

# AVON TRACK & FIELD LEAGUE V1.0

Web Site [www.avonleague.org.uk](http://www.avonleague.org.uk)

Welcome to the Avon League 2026

## LEAGUE CONTACTS

Role	Name	email
Chairman	Matt Viner	<a href="mailto:matthew.viner@gmail.com">matthew.viner@gmail.com</a>
Secretary	Debbie Brooks	<a href="mailto:debbiebrooks@sky.com">debbiebrooks@sky.com</a>
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 the League Chairman	
Para/Adaptive	Charlotte Viner	
Quadkids	Ellen Taylor	
Tri-Adaptive	Matt Viner	
Webmaster	Vacant	

## CLUB REPRESENTATIVES

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

## LEAGUE MATCH DETAILS – 2026

Date	Venue	Programme	Host Club
17 <sup>th</sup> May	Yate	Match 1	Yate / Bristol & West
14 <sup>th</sup> June	Yate	Match 2	Cheltenham
13 <sup>th</sup> September	Yate	Match 3	Team Bath / N Somerset

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, Field Referee and Photo Finish
- providing field cards and signing in sheets for officials, volunteer helpers and photographers
- equipment officer
- arranging a results team and providing the results laptop, with Hitek software, and printer

### **Host clubs will be responsible for:**

- at least two volunteers at the track to help with setup of field events and two volunteers (not necessarily the same people) to help with post-meeting clear up, hurdle movement team

### **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. Officials must be declared to the League Secretary by the Friday of the week prior to the event weekend.

### **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 2026 is £550 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 England Athletics PB Awards in the age group in which they competed on the day. For the Season one male and one female Para Athlete of the Match 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 (U14 and above) for matches one and two. The best two performances will count for team points (see Rule 10). The other performance will be treated as a non-scoring athlete. For match three only two athletes can be entered per age group per event.

**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:** In the interest of increasing competition, and providing competitive opportunities, the League will accept guests into the para-athletic events. 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 not be permitted in any “non para” events. Guest athletes must be registered with their Home Country Athletic Federation (HCAF) and eligible to compete for the 2026 Track and Field season.

### **RULE 2: Age Groups**

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

U14 Boys & Girls: Under 14 years at midnight on 31.08.2026 – School year 7 & 8

U16 Men & Women: Under 16 years at midnight on 31.08.2026 – School year 9 & 10

U18 Men & Women: Under 18 years at midnight on 31.08.2026 – School year 11 & 12

SM & SW over 18 years at midnight on 31.12.2026

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

**No competitors under 12 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 11 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, whether scoring or non-scoring, 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
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. Athletes must not swap numbers at any point during the meeting, athletes found to do this will not have any of their results included and will not score points for the meeting.

### **Club Numbers**

Bristol & West AC	201 to 299	Cheltenham & County Harriers	301 to 399
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 U16 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, U16 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 1<sup>st</sup> place 12 points down to 12<sup>th</sup> 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.

### **RULE 10: Scoring (continued)**

- 10.4 Match points are scored as 1st = 6, 2nd = 5.....6th = 1 point.
- 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 U14 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 U14 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 U14s and 1 U16 form a team they will compete as a U16 age team. They **must not** under any circumstances compete 2 age groups above their own age group i.e. U14,U14,U14,U18 or U18,U18,U18,U14.

### **RULE 12: Team Declarations**

There is no requirement on clubs to declare the team before the day. However, team managers should make every effort to ensure all athletes are included on the team roster schedule and given the correct bib number (see Rule 5). The roster schedule must be submitted by 4pm on the Saturday before the match – any adjustments after this time must also be emailed to the League email (avon.league@outlook.com).

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.