

Southern Athletics League

Constitution

1. The name of the league shall be the Southern Athletics League.

Membership is open to all clubs affiliated to UKA operating in the southern area upon payment of an entrance fee, to be determined at the AGM.

2. The rules as published by UKA shall apply without exception. There will be additional rules to meet the requirements of the league which will have equal force and which will not be altered in any way except by a majority vote at a General meeting.

3. The league shall hold an Annual General Meeting as soon as possible after the end of the track season to elect the Officers and Committee of the League, to report on the seasons activities, to present a financial report, to decide on the fixture dates for the next season and to conduct such other business that has been sent to the Secretary for inclusion in the agenda. Clubs must be given at least eight weeks notice of the AGM, and any motions for the AGM must be received by the League Secretary at least four weeks before the AGM. No additional proposals may be accepted at the AGM.

Each member club present at the General Meeting shall have **one vote per club**. A quorum will be 20 per cent of member clubs. In the event of a meeting being inquorate a second meeting shall be called within 28 days when all business that should have been conducted at the General Meeting shall be conducted by the members present, provided that **all** member clubs were correctly informed.

The management of the league shall be vested in a Management Committee comprising a Chairman, a Secretary, a Fixtures Secretary, a Treasurer plus two additional members to be elected at the Annual General Meeting. The Management Committee shall act as the Disciplinary Committee where appropriate. The Management Committee shall have the power to fill any vacancies that arise in the Management Committee between AGMs. In all matters requiring a vote, the vote shall be by a simple majority. The Chairman shall have a casting vote in cases of a tie.

An EGM must be convened by the Secretary within six weeks of receipt of a request in writing from a minimum of eight affiliated Clubs stating the reason for which the meeting is to be convened. A minimum of 14 days notice of the EGM must be given to all Clubs, and Management Committee members.

The decision to wind up the Southern Athletics League may only be taken by a vote at a General Meeting. In the event of the Southern Athletics League being wound up, the Officers of the League shall have the power to dispose of any assets and finances, taking action as recommended by an accredited legal advisor.

4. The financial year for the league shall be from 1st October to the 30th September the following year.

5. Subscriptions to the League shall be set by a General Meeting. Clubs who have not paid their subscription by 1 April will not be allowed to compete.

6. The League Secretary, in consultation with the League Chairman, shall have the authority to act on matters of urgency when there has not been time to call a Management Committee meeting.

League Rules

1. First Claim members of clubs who are at least 15 on 31st August in the year of competition may compete. Second Claim members (up to a maximum of 5 per team per match) may also compete provided that their First Claim Club does not compete in the SAL.

2. For all league matches the promoting club must have adequate First Aid cover, have adequate Insurance cover and hold the meeting on a facility which is an up to date accredited UKA track.

3. The promoting club shall ensure that a suitably qualified Chief Starter, a Chief Timekeeper, a Track Referee, a Marksman and a Field Referee are all appointed, in addition to a Meeting Manager, a Recorder and an Announcer.

ALL clubs should provide **two** Timekeepers, **two** Track Judges and a Field team. One Timekeeper, one Track Judge and two Field judges will each gain five bonus points for their club. At least two of those officials must be qualified, including at least one Field Judge, who must be capable of leading the allocated events.

4. The promoting club must inform visiting clubs at least 14 days before the event if there are any changes to the programme. It is expected that visiting clubs will request directions to the venue if they have not visited there before.

5. Visiting clubs are expected to inform the host club well in advance if they are unable to fulfil their officiating duties.

6. Declaration sheets shall be handed to the recorders at least 15 minutes before the start of the first track event.

7. All officials' names should be added to the declaration sheets for the meeting, together with their license numbers.

8. Scoring will be (6-5-)4-3-2-1 for all events and matches, depending on the number of teams in the division. In all track events, scoring competitors (both A and B) should compete together if there are sufficient lanes and officials.

9. Each club will supply its own allocated team letters and pins. All athletes must wear a number on the front and the back, except High Jumpers and Pole Vaulters, who shall wear one number only,

10. Approved club vests must be worn by scoring athletes.

11. By competing in more than the permitted number of events (including non-scoring events), all points scored by the athlete on the day will be deducted from the team score. Refer to UKA Rules 107(4) & (5) – See Appendix 1.

12. Team managers are expected to ensure that no UKA or SAL Rules are infringed. If considered appropriate offence(s) will be reported to the Disciplinary Committee of the League who may consider appropriate penalties.

