

Munster Schools Athletic Association

GloHealth Munster Schools Combined Events Championships

Wednesday 14th October in Nenagh Indoor Stadium @ 11am

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 – Junior, Intermediate & Senior

60m Hurdles, Long Jump, Shot Putt, **High Jump** & 800m

Boys – Junior, Intermediate & Senior

60m Hurdles, Long Jump, Shot Putt, **200m** & 800m

Age Groups:

They are the same age groups as last Summer's Track and Field Championships

Age groups for girls & boys shall be as follows:

Junior:	Under 15 on 1 st July 2015 (Not suitable for 1st year students)
Intermediate:	Under 17 on 1 st July 2015
Senior:	Under 19 on 1 st January 2015

Girls & Boys First Year Multi Events **(Munster Event Only)**

60m, 800m, Long Jump & Shot **(2 attempts only)**

1st Year Multi Events (Munster Event Only) – First Year students

Entries:

- Only athletes from affiliated schools may compete in these competitions.
- **Maximum of 3 athletes per school per event**

- Please download the Entry Form & return to Aisling Hoey at munsterschoolssecretary@gmail.com before Tuesday 7th October. Enquiries to Aisling Hoey at e-mail address above.
- 5 Euro Entry Fee per athlete.
- Each School must supply an Official.
- The first 4 athletes in each age group qualify for the All Ireland Schools Combined Events Championships on Saturday 7th November in AIT International Arena, Athlone, Co. Westmeath.

Conduct of Events:

- Please note that the Junior, Intermediate & Senior competitions are **UNSUITABLE** for athletes who have not had any experience of Hurdles and/or High Jump. The Junior competition is unsuitable for 1st Year students.
- **This is not an individual event competition. Athletes must attempt all events.**
- **All athletes should be technically proficient & competent to compete in each event.**
- Personal throwing implements must be submitted to the organisers beforehand for weighing & inspection.
- The 1st Year Multi Events competition is at Munster level only. There is no follow –on All Ireland competition.

Order of Events:

The Order of Events may change throughout the day, at the discretion of the Event’s Manager. Where possible, the Junior, Intermediate & Senior age group competitions will begin with the sprint hurdles race & end with the 800m races.

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.

Weights:

BOYS	Shot
1 st Year	3.25kg
Junior	4.00kg

Intermediate	5.00kg
Senior	6.00kg
GIRLS	Shot
1st Year	2.72kg
Junior	2.72kg
Intermediate	3.00kg
Senior	4.00kg

Hurdles Specifications:

Category	Distance	Height	No. Flights	Approach	Interval	Finish
Junior Girls	60m	76.2cm 2' 6"	5	11.50m	7.50m	18.50m
Inter Girls	60m	76.2cm 2' 6"	5	12.00m	8.00m	16.00m
Junior Boys	60m	84.0cm 2' 9"	5	12.00m	8.00m	16.00m
Inter Boys	60m	91.4cm 3'0"	5	13.00m	8.50m	13.00m

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.

Arena Rules:

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

- Each competing school must take responsibility for the good behaviour of its athletes within the Arena.
- 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 safety pins.

Scoring:

Performances will be scored using the IAAF Scoring Tables for the particular event, with the exception of the 60mH where separate tables will be used.

Event Rules Which Differ from Individual Events

- In all Track events, one false start is permitted with disqualification on the second false start.
- In the Junior, Intermediate & Senior competitions, each competitor will be allowed a maximum of **THREE** trials in each of the Field Events, except the High Jump. For the 1st Year competition, each competitor will be allowed a maximum of **TWO** trials only in the Shot Putt & **THREE** trials in the Long Jump.
- In the High Jump, the bar will be raised in increments of 3cm only. The starting height will be at the discretion of the competitors.

Failing to Score in an Event:

- If a competitor attempts an event & fails to score e.g. falls in the Hurdles or has 2 no Jumps etc., he/she may progress to the next event in his/her competition.
- If a competitor makes no attempt at an event, he/she will be deemed to have withdrawn from the competition & will not be permitted to take any further part in the competition.
- If a competitor starts in the 800m but does not finish, he/she will receive 0 points for that event but will be placed according to his/her points total.

Tie for Any Place:

- In the event of two or more competitors having the same final score, the tie shall be resolved as follows: The Winner shall be the person scoring higher in the majority of events. If this fails to separate the competitors, the winner is the person with the highest points for any individual event.

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:

The winner shall be the athlete who has obtained the highest number of points. Medals shall be awarded to the **top four** in each age group. The first 4 athletes in each age group qualify for the All Ireland Schools Combined Events Championships on Saturday 7th November in AIT International Arena, Athlone, Co. Westmeath.

NENAGH OLYMPIC ATHLETIC CLUB

The Nenagh Olympic Club Committee would like to draw your attention to the Club Rules for all Athletes, Officials and Supporters using Nenagh Olympic Indoor Track.

- No warm up on the Track Arena.
- Only 5mm spikes to be worn on the track.
- No smoking allowed in the complex.
- No food or drink allowed on the track.
- Nenagh Olympic Athletic Club is not responsible for any items or personal belonging lost or stolen while using the complex.
- Managers of each organization intending to use the complex are responsible for their supporters' behaviour and to see that all supporters and athletes adhere to the rules of Nenagh Olympic Athletic Club Committee. Adequate supervision should be provided at all times.
- All equipment in the complex is for the use of athletes and must not be abused or damaged in any way.
- Under no circumstances should anything other than masking tape be used for marking the track. All tape to be removed when events are completed.
- All check in, registration, recording and presentation to take place in designated areas.
- In order to comply with Insurance Regulations, Meet Organisers must insure that under no circumstance are spectators to be allowed on the track.
- Assembly for all events must take place in warm up area. Athletes must be accompanied on the track by an official of the meet when the event is called.
- Nenagh Olympic Athletic Club Committee members reserve the right to terminate any Athletics meet at their own discretion if the above rules are not adhered to.