

AVON TRACK & FIELD LEAGUE V1.0

Web Site www.avonleague.org.uk

Welcome to the Avon League 2025

LEAGUE CONTACTS

Role	Name	email
Chairman	Matt Viner	matthew.viner@gmail.com
Secretary	Debbie Brooks	debbiebrooks@sky.com
Treasurer	Pete Jackson	
Results co-ordinator	Roger Brocklesby	
Field Referee	Graham Brooks	
Track Referee	Peter Davenport	
Chief Timekeeper	Mark Thomas	
Welfare Officer	Vacant – issues arising to be referred to League Chairman	
Para/Adaptive	Jim Kyle	
Quadkids	Ellen Taylor	
Tri-Adaptive	Matt Viner	
Webmaster	John Deaton	

CLUB REPRESENTATIVES

Club	Name	email
Bristol & West AC	Simon Jones	
	Daniel Lambourne	
Cheltenham & County Harriers	Crispian Webb	
	Elliot Prince	
Gloucester AC	Michelle Yates	
North Somerset AC	Chris Millard	
	Angela Kell	
Team Bath AC	Iain Osborne	
	Mark Thomas	
Yate & District AC	Charlotte Viner	
	Jeremy Dale	

LEAGUE MATCH DETAILS – 2025

Date	Venue	Programme	Host Club
18 th May	Yate Outdoor Sport Complex, Yate	Match 1	Yate / Bristol & West
29 th June	Yate Outdoor Sport Complex, Yate	Match 2	Yate / Bristol & West
17 th August	Yate Outdoor Sport Complex, Yate	Match 3	Gloucester / Cheltenham
14 th September	Yate Outdoor Sport Complex, Yate	Match 4	Team Bath / N Somerset

Avon Track & Field League

The League will be run by a committee consisting of Chairman, Secretary, Treasurer, Welfare Officer Webmaster plus one representative from each of the competing clubs. The League has a bank account and only the Treasurer is authorised to sign cheques. The committee will meet as necessary during the year to transact the business of the League.

ADMINISTRATION AND CLUB RESPONSIBILITIES

The league will be responsible for:

- booking venues and first aid cover
- applying for competition licences from England Athletics
- arranging officials for the Start team, Track Referee, Chief Timekeeper and Field Referee
- providing field cards and signing in sheets for officials, volunteer helpers and photographers
- arranging a results team and providing the results laptop, with Hitek software, and printer

Host clubs will be responsible for:

- providing a field equipment officer, hurdle movement team and an announcer
- at least two volunteers at the track to help with setup and two volunteers (not necessarily the same people) to help with post-meeting clear up

Officials

All officials and meeting support staff are required to sign in on the appropriate register provided by the league. Each competing club must provide 1 timekeeper, 1 track judge and 5 field event judges to work as a team. Field event teams should have 2 qualified officials with one at level 2 or above.

Progression for Officials

Part of the upgrading requirements for officials is gaining a report as a team leader/chief/referee (except Photo-Finish and Starter) and 1 report as a team member using technology (field). If anyone would like to shadow a Chief to gain experience, or have training on an EDM, please get in touch with the League Secretary who can put you in contact with the relevant person. For meetings held at Yate Outdoor Sports Complex there is the opportunity to gain practical experience in Photo Finish, please get in touch with the League Secretary who can put you in contact with the relevant person.

Affiliation Fee

This will be set prior to the first match each year and will be the minimum required to pay for the running costs of the league. The league affiliation fee for 2024 is £635 and is payable to the Treasurer before the first match. Cheques should be made out to the 'Avon Invitation Track and Field League'. Payment may be made by BACS.

Athlete of the Match Awards

For every completed match, one male and one female Athlete of the Match Award will be made, on the basis of performance against AAA of England Grades in the age group in which they competed on the day. For the Season one male and one female Para Athlete Award will be made.

Performances by Masters or Under-20s will be compared against Senior grades. No athlete may win more than one award in a season. All decisions on awards (including about meetings not completed) will be made by the committee, whose decision will be final.

Para events for track races and seated throws are included events in the main timetable as non-scoring events.

Avon League Tri-Adaptive competition is a series of non-scoring events, organised and officiated by the adaptive community, to provide opportunity for para and disability athletes who are not able to participate in the main para events. Rules and guidance are set out in a separate document.

Rules and guidance for the Quadkids competition are set out in a separate document.

LEAGUE COMPETITION RULES

The League is run under UKA Rules for Competition in conjunction with the World Para athletics rule book and Activity Alliance guidance.

RULE 1: Competitors

Teams may enter up to three athletes per age group event (U13 and above). The best two performances will count for team points (see Rule 10). The other performance will be treated as a non-scoring athlete.

Masters: In the 100m and 1500m track events Masters may be declared to score either as a Senior or a Master but not both. In the 100m separate races may be staged at the discretion of the Start team. In throwing events Masters may compete as a Master, throwing a non-Senior weight but will be considered a non-scoring athlete. In all other events Masters will be considered as Senior competitors.

Guests: Requests to compete as a Guest athlete must be made in writing to the League Chairman at least 5 days prior to each match. Guests will only be permitted with prior agreement of the Track Referee / Field Referee. Guests will only be able to compete in the scheduled events and the cost will be £10 per match. Guest athletes must be registered with their Home Country Athletic Federation (HCAF) and eligible to compete for the 2025 Track and Field season.

RULE 2: Age Groups

Age groups of competitors will be as per UKA rules as set out below:

U13 Boys & Girls: Under 13 but not under 11 at midnight on 31.08.2025 – School year 6 & 7

U15 Boys & Girls: Under 15 years at midnight on 31.08.2025 – School year 8 & 9

U17 Men & Women: Under 17 years at midnight on 31.08.2025 – School year 10 & 11

SM & SW over 17 years at midnight on 31.08.2025

Masters, 35 or over, on the day of competition.

No competitors under 11 years of age may compete in the main league and should compete in the Quaddkids events.

No athlete may compete in two age groups per meeting with the exception of Masters who may compete as Seniors in any event. See Rule 10 below which provides exceptions for relays. Any athlete being caught doing this will have **all of their points** deducted, as well as any points for relay teams that they may have competed in. Athletes may move up an age group in subsequent matches, subject to UKA rules.

RULE 3: Number of Events

No competitors may compete in more than 3 events, excluding relays. Athletes competing in too many individual events will have their highest points score(s) voided.

RULE 4: Clothing

Footwear must meet the UKA rules, and you can check if your shoes are on the approved list through this link: [LIST OF APPROVED ATHLETIC SHOES](#) Unapproved shoes could mean that the athlete's result is not recorded and will not be shown in the official results or sent to Power of 10. It is the athlete's responsibility to check this prior to them competing. All clothing should comply with UKA rules and competitors must wear Club vests.

Club colours are:

Bristol & West AC	White vest with red horizontal band
Cheltenham & County Harriers	White vest with double horizontal black stripe
Gloucester AC	White vest with diagonal red band
North Somerset AC	Navy Blue vest with white horizontal band
Team Bath AC	Blue vest with yellow panels
Yate & District AC	Green vest with yellow vertical stripe

RULE 5: Bib Numbers

Numbers must be worn front and back, except for the field events when one bib number must be displayed. Team numbers are to be supplied by clubs and must be Stacy size and not "home-made". Numbers must be from the defined range of numbers for the club for all age groups and as allocated on the league athlete roster for that club.

Club Numbers

Bristol & West AC	201 to 299	Cheltenham & County Harriers	301 to 399
Gloucester AC	401 to 499	North Somerset AC	501 to 599
Team Bath AC	701 to 799	Yate & District AC	101 to 199

Note: Each club number can be allocated to a male and female athlete. The results system will hold an extra leading digit being 1 for male athletes (making a four digit number) and retain the three digit numbering for female athletes. The leading 1 for male athletes should **not** be shown on the bib number.

RULE 6: Track Events

The makeup of races is at the discretion of the track officials.

All events up to and including 400m can be seeded to grade the races in order of performance.

Lane draws may no longer be operated, but preferential treatment in seeding athletes in certain lanes should be avoided at all times.

