

# Munster Schools Athletic Association

## GloHealth Munster Schools Track & Field Championships Saturday 21<sup>st</sup> May in Waterford RSC @ 9.30am.

### RULES OF COMPETITION

*The IAAF Rule-Book shall be used unless otherwise stated. In the event of any conflict between the rules of the IAAF and the rules set out herein, these rules shall have precedence.*

#### Events:

#### Girls

**Minor** – 75mH, 100m, 800m, 4 x 100m Relay, Shot (2.72kg), Long Jump. *Starting in 2016, there will be All Ireland Schools Minor competition for 75mH (2'3").*

**Junior** – 100m, 200m, 800m, 1500m, 4 x 100m Relay, 75m Hurdles, High Jump, Long Jump, Triple Jump, Pole Vault, Shot (2.72kg), Discus (0.75kg), Javelin (400g), Hammer (2.50kg), 1200m Walk.

U/16 – 1 Mile

**Intermediate** – 100m, 200m, 300m, 800m, 1500m, 3000m, 1500m Steeplechase, 80m Hurdles, 4 x 100m Relay, 300m Hurdles, High Jump, Long Jump, Triple Jump, Pole Vault, Shot (3kg), Discus (1kg), Javelin (500g), Hammer (3kg) & 2000m Walk.

**Senior** – 100m, 200m, 400m 800m 1500m, 3000m, 1500m Steeplechase, 100m Hurdles, 400m Hurdles, 4 x 100m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Shot (4kg), Discus (1kg), Javelin (600g), Hammer (4kg), 3000m Walk.

#### Boys

**Minor** – 75mH, 100m, 800m, 4 x 100m Relay, Shot (3.00kg), Long Jump. *Starting in 2016, there will be an All Ireland Schools Minor competition for 75mH (2'6").*

**Junior** – 100m, 200m, 800m, 1500m, 4 x 100m Relay, 80m Hurdles, High Jump, Long Jump, Triple Jump, Pole Vault, Shot (4kg), Discus (1kg), Javelin (600g), Hammer (4kg), 1200m Walk.

U/16 – 1 Mile

**Intermediate** – 100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Steeplechase, 100m Hurdles, 400m Hurdles, 4 x 100m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Shot (5kg), Discus (1.5kg), Javelin (700g), Hammer (5kg) & 2000m Walk.

**Senior** – 100m, 200m, 400m, 800m, 1500m, 5000m, 2000m Steeplechase, 110m Hurdles, 400m Hurdles, 4 x 100m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Shot (6kg), Discus (1.75kg), Javelin (800g), Hammer (6kg), 3000m Walk.

### **Age Groups:**

Age groups for girls & boys shall be as follows:

<b>Minor:</b>	Under 14 on 1 <sup>st</sup> July 2016
<b>Junior:</b>	Under 15 on 1 <sup>st</sup> July 2016
<b>U/16 Mile:</b>	Under 16 on 1 <sup>st</sup> July 2016
<b>Intermediate:</b>	Under 17 on 1 <sup>st</sup> July 2016
<b>Senior:</b>	Under 19 on 1 <sup>st</sup> January 2016

- Please return all Cups before or on the day of the Championships.
- Each School must supply an Official.

### **Restrictions:**

- No competitor may compete in more than **two** events plus a Relay.
- No School may have more than **two** competitors in any event.
- Each competitor must compete in their own age group except in the Relay where one athlete from the age group immediately below may complete a team & a Minor may compete in a Junior event if that event is not available at Minor level.
- In the Minor & Junior age groups, an athlete may not compete in two or more middle distance events (ie. an 800m & a 1500m).

### **Conduct of Events:**

- Athletes are required to check-in 15 minutes before the designated time for their event. Failure to do so may mean that the athlete may not be allowed to participate in the event. Athletes reporting late in throwing or jumping events shall be allowed only whatever trials remain for the other athletes.
- The 800m events may be run in lanes for the first bend.
- In the Long Jump, Triple Jump, Shot Putt, Javelin, Discus & Hammer, all competitors will have 3 attempts each with the top **6** having two further attempts.
- In the Junior Girls & Junior Boys Triple Jump, the athlete must start the run-up no further than **12 metres** from the board.
- All Field Event athletes must be technically proficient & competent in the event in the interest of safety.
- Personal throwing implements must be submitted to the organisers beforehand for weighing & inspection. **Athletes are allowed to use their own implements & if they so wish, are allowed exclusive use of such implements.**
- The Rule for Starting will be Rule 162 of the old IAAF Handbook.

**Entries:**

- Each Region may nominate THREE competitors in all Field Events & all Track Events 800m & over. In Track events 400m and below a procedure is in place whereby two regions nominate 3 qualifiers & the third region nominates 2 qualifiers. The procedure operates on a rotational basis every 3 years.  
4 athletes will qualify from each Province in the U16 Mile Boys & Girls to the All-Ireland Schools Track and Field Championship.

