












UKA rules apply for all league competition

In the interests of fostering fair and honest competition, of protecting competitors and encouraging a policy of 'duty of care', the League reserves the right at all times, to adopt, adapt or discard any existing or future league rules, subject to endorsement of affiliated clubs at an AGM or EGM.

Eligibility (Athletes)

1. All competitors must be bona fide first claim members of their club and eligible to represent it in open team competition.
2. Each club is permitted one 2nd claim athlete per year, but this athlete must be from a club not affiliated to the league. Any athletes used in this way must be declared in writing to the league secretary before the first match of the season.
3. Guest competitors are not allowed to compete in any event. A Guest Competitor shall be defined as an athlete either (i) not within an age group provided for by the league or (ii) Belonging to a club not affiliated to the league and not registered under Rule (2).
4. Non scoring competitors are permitted in any event provided for in the league programme to encourage athlete participation. For Clarification a Non-Scoring Competitor shall be defined as a person who is a member of a club affiliated to the league as per rules (1) & (2).
5. Competitors shall be confined to competing within their own age group in all League matches
6. Non scoring events may be mixed sex and ages to suit numbers.
7. Competitors may compete in events as defined in UKA Rules 107 (2), (3), (4) & (5)

Under 9 Girls & Boys	 	Competitors must be a minimum of 8 years old on the day of competition, and not 9 by the 31 st August 2022. All competitors shall take part in all 4 Quad Kids Events at each match.
Under 11 Girls & Boys	 	Confined to competitors aged 9 or 10 on 31 st August 2022. All competitors shall take part in all 4 Quad Kids Events at each match.
Under 13 Girls & Boys	  	Confined to competitors aged 11 or 12 on 31 st August 2022. Competitors in this age group may only compete in one middle distance event on the same day; therefore they may not compete in both 800m and 1500m at the same match. Competitors may compete in up to 3 individual events and Relay at each match.
Under 15 Girls & Boys	  	Confined to competitors aged 13 or 14 on 31 st August 2022. Competitors in this age group may only compete in one middle distance event on the same day; therefore they may not compete in both 800m and 1500m at the same match. Competitors may compete in up to 3 individual events and Relay at each match.
Under 17 Ladies & Men	  	Confined to competitors aged 15 or 16 on 31 st August 2022. Competitors in this age group may compete in both middle distance events at the same match. Competitors may compete in up to 3 individual events and Relay at each match.
Under 20 Ladies & Men NON SCORING AGE GROUP	  	Confined to competitors aged 17 or over on 31 st August 2022 and Under 20 by the 31 st December 2022. Competitors in this age group may compete in both middle distance events at the same match. Competitors may compete in up to 5 events at each match.

8. Any competitor found to be ineligible because of age for any event(s) in which he or she competed shall forfeit the match points gained in the event(s) which shall be re-scored as though he or she had not taken part.
9. Any competitor contravening League rules regarding number of events in which they compete will lose the points scored from the extra event(s), the event(s) selected should be those where the athlete has scored highest.

Eligibility (Clubs)

10. All clubs must be affiliated to the Territorial or National Association (England Athletics) in whose geographical area of responsibility the club's headquarters are located.
 11. Only Clubs affiliated to the Oxfordshire County Athletic Association are permitted to join the league.
 12. Clubs affiliated to the league for 2022 Season:
 - Abingdon AC
 - Banbury Harriers AC
 - Bicester AC
 - Oxford City AC
 - Radley AC
 - Team Kennet
 - White Horse Harriers AC
 - Witney Road Runners
- Non-Scoring**
Great Milton AC

12(A) The current affiliation fee for member clubs is £80.00. Match fees of £2.00 per athlete shall be paid by the competing clubs after each match.

13. No composite teams shall be permitted in the league.
14. Applications from new clubs are welcome and may be made at any time.

Identification Letters

15. Designated Identification Letters or Numbers must be worn on the front and back by competitors in all events including relays, with the exception of High Jump where only one letter on the front or back is required.
16. In all events (excluding Quad Kids & Non Scoring Competitors) 'A' competitors must wear a single letter and 'B' competitors a double letter and ***wear as declared on the declaration sheet.***
17. A and B String Scoring letters for U13/U15/U17 Age Groups are as follows:

A String Letter	B String Letter	Club
A	AA	Abingdon AC
N	NN	Banbury Harriers AC
B	BB	Bicester AC
O	OO	Oxford City AC
R	RR	Radley AC
X	XX	Team Kennet
H	HH	White Horse Harriers AC
W	WW	Witney Road Runners
		Great Milton AC

18. For Quad Kids & Non-Scoring events, individual identification numbers must be worn for every event in which they compete at a match. (If a competitor is competing in both scoring & non scoring events, they must be supplied with both non scoring numbers & Scoring letters and change them for the appropriate event.)