RULE 7: Throws

Implement weights as per UKA rules, except for Masters who may opt to use the implement for their age group category, but in doing so will then become a non-scoring athlete.

All throws: Team Managers must ensure that any athlete they enter must have a basic knowledge, and training experience, of the event to be able to throw safely and not be a danger to officials, other athletes or themselves.

RULE 8: Jumps

Triple Jump: Only U15 age group and above may participate in the Triple Jump as per UKA rules. No take-off board, or line, at less than 7 metres will be provided.

High Jump: For all age groups the first height on offer will be 1.00m. Competition will proceed in 5cm increments until the last three competitors in each age group remain. Thereafter the lead event official will ask the remaining athletes what increment they would like with a minimum of 2cms, unless it is for a League record. (UKA Rule)

Pole Vault: The starting height and progression, at a minimum of 5cms, will be at the discretion of the lead official. The lead official, in conjunction with the Field Referee, may decide to split the competition into two pools, or call an interval in the competition, to allow event officials a break and /or athletes to warm up again.

RULE 9: Horizontal Jumps and Throws

All athletes will be entitled to 3 trials and the top three athletes in each age group, U15 and above, who have met PB Award standard level 4, shall be entitled to a further 3 attempts.

Note: Should insufficient officials be available on the day, or if the timetable is running behind schedule, the Field Referee has the discretion to rescind the entitlement to additional attempts.

RULE 10: Scoring

- 10.1 The first two athletes for each club, of the three permitted, will score depending on where they finish within the combined event. The scoring will be 1st place 12 points down to 12th place 1 point.
- 10.2 Each age group is scored separately.
- 10.3 Total points scored by all age groups determines overall match position and the match position for each age group.
- 10.4 Match points are scored as 1st = 6, 2nd = 5.....6th = 1 point.

RULE 10: Scoring (continued)

- 10.5 Should a meeting be abandoned match points will only be awarded if two thirds of the scheduled events have been completed. No points will be awarded if an event needs to be cancelled or abandoned on the day.
- 10.6 At the end of the season total match scores determine age group and overall positions. In the event of a tie, total event points will be used to determine final positions.

RULE 11: Relays

Each club can enter a up to two relay teams in each age group, each team must comprise of four athletes. The U13 relay will be a mixed race comprising two boys and two girls. All other age groups are male or female races. Mixed teams may be permitted in U15 age groups and above, if insufficient athletes are available to form a relay team but then becomes a non-scoring team.

For all age groups athletes may compete up one age group to complete a relay team provided there is at least one athlete of the correct age group in the team. For example, if 3 U13s and 1 U15 form a team they will compete as a U15 age team. They **must not** under any circumstances compete 2 age groups above their own age group i.e. U13,U13,U13,U17 or U17,U17,U17,U13.

RULE 12: Team Declarations

There is no requirement on clubs to declare the team before the day. However, team managers should ensure all athletes are included on the team roster schedule and given the correct bib number on the day (see Rule 5).

On the day the relay teams, Masters and 3000m declaration forms should be handed in as early as possible and before the races are run. Team Manager contact names and mobile numbers should be provided so the result team can contact team managers if any results queries arise on the day.

RULE 13: Results

The league will endeavour to issue a set of provisional results to each team contact within 48 hours of the meeting. All clubs have until five days following the meeting to notify any errors or omissions in the results (or to report that they have found none affecting their club). If there are no unresolved issues remaining five days after the meeting, the results will be declared Final and submitted to the Power of 10.

RULE 14: Second Claim Athletes

Second claim members will be allowed to compete as scoring athletes, provided they compete as athletes for only one club in the league for the whole season.

RULE 15: Abandonment of an event or meeting

The decision to abandon, or not hold an event, because of safety concerns will be taken by the Referees in conjunction with committee members and be communicated clearly and promptly to all competing teams. The decision of the Track or Field Referee to suspend or abandon a meeting on the day is at their discretion and will be clearly communicated to a team manager representing each competing club.

RULE 16: Protests and Appeals

All protests must be made to the Track and Field Referees on the day and only by a Team Manager. The decision of the Chief Track Judge and/or Field Referee will be final.