

**Competition Rules**

1. Athletes may only compete for their first claim clubs.
2. Athletes MUST compete in their own age category.  
Please note: - School years 6 & 7 = Under 13.  
-School years 8 & 9 = Under 15 School years 10 & 11 = Under 17.  
The 'senior' category includes Under 20's & Vets.
3. Clothing. – Club colours should be worn as this is a 'team competition'. Leisure/'street wear'/ football shirts are strictly PROHIBITED.
4. Event Restrictions. – The maximum number of events an athlete may compete in are: -  
Under 13/15/17 - 3 events  
Under 20 - 5 events
5. Entry fees. The 'NYSD Treasurer' will 'bill' clubs after the final league meeting ( eg as NYSD XC League meetings) as follows:  
For all 6 meetings -  
Under 13/15/17 = £5 (After Meeting 3 = £3)  
Senior (incl. U'20's & Vets.) = £6 (After Meeting 3 = £4)  
GUEST athletes (i.e. athletes from non NYSD League clubs) = £3 per meeting  
Under 11's = £1 per meeting  
GUESTS & Under 11's ONLY to register with 'box officials'. They are not eligible for Awards.
6. Awards. The 'Athlete of the Match' award will be based on a single performance by an athlete (based on England Athletics Standards). There are separate awards for male & female which may be won only once within the season.
7. Points System. (Team Competition). Points will be awarded in each event/age category to the first SIX athletes (i.e. 6 points down to 1 point). There is no limit to the number of athletes competing for their club in any single event but ONLY THE FIRST COUNTER FROM EACH CLUB WILL SCORE.  
After the final match the club scores will be totalled & trophies awarded as follows:  
Female trophy ..... aggregate of scores over 6 meetings.  
Male trophy ..... aggregate of scores over 6 meetings.  
Aggregate trophy.. the total of female & male scores.  
Result sheets indicating club scores will be displayed at meetings.

**8. Field Events – Trials/Minimum Requirements.**

Under 11's ..... 2 trials ONLY

Under 13/15 Girls & Boys ..... 2 trials (extra trial for 'top 6' or at Referee's discretion).

Under 17/Seniors ..... 3 trials (extra trial for 'top 6' or at the Referee's discretion).

High Jump minimum heights:

Under 13 - 1.05m

Under 15 - 1.10m

Under 17 - 1.15m

Seniors - 1.20m

The minimum triple jump 'take off board' is 7 METRES for all.

**9. Team Managers.**

Each club MUST have an adult representative at each meeting to register athletes/allocate numbers. Numbers issued at registration are to be retained & used by the athlete at all meetings. Substitute numbers (lost numbers) & pins are the responsibility of the athlete/club. Representatives/team managers are requested to 'sign in' at box in order to make their presence known to league officials & their own club athletes (5 points awarded).

**10. Officials.**

Each club is expected to provide 2 field judges, 1 track judge & 1 timekeeper (total = 4 volunteers) at most meetings. Points will be awarded for each official (5 ..... i.e. a maximum of 20 points at each meeting ). Appointed officials, records, 'start team' etc can also be recognised for the allocation of points.