**Extra Entries:**

Where space permits, an extra entry may be submitted to the Director of the Meeting in order to resolve a tie or some other unusual circumstance at Regional level. **A Competition Bye Procedure is now in place for Munster & must be adhered to if applying for a Bye. See Details below.**

**Competition Wear:**

Acceptable competition wear is a school singlet or a white or plain singlet. Club singlets, International singlets, fancy T-Shirts or unacceptable logos may not be worn. **Only 5mm spikes may be used.** Athletes may not run in bare feet.

**Competition Area Rules:**

- Athletes are not permitted to carry or use electronic recording or transmission equipment (eg. earphones, notebooks, tablets, I-Pods, smart phones etc) in the competition area.
- An athlete must leave the competition area when their event is complete.
- Teachers, coaches or parents are **NOT ALLOWED** in the competition area at any time.

**Relays:**

For Relay competitions only, an athlete may compete out of his/her age category but may only compete in **ONE** Relay on the day & must be from the age group immediately below.

**High Jump:**

Starting Heights:-

	Girls HJ	Boys HJ
<b>Junior</b>	1.30m	1.40m
<b>Intermediate</b>	1.35m	1.50m
<b>Senior</b>	1.35m	1.55m

**Pole Vault:**

Starting Heights:-

	Boys PV	Girls PV
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<b>Junior</b>	2.20m	1.70m
<b>Intermediate</b>	2.80m	1.80m
<b>Senior</b>	2.90m	2.00m

**Weights:**

<b>BOYS</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Hammer</b>
<b>Minor</b>	3.00kg	-	-	-
<b>Junior</b>	4.00kg	1.00kg	600g	4.00kg
<b>Intermediate</b>	5.00kg	1.50kg	700g	5.00kg
<b>Senior</b>	6.00kg	1.75kg	800g	6.00kg
<b>GIRLS</b>				
<b>Minor</b>	2.72kg	-	-	-
<b>Junior</b>	2.72kg	0.75kg	400g	2.50kg
<b>Intermediate</b>	3.00kg	1.00kg	500g	3.00kg
<b>Senior</b>	4.00kg	1.00kg	600g	4.00kg

**Hurdles Specifications:**

<b>Category</b>	<b>Distance</b>	<b>Height</b>		<b>No. of Flights</b>	<b>Approach</b>	<b>Interval</b>	<b>Finish</b>
<b>Minor Girls</b>	75m	68.6cm	2' 3"	8	11.50m	7.50m	11.00m
<b>Minor Boys</b>	75m	76.2cm	2' 6"	8	11.50m	7.50m	11.00m
<b>Junior Girls</b>	75m	76.2cm	2' 6"	8	11.50m	7.50m	11.00m
<b>Inter Girls</b>	80m	76.2cm	2' 6"	8	12.00m	8.00m	12.00m
<b>Inter Girls</b>	300m	76.2cm	2' 6"	7	50.00m	35.00m	40.00m
<b>Senior Girls</b>	100m	83.8cm	2' 9"	10	13.00m	8.50m	10.50m
<b>Senior Girls</b>	400m	76.2cm	2' 6"	10	45.00m	35.00m	40.00m
<b>Junior Boys</b>	80m	83.8cm	2' 9"	8	12.00m	8.00m	12.00m
<b>Inter Boys</b>	100m	91.4cm	3' 0"	10	13.00m	8.50m	10.50m
<b>Inter Boys</b>	400m	83.8cm	2' 9"	10	45.00m	35.00m	40.00m
<b>Senior Boys</b>	110m	99.0cm	3' 3"	10	13.72m	9.14m	14.02m
<b>Senior Boys</b>	400m	91.4cm	3' 0"	10	45.00m	35.00	40.00m

**Steeplechase:**

**2000m:** There shall be 18 hurdles and 5 water jumps.

**1500m:** There shall be 13 hurdles and 3 water jumps.

The Girls' Steeplechase shall have barriers of 2'6".

The Boys' Steeplechase shall have barriers of 3'.

**Track Rules:**

Please have respect for the Track & its environs & adhere to all the rules of the Track including those set out below:-

- Each competing school must take responsibility for the good behaviour of its athletes within the Track.
- To this end, each school is asked to have present a teacher or designated adult charged with maintaining an acceptable level of behaviour from their athletes.
- Competitors will, at all times, obey stewards and officials of the meeting.
- Please do not leave your personal belongings unattended.

**Numbers:**

Each athlete must wear the correct number, secured by four safety pins.

**Substitutions:**

Substitutions may be submitted only by the Region Secretary to the Director of the Meeting. The substitute athlete, where eligible, will receive a special number.

**Scoring:**

Scoring in all events:

1<sup>st</sup> 3 pts; 2<sup>nd</sup> 2 pts; 3<sup>rd</sup> 1 pt.

**Protests:**

All protests must be made verbally by a school representative before the presentation of medals & then in writing within 30 minutes of the end of the specific event.

