

SCVAC TRACK AND FIELD LEAGUE RULES

1. The league consists of clubs in seven area divisions. The club membership and number of divisions may be altered as clubs leave or join the league.
2. Each division is organised by a divisional coordinator and each club's team(s) by a team manager, who will liaise with the coordinator.
3. Entry forms for each season should be completed and returned to the league secretary by 31st March.
4. Affiliation forms should be completed and returned, with cheque for the appropriate amount, to the treasurer by 31st March. Subscription rates are set by the SCVAC committee.
5. Competition will be for athletes in three age groups, 35-49, 50-59 and 60+.
Athletes should be first claim members of their club, or second claim provided that their first claim club does not compete in the league. Second claim members, a maximum of five men and five women, should be registered on the entry form.
Guest athletes from the league clubs may compete where space and time allow.
6. Four evening matches, six in Kent, should be held between April and July, the dates and venues to be decided by the coordinators and team managers. Matches should be held under UKA and BMAF rules.
7. The provision of paperwork for the matches should be arranged by the coordinators and team managers.
8. Club letters or numbers should be worn by all scoring athletes.
9. Officials for the matches should be recruited by the coordinators and team managers/club officials secretaries.
10. Clubs hosting matches may claim an allowance from the treasurer to help offset costs.
11. Coordinators may claim expenses arising from their work for the league from the treasurer.
12. All standard track events from 100m. to 3000m, a 2000m. walk and all eight standard field events should be held. 5000m. and hurdles events may be held if time permits. Four relays, one at each match, should be held, 4x100m, 4x200m, 4x400m, and medley.
13. Age group competition
35-49 2 competitors per club in all running events, 1 per club in the walk and field events.
50-59 1 competitor in all events
60+ 1 competitor in selected events to be decided in each division
Relays 1 team per club in each relay
Where A and B strings run in separate races, the faster athlete should be A string.
14. Four trials, three in Kent, should be allowed in all throws and in long and triple jump.
15. Scoring is 8-7-6-5-4-3-2-1 for all events and for league points. This may be adjusted where there are more or fewer clubs in a division.
16. Results should be sent as soon as possible after each match to the league secretary, the editor of The Southerner and Masters Athletics, the rankings compilers and if possible to an Athletics Weekly correspondent.
17. The winning clubs from each division, the top two in Kent, will compete in a final towards the end of the season, normally in September.
18. These rules have been drawn up by the league secretary and the SCVAC committee and may be amended after consultation with the coordinators.