19. Identification numbers for competitors in Quad Kids Events & Non-Scoring will be allocated on the day of competition by the administrative team.
20. All Identification cards should be worn as issued (i.e. not folded or cut), and fastened securely in each of the 4 corners by safety pins.
21. Identification Letters / Numbers for the whole season are provided by the league and are made available at the First Fixture.

Clothing

22. In all events competitors must wear at least vest and shorts (or equivalent clothing) which are clean and so designed **and worn** as not to be objectionable even when “wet”
23. Club vests must be worn of appropriate size. A competitor not wearing a club vest may not compete unless an unavoidable shortage has been reported to the referees before the start of the match. An appropriate replacement such as club / or plain t-shirt can be worn.
24. Running shorts or briefs should be worn; these are the responsibility of the competitor to provide. These do not have to be in club colours, but should be constructed of a suitable material and designed as for the purpose of the intended event.
25. Competitors are responsible to ensure that they have adequate clothing and equipment with them as appropriate to the weather conditions such as wet weather gear or sun screen, and that they take it with them to their event area.

Footwear

26. Competitors may compete in bare feet or with one or two shoes. The purpose of shoes is to give protection and stability to the feet and a firm grip on the ground.
27. Spiked shoes are permitted in all track events and Field events (excluding Discus Throw & Shot Putt). Up to a maximum of 11 spikes may be used in any combination
28. The accepted spike length for track events and Long Jump runways is 6mm.
29. The accepted spike length for High Jump & Javelin Throw events is 12mm.

No spiked shoes should be worn inside of stadium buildings or stands.

Fixtures for 2022 Season

30. The fixtures for the forthcoming season are decided upon at the end of season AGM.
- 31.

Match	Date	Venue
Match 1	Sunday May 1st 2022	Horspath Road Stadium, Oxford (hosted by OCAC)
Match 2	Sunday 14 th August 2022	North Oxfordshire Academy School, Drayton Road, Banbury (hosted by Banbury & Bicester)
Match 3	Sunday September 4 th 2022	Tilsley Park, Abingdon (hosted by Radley AC and Witney RR)

Scoring

32. Male and Female events are scored separately for each age group.
33. Two competitors per club shall be permitted and score in each event (Excluding Quad Kids Competition).
34. In events where A & B strings compete separately, the best performer **MUST** be nominated as A string. (Team managers have a special responsibility to implement this rule.)
35. Where both competitors for a club compete together, the leading competitor shall be regarded as the ‘A’ competitor for scoring purposes regardless of initial declaration. It is therefore crucial with computerized scoring that athletes compete in the identification letter to which they are declared on the official declaration sheet held by the scorers.
36. For all events (excluding Quad Kids) scoring shall be decided on a match points allocation for both ‘A’ and ‘B’ contests (as appropriate),

37. For Quad Kids events clubs may enter teams of boys and girls in the under 9 and under 11 age groups, but a club's combined team must not exceed a total of 16 girls and 16 boys. These can be in either or both age groups, and the distribution between age groups is not important, BUT athletes must be declared separately in their correct age groups on the declaration sheet. For example, for one match a team may find that they have 11 under 9 girls, and 6 under 9 boys; this means they can enter a further five under 11 girls and ten under 11 boys. For another match they may only have three under 9 girls, in which case they can enter up to thirteen under 11 girls, and so on. The top 4 in each age group will count towards the team points total.
38. In Quad Kids events scoring for individual events is calculated by comparing the individual's performance in an event against the Quad Kids scoring system held by the recorders. At the end of each event each competitor is given their overall score.

League Positions

39. League Positions will be determined in the first instance by League Points.
40. League points shall be allocated to each match for each trophy category, as per number of clubs in age group. Eg. 1st in match = 7 points, 2nd in match = 6 points, if 2 or more clubs have the same match points they shall share the combined league points for the relevant places.
41. League positions shall be placed upon aggregate league points gained. In the event of a tie, the team with the highest aggregate match points will be placed higher.