**Jury of Appeal:**

If either party engaged in dealing with a protest is dissatisfied, the matter shall be referred to a Jury of Appeal, consisting of one representative of each Region & the Chairperson of Munster Schools Athletics. The decision of the Jury of Appeal is final.

**Medals:**

Medals shall be awarded to the first **three** in each event. The first **2** athletes in each laned event & the first **3** athletes in non laned events & field events qualify for the All Ireland Schools Track & Field Championships on Saturday 4<sup>th</sup> June 2016 in Tullamore Harriers Stadium.

**Trophies:**

Trophies are awarded to the winning school in each age group.

# Munster Schools Competition Byes

## Procedure

### **Application for Bye into Munster competition:**

Letter from Athlete's School → Regional Secretary → Munster Secretary → Consultation with Munster Schools Athletics Board → Decision to Athlete's School.

*If Bye is granted, athlete will be included in Munster competition programme.*

### **Application for Bye into National competition:**

Letter from Athlete's School → Munster Secretary → Consultation with applicable Regional Secretary & Munster Schools Athletics Board → Decision to Athlete's School.

*If Bye is granted, Munster Secretary will communicate decision to the Irish Schools Administration Director & the athlete will be included in Irish Schools competition programme.*

**Byes WILL be considered in relation to the following exceptional circumstances:**

1. **Bereavement** of a family member.
2. **Injury:** Letter from applicable Doctor/Physiotherapist/Consultant required
3. **Illness:** Letter from School required
4. If an athlete is taking part in **another representative sport at a similar or higher level** on the same day – Letter from Coach/applicable Sporting Body required
5. **Exams (State only):** Letter from School required

**Byes will NOT be granted:**

- For Pre-Exams for Junior/Leaving Cert. Students have to make a choice between exam & competition.
- If an athlete opts to compete in an alternative athletics competition on the same day.

## Requirements

**All letters of application for a Bye must be on School Headed Notepaper & signed by the teacher in charge of athletics & either the Principal or Deputy Principal. Letters may be e-mailed to the Munster Schools Secretary at [info@munsterschoolsathletics.org](mailto:info@munsterschoolsathletics.org) with the original to follow by post (Address: Aisling Hoey, Ballyduff Road, Two Mile Borris, Thurles, Co. Tipperary). Letters from appropriate medical adviser/sporting body must also accompany School letter if applying for a bye under 2 & 4 above.**

**Bye Deadline:** All Byes (exception bereavement/sudden illness) have to be made **at least 72 hours** before the actual competition.

For each competition, once the deadline for receipt of Byes has passed, all applications will be dealt with in block & the outcome of **ALL** appeals will be announced together.

**Replacements:** For all non laned events (ie events exceeding 400m) & Field Events, replacements shall be made from region first & then on standby thereafter.

**Contacts:**

Munster Chairperson: Mary Ashe [chairperson@munsterschoolsathletics.org](mailto:chairperson@munsterschoolsathletics.org)

Munster Schools Secretary: Aisling Hoey [info@munsterschoolsathletics.org](mailto:info@munsterschoolsathletics.org)

East Munster Schools Regional Secretary: Mary Ashe [info@eastmunstersports.com](mailto:info@eastmunstersports.com)

North Munster Schools Regional Secretary: Greg Ashe [info@northmunstersports.com](mailto:info@northmunstersports.com)

South Munster Schools Regional Secretary: Liam O'Brien  
[info@southmunstersports.com](mailto:info@southmunstersports.com)

## CONSTITUTION

**Title:**

Cumann Luthchleas Scoileanna Na Mumhan  
Munster Schools Athletic Association

**Objectives:**

To promote and encourage track & field athletics, cross country running and race walking in post-primary schools in Munster.

The Association shall consist of three regions:

East Munster – Waterford and Tipperary

North Munster – Clare, Limerick & North Kerry

South Munster – Cork & South Kerry

**Membership:**

Any second level school in the province may affiliate to the Association.

**Officers:**

President (Cathaoirligh)

Assistant President (Leas Cathaoirligh)

Children's Officer

Hon. Secretary – Treasurer

**Annual General Meeting:**

The Annual General Meeting shall be held in late November/early December.

Each affiliated school may send one delegate to the meeting.

The Meeting shall:

- Elect the officers of the Association
- Receive reports on the year's activities
- Receive a statement of the Association's financial affairs
- Discuss any other business relevant to the aims & activities of the Association
- Ratify the fixtures of the Association
- Appoint sub-committees & other officers of the Association when this is deemed necessary for the conduct of MSAA activities.

**Extraordinary General Meeting:**

An Extraordinary General Meeting may be called by the executive committee or on receipt of a written request for such a meeting from at least six affiliated schools. Such a request shall contain a copy of the proposed agenda for the meeting.

The Executive Committee shall be responsible for the day to day running of the Association. It shall be responsible for the interpretation of the Association's rules & its decisions shall be final.