



NATIONAL INDOOR LEAGUE 2022

The National Indoor League in 2022 will consist of the best of 2 rounds plus a final and will take place as follows:

- Round 1: Sunday 9th January 2022, National Indoor Arena, Dublin
- Round 2: Sunday 23rd January 2022, Athlone International Arena, Athlone
- Final: Saturday 12th February 2022, National Indoor Area, Dublin

Entry Fee: €50 euro. Entries by Club Official online at entry.athleticsireland.ie
Guest Individuals €5.00 online only.

LEAGUE RULES

1. Events Round 1 – 60m, 200m, 800m, Long Jump, Pole Vault, Shot Put, 4 x 400m Relay.
2. Events Round 2 – 60m H, 400m, 1500m, Triple Jump, High Jump, Weight, 4 X 200m Relay.
3. Events Final – All above. 1
4. Each Club may enter up to 2 Male and 2 Female Teams.
5. Athletes may only compete on 1 team throughout the competition.
6. No guests on club teams.
7. Four trials for Long Jump, Triple Jump and Shot Put.
8. Four failures in total in High Jump and Pole Vault (Normal 3 consecutive failure elimination rule also applies).
9. All teams compete together – no Divisions. Men & Women teams will be scored separately
10. Points will be awarded depending on the number of teams entered in the category. First Place earns a bonus point, then award down to 1 point to last.
11. Individual athletes will have a separate competition.
12. Top 6 Male & Female teams go forward to the Final.
13. Top Male and Female Team will be awarded a perpetual trophy.
14. Athletes must be 16 years of age or over on the 31st of December in the year of competition.
15. Men must be 18 years of age or over on the 31st of December in the year of competition to compete in the Shot Put & Weight.
16. All Teams for Round 1 must be entered with Team Names.
17. Athletes may compete in a maximum of 2 track & 1 Field event or vica versa for all rounds.
18. In the event of a tied position, the countback rule will apply to wins etc.

19. Due to current Government Guidelines all Athletes, Coaches & Spectators will have to be either vaccinated or recently recovered from Covid. This will be check upon entry to the venue.
20. Events Subject to any further Government Restriction.
21. Closing date for Team Entries Monday 3rd January 2022. Team Declaration to be done ahead of Round.
22. Guest Entries Round 1 Closing Date – Wednesday 5th January 2022.
23. Round 1 Guest Only Events: 60mH, 400m & 1500m
24. Guest Entres Round 2 Closing Date – Wednesday 19th January 2022.
25. Round 2 Guest Only Events: 60m, 800m, & 3000m

Individual competition will be available as before for the same events as in the League. All individuals should enter online.