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# NI AND ULSTER CHAMPIONSHIP COMPETITION BOOKLET

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## **General Competition Information**

Athletics NI & Ulster Athletics Council work in collaboration to provide competition opportunities for athletes, at all levels, to measure their progress and perform to their best. To achieve this aim, it is important that athletes are well-prepared for the competition environment and to ensure the delivery of a safe and enjoyable experience for both athletes and officials. Therefore, the following guidelines should be adhered to by all athletes, parents, guardians and coaches. Failure to abide by the guidelines may result in the athlete being disqualified. These guidelines are in addition to the Athletics Ireland & UKA Codes of Conduct that athletes, coaches, officials and those with parental responsibility are currently expected to also adhere to (available here: UAC @ <https://athleticsireland.ie> or ANI @ <https://athleticsni.org/Safeguarding>)

### **Preparation for Competition**

All athletes competing must be competent in any event they have entered. This is particularly important for hurdles, steeplechase, high jump, pole vault, triple jump, hammer, discus and javelin. The officials are there to officiate the competition and cannot be expected to coach inexperienced athletes. If an official feels that the athlete does not have the required competency to compete safely, they have the authority to remove them from the competition.

### **Event Start Time**

Please note that the timetables show the start time of the event, not the time for athletes to report or begin their warmup.

For example, if a long jump competition is timetabled to start at 3.00pm, this is the time that athletes are expected to be ready to take their first jump. They should have presented themselves at the long jump pit in plenty of time to get warmed up, measure their run-up and take a practice jump. If an athlete arrives late for a competition, they may not be allowed to compete. Once a competition has commenced athletes are not permitