**RULES OF NOTTINGHAMSHIRE COUNTY DEVELOPMENT TRACK AND FIELD LEAGUE (Founded 2022)**

**Aim:** To promote track and field athletics for members of all Clubs affiliated to the Nottinghamshire Amateur Athletics Association (Notts. AAA), both road running and track and field clubs.

**Objective:** To provide and encourage competition and enjoyment for as wide a range of participants as is possible, with the development of athletes of all ages, from U17 to Masters, along with the training and development of officials, being of paramount importance. Final year U15 athletes will also be invited to certain matches.

**Eligibility:** Competitors have to be members of Notts. AAA affiliated clubs, and hold valid EA Registration. Guest competitors are **not** permitted, unless agreed by the NCDL Committee.

**The League:** Administered by the Nottinghamshire Athletic Network (NAN), to whom the track and field league secretary is responsible. The NCDL has the power to appoint other officers as is necessary for the better administration of the League.

**Fees:** Each club, including composite teams (no more than three clubs can combine to form a composite team) will pay £360 for the League season; Individuals (where there is no club participation in the league) will pay £20 for the League season.

All fees for individuals to be paid to the League Treasurer before or on the day of the first meeting. Cash or a cheque is acceptable.

Bank payments to: Nottinghamshire Amateur Athletics Association – Network

Barclays, S/C 20-55-68 Account - 93493830

**Programme:** There will be a maximum of FIVE matches per year, determined by the NAN, which will be held between April and September. A varied programme of track and field events will be offered during the season, with a slight bias towards the U17 & U20 age groups. Matches will cater for all age groups, including the Masters categories, in 10 year blocks, starting at V35 for both men and women. Hurdles, implements and their specifications will be to UKA age group rules.

**Age Groups:** Masters Age groups will be based on the age on the day of the first match of the season.

The U15, U17 and U20 age groups will be based on the UKA Rules. For U15’s and U17’s that is the age at 31st August and for U20’s it is the age at 31st December.

Athletes cannot compete in two age groups at the same meeting and athletes (particularly seniors / masters) cannot change categories from one match to another.

**Masters:** Masters Athlete’s must be at least 35 years of age on the day of the first match of the season.

**Events:** U15’s and U17s are restricted to entering no more than three events plus one relay.

U20s may compete in any five events. U15’s, U17’s and U20’s may compete alongside each other and seniors / masters in amalgamated events.

Women’s races will be run before Men’s races. Hurdles races being the main consideration.

Men and Women may compete alongside each other in amalgamated events.

**Audio Equipment** The use of Audio equipment and mobile phones is banned within the competition area.

**Photography** Anyone using cameras should sign the declaration sheet, giving reasons for taking photographs

Photographs should not be posted on social media.

**Entries:** Where numbers reporting are low, the track referee may amalgamate adjacent events to provide viable competition. In the interest of safety, where numbers reporting are high, the track referee may provide additional races.

**Scoring:** *There will be no team scoring in 2024. It is intended that an age grading points system will be employed for future years and that only the best two age graded performances, from each team, will count towards team points for each event. Further information will appear in this section when the system has been fully developed and proved.*

**Relays:** Members of relay teams can be a mixture of ages and sexes, but must be members of the same club or composite team

**Warming Up:** General warming up can only take place on the track prior to the start of the Match.

When the competition starts, warming up for track events must take place away from the competition area.

Warming up, and practice throws or jumps, for Field events, will take place immediately prior to the event, when the Officials are assembled and have established a safe warm up process.

**Field Rules:** Specifications for throwing implements are to UKA rules. In long jump, triple jump and all throwing events, competitors will be allowed a minimum of three trials and may be allowed a maximum of six trials. The events will each be allocated a block of time in which to be completed so, the amount of trials allocated, above three, will depend on the number of competitors reporting.

A short & efficient warm-up time will allow more competition time.

High Jump – Competitor’s select their entry height and all jumpers have unlimited trials until accumulating three consecutive failures. The High Jump bar is normally initially raised by 5cms at a time.

Triple Jump – The minimum take off distance for all triple jump competitions will be 7m.

Pole- Vault - this is a 2-stage event. Stage one opens at a height of 1.50m to completion, stage two opens at a height of 2.40m, or thereabouts, depending on the athlete’s ability. All Pole Vaulters have unlimited trials until accumulating three consecutive failures. The Pole Vault bar is normally initially raised by 10cms at a time.

Pole Vaulters must register at least one hour before the start of the Pole Vault competition, to prevent unnecessary movement of heavy equipment.

**Numbers:** To be worn, as issued, on front and back of club vests, except for jumping events, when only one number need be worn.

Numbers will be allocated to clubs, and issued at the first match. Clubs and composite teams will then issue numbers to each of their team members, previously sent to the League Secretary. Clubs are responsible for providing their own pins. Numbers are issued for the whole season and clubs and composite teams are responsible for replacing any lost or damaged numbers during the course of the season. Individual competitors will pick up their numbers at the first match they attend and, as for teams, will be responsible for using the same number, or an identical replacement, for all matches they attend.

**Team Lists:** Team declarations, together with a list of officials, must be submitted to the match recorders a few days in advance of the match, with any late amendments being submitted at least 30 minutes before the first event of that match.

**Officials:** Clubs should provide as many qualified officials as they are able and endeavour to recruit further club members to help out at each match. Training and development for officials will be provided at each match with the opportunity given to become formally qualified as required.

**Start Time:** League meetings normally start at 10am. Officials must report at least ½ hr before the start.

**Track and Field League Secretary:** Sheila O Keefe

**Programmes & Results:** Via the following link: [CDL Information](https://www.nottsaaa.org/landingpage/notts-county-development-league)

Updated to Revision 2

January 25th 2024

Peter Fendley