13. Non-scoring athletes from the participating clubs will be permitted in all events on the track. They may run with the scoring races or after the scoring races. In the field events, clubs are restricted to one non-scoring athlete per club per event. Non-scoring places not used by one club can be used by another participating club by prior arrangement between team managers. (Additional non-scoring field-event athletes may be allowed at the discretion of the Field Referee.) No non-scoring athletes are allowed in the Hammer, Discus and Javelin at Double-Header Matches.

14. Competitors in the throwing and horizontal jumps shall have **three** attempts each with the **top four** scoring athletes having a further **three** attempts.

The opening height in the High Jump and Pole Vault will be the minimum height requested by the competitors or available with the equipment, but the second height will be:

High Jump: Match 1, 3, 5: Men 1.20m and Women 1.00m; Match 2, 4: Men 1.23m and Women 1.03m.

Pole Vault: Divisions 1&2: Match 1, 3, 5: Men 1.90m and Women 1.70m; Match 2, 4: Men 1.95m and Women 1.75m. Division 3: Match 1, 3, 5: Men 1.40m and Women 1.20m; Match 2, 4: Men 1.45m and Women 1.25m.

All heights will then be in increments of 5cm for High Jump and 20cm (men)/10cm (women) for Pole Vault until there are just 3 competitors remaining.

15. Lane draws and Field event draws will be pre-determined.

16. In all events where A and B compete together the higher scorer will be the A string. Where they compete separately, the Team Manager has an obligation to ensure that the better athlete is the A string.

17. Personal starting blocks that have been approved by the starter/marksman may be used.
18. (1) If the fixture is **cancelled** the host secretary must submit details in writing to the League Secretary, giving reasons for cancellation. No attempt shall be made to re-arrange the fixture and the match points shall be awarded on the basis of the team's average scores during the season.
- (2) In poor weather conditions it is the responsibility of the host club to notify visiting clubs of likely cancellation by 10.00 pm on the eve of the fixture. It is the responsibility of the host club to notify visiting clubs of any cancellation immediately. If the fixture is cancelled and insufficient notice has been given, the host club may be deemed liable for expenses incurred by visiting clubs. The committee is empowered to recommend expenses after submissions have been sent within 14 days of a cancelled fixture.
- (3) If a fixture is **abandoned** before 50% of the events are concluded the match is void and rule 18 (1) applies. If 50% or more of the events have been completed the match shall 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.
- (4) If, for any reason, a particular event in a fixture is cancelled before it has started, the points will be adjusted as in 18 (3). If it has to be abandoned after it has started, it will count as a scoring event and the points will be shared by the declared competitors unless any competitors have been eliminated, in which case 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.
19. A copy of the detailed match results and the team declarations, together with a list of officials - required in the case of an insurance claim - must be sent to the Fixture Secretary within two days after the fixture. Host clubs should also send copies of the full results to the other competing clubs and to the Power of Ten. Match event score-cards, etc, should be retained by the host clubs until the end of the season.
20. The final divisional structure will be decided by the SAL Management Committee following discussion at the AGM.

Appendix 1

UKA RULE 107

(4) Under 17 Men and Women (School Years 10 and 11)

- (i) Track and Field events for Under 17's shall be confined to competitors who are aged 15 or 16 on 31st August within the Competition Year, as defined in (1) above.
- (ii) Other than when competing in a combined event, Under 17's may compete in maximum of four events on one day of an athletics meeting, and if so doing, one of these must be a relay. If Under 17's are competing in a combined event they are not allowed to compete in any other event on the same day.
- (iii) No athlete in this age group is allowed to run in any track event in excess of 5000 metres.
- (iv) Under 17 athletes may compete against Juniors or Seniors in track events, including National and County Championships, in events not exceeding 3000 metres (including steeplechase), subject to any limitations as to standard laid down by the organisers.
- (v) Under 17's may compete against Juniors or Seniors in field events, provided the implements to be used are those laid down for the older age group.

(5) Under 20 Years Junior Men and Women

- (i) Track and Field events for Juniors shall be confined to competitors who are 17 or over on 31st August within the Competition Year, as defined in (1) above, but Under 20 on 31st December in the calendar year of competition.
- (ii) Juniors may not compete in more than five events on the same day of an athletics meeting. If Juniors are competing in a combined event they are not allowed to compete in any other event on the same day.
- (iii) Juniors may only run in track events up to and including 10000 metres.

(iv) Juniors may run against Seniors in open track events, including National and County Championships, up to and including 10000 metres.

(v) Juniors may compete against Seniors in open field event competitions, including National and County Championships, provided that the implements used by them shall be those laid down for Senior competition.