Masters W 40-49	60m	76.2cm 2' 6	5	12.00m	8.00m	16.00m	
Boys 13	60m	68.6cm 2' 3	5	11.00m	7.25m	20.00m	
Boys 14	60m	76.2cm 2' 6	5	11.50m	7.50m	18.50m	
Boys 15	60m	83.8cm 2' 9	5	12.00m	8.00m	16.00m	
Boys 16	60m	83.8cm 2' 9	5	13.00m	8.50m	13.00m	
Boys 17	60m	91.4cm 3' 0	5	13.00m	8.50m	13.00m	
Boys 18	60m	91.4cm 3' 0	5	13.72m	9.14m	9.72m	
Boys 19	60m	99.1cm 3' 3	5	13.72m	9.14m	9.72m	
Junior Men	60m	99.1cm 3' 3	5	13.72m	9.14m	9.72m	
Senior Men	60m	106.7cm 3' 6	5	13.72m	9.14m	9.72m	
Masters M 35-49	60m	99.1cm 3' 3	5	13.72m	9.14m	9.72m	
<b>SCHOOLS</b>							
Boys Minor	75m	76.2cm	8	11.50m	7.50m	11.00m	
Boys Junior	80m	83.8cm 2' 9	8	12.00m	8.00m	12.00m	
Boys Inter	100m	91.4cm 3' 0	10	13.00m	8.50m	10.50m	
Boys Inter	400m	83.8cm 2' 9	10	45.00m	35.00m	40.00m	
Senior	110m	99.0cm 3' 3	10	13.72m	9.14m	14.02m	
Senior	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m	
Girls Minor	75m	76.2cm 2' 6	8	11.50m	7.50m	11.00m	
Girls Junior	75m	76.2cm 2' 6	8	11.50m	7.50m	11.00m	
Girls Inter	80m	76.2cm 2' 6	8	12.00m	8.00m	12.00m	
Girls Inter	300m	76.2cm 2' 6	7	50.00m	35.00m	40.00m	
Girls Senior	100m	83.8cm 2' 9	10	13.00m	8.50m	10.50m	
Girls Senior	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m	

## STEEPLECHASE

	Distance	Height	Hurdle Jumps	Water Jumps	Jumps per lap
Senior Men	3000m	91.4cm 3' 0	28	7	5
Senior Women	3000m	76.2cm 2' 6	28	7	5
Junior Men	3000m	91.4cm 3' 0	28	7	5
Junior Women	3000m	76.2cm 2' 6	28	7	5
Girls 17	2000m	76.2cm 2' 6	18	5	5
Girls 18	2000m	76.2cm 2' 6	18	5	5
Girls 19	3000m	76.2cm 2' 6	28	7	5
Boys 17	2000m	91.4cm 3' 0	18	5	5
Boys 18	3000m	91.4cm 3' 0	28	7	5
Boys 19	3000m	91.4cm 3' 0	28	7	5
<b>IRISH SCHOOLS</b>					
	Distance	Height	Hurdle Jumps	Water Jumps	Jumps per lap
Girls	2000m	76.2cm 2' 6	18	5	5
Girls	1500m	76.2cm 2' 6	13	3	5
Boys	2000m	91.4cm 3' 0	18	5	5
Boys	1500m	91.4cm 3' 0	13	3	5



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