Awards

41. League trophies are awarded to the winning team in each age group as well as overall team champions male and female, and are presented at the conclusion of the final fixture.
42. Athlete prizes will be awarded to 2 boy and 2 girl athletes competing on the day
43. Any competitor breaking a league record throughout the season will receive a certificate recording their achievement.

Officials

44. Teams should make every effort to provide adequate officials.
45. All teams should attempt to provide at least 1 track judge and 1 timekeeper and a team of field judges (at least 1 graded), to cover their appropriate events as outlined in the Field Rota.
46. Where clubs are unable to provide required number of officials or volunteers they should notify the league official's secretary at least 14 days prior to the fixture.
47. All qualified officials are asked to send their availability to the league official's secretary to ensure that appropriate meeting staff can be appointed:
Chief Timekeeper
Clerks of Course as required
Field Referee
Meeting Manager
Starter
Starter's Assistant(s)
Track Referee
48. Officials & Volunteers must sign the Health and Safety Attendance Forms held by the discipline chiefs or referees.
49. The League Officials Secretary will ensure that adequate copies of the League Rules are available for all Chiefs of events & a copy held in the Recorders area.

Health & Safety

50. The host club will ensure that adequate first aid is provided at each fixture and his/her whereabouts must be made clear to all clubs at the start of the meeting.
51. The league must ensure that they have adequate third-party insurance cover.
52. For the avoidance of doubt, in the conduct of field events it is at the discretion of the officials in charge to allow or not allow a competitor to participate if it becomes clear to the officials either during registration, warm-up or during the course of competition that a competitor has not previously attempted that event in training or competition and is deemed therefore not safe to participate. This can apply in any field event, though in practice is most likely to be a problem in the long throws (javelin and discus) and in high jump.

Doping

53. If an athlete is required to take medication it is their responsibility to scrutinize the UKA drug prohibited list.
54. In certain conditions such as asthma an athlete maybe required to sign an exemption form (beta 2 agonists).

Programme for Fixtures

55. Standard timetables are provided for each fixture
56. The events to be contested shall be as follows:

Under 9 Girls	Under 11 Girls	Under 13 Girls	Under 15 Girls	Under 17 Ladies
75m	75m	100m	100m	100m
600m	600m	200m	200m	200m
Long Jump	4 x 100m Relay	800m	300m	300m
Vortex Throw	Long Jump	1500m	800m	800m
	Vortex Throw	70mHdles	1500m	1500m
		4 x 100m Relay	75mHdles	80mHdles
		High Jump	4 x 100m Relay	4 x 100m Relay
		Long Jump	High Jump	High Jump
		Discus Throw	Long Jump	Long Jump
		Javelin Throw	Discus Throw	Discus Throw
		Shot Putt	Javelin Throw	Javelin Throw
			Shot Putt	Shot Putt

Under 9 Boys	Under 11 Boys	Under 13 Boys	Under 15 Boys	Under 17 Men
75m	75m	100m	100m	100m
600m	600m	200m	200m	200m
Long Jump	4 x 100m Relay	800m	400m	400m
Vortex Throw	Long Jump	1500m	800m	800m
	Vortex Throw	75mHdles	1500m	1500m
		4 x 100m Relay	80mHdles	100mHdles
		High Jump	4 x 100m Relay	4 x 100m Relay
		Long Jump	High Jump	High Jump
		Discus Throw	Long Jump	Long Jump
		Javelin Throw	Discus Throw	Discus Throw
		Shot Putt	Javelin Throw	Javelin Throw
			Shot Putt	Shot Putt

It is the responsibility of all Team Managers to ensure that competitors entered for events have had either prior experience or minimal coaching.

The discipline Referees (in discussion with the Meeting Manager & Team Manager) have the right to withdraw a competitor from any event if they feel that the safety of the competitor or those within the event are compromised in any way.

Non-Scoring Events

57. One non-scoring competitor is permitted per club per event within the league to encourage participation; however they should be declared prior to the meeting and sent to the results co-ordinator along with the main declaration sheet.
58. Non scoring competitors should compete at the same time as the equivalent scoring event in the timetable and will be allocated spare lanes as necessary. If additional non scoring events are held, they must not interfere with the league programme.
59. If a competitor competes in a non-scoring event, it does not exclude them from competing in a match event, however it does count towards the maximum number of events an athlete can take part in (league rule 8).
60. Under 20 competitors are allowed to compete in the league in timing with the equivalent under 17 competitions, however their participation is in a non-scoring capacity, and will not count toward the team total.

Cancellation & Abandonment:

61. If a fixture is abandoned before 50% of the event(s) have been completed then the match will be treated as a void match.
62. Where at least 50% but not all the scheduled events have been completed then the result will stand and the outstanding points shall be based on the points already scored by the competing clubs i.e. total points already scored, divided by the number of events completed, multiplied by the total number of events in the match.
63. Where a particular event in the programme is not held for any reason, the points that would have been available for the event should be totaled and shared between the number of competitors originally declared for the event.
64. If a particular event has to be abandoned after it has started the points will be shared by the declared competitors unless any competitors have been eliminated, then the competitors will share the points still to be decided and the eliminated competitors will be credited with the position and points they have earned.

Definition of Competition Area

65. Rule 144 of the UKA and IAAF Handbook states that apart from receiving medical assistance in the competition area (which normally also has a physical barrier and is defined as an area where the competition is being staged and which has an access restricted to the competing athletes and personnel authorised in accordance with the relevant Rules and Regulations (i.e. the field officials responsible for the event), athletes may not receive assistance from within the competition area, and risk disqualification if they repeatedly seek assistance despite warning by the official. For the avoidance of doubt, the Oxfordshire League is held under UKA rules and therefore follows this rule, which in its entirety states:

Any athlete giving or receiving assistance from within the competition area during an event shall be warned by the Referee and advised that, if there is any repetition, he will be disqualified from that event. If an athlete is subsequently disqualified from the event, any performance accomplished up to that time in the same round of that event shall not be considered valid. However, performances accomplished in a previous round of that event shall be considered valid.

Note: In cases under Rule 144.3(a), disqualification may be made without warning.

(3) For the purpose of this Rule, the following examples shall be considered assistance, and are therefore not allowed:

(a) Pacing in races by persons not participating in the same race, by athletes lapped or about to be lapped or by any kind of technical device (other than those permitted under Rule 144.4(d)).

(b) Possession or use of video recorders, radios, CD, radio transmitters, mobile phone or similar devices in the competition area.

(c) Except for shoes complying with Rule 143, the use of any technology or appliance that provides the user with an advantage which he would not have obtained using the equipment specified in, or permitted by, the Rules.

(d) The use of any mechanical aid, unless the athlete can establish on the balance of probabilities that the use of an aid would not provide him with an overall competitive advantage over an athlete not using such aid.

(e) Provision of advice or other support by any official of the competition not related to or required by his specific role in the competition at the time (e.g., coaching advice, indication of the takeoff point in a jumping event except to indicate a failure in horizontal jumps, time or distance gaps in a race etc.).

(4) For the purpose of this Rule, the following shall not be considered assistance, and are therefore allowed:

(a) Communication between the athletes and their coaches not placed in the competition area.

In order to facilitate this communication and not to disturb the staging of the competition, a place in the stands, close to the immediate site of each Field Event, should be reserved to the athletes' coaches.

(b) Medical examination / treatment and/or physiotherapy necessary to enable an athlete to participate or continue participation once on the competition area under Rule 144.1.

(c) Any kind of personal safeguard (e.g. bandage, tape, belt, support, etc.) for protection and/or medical purposes. The Referee, in conjunction with the Medical Delegate, shall have the authority to verify any case should he judge that to be desirable. (See also Rules 187.4 and 187.5.)

(d) Heart rate or speed distance monitors or stride sensors or similar devices carried or worn personally by athletes during an event, provided that such device cannot be used to communicate with any other person.

(e) Viewing by athletes competing in Field Events, of images of previous trial(s), recorded on their behalf by persons not placed in the competition area (see 144.1 Note). The viewing device or images taken from it must not be taken into the competition area.

Competitors entering and leaving the competition area during competition may be deemed to be seeking assistance and may render themselves liable to a warning and/or eventual disqualification from the event.

Warming Up

66. While warming up for running and jumping events athletes may make use of available space around the track which is not being used for competition, with the exception of the home straight (once competition has commenced). Athletes should remain aware at all times of other track users and restrict their warm ups to areas which will not interfere with the competition. They may also leave the competition area and warm up on adjacent fields or pitches. Throwers may also warm up within the track area and on adjacent fields. However, this does not apply to warm up throws, which must only be conducted in the competition area under the supervision of competition officials. The League does not allow throwers to take warm up throws for javelin, discus, hammer or shot outside the competition area (for instance on adjacent fields and pitches) even when under the supervision of a coach. Any athlete found to be breaching this rule will render themselves liable to disqualification from the event for which they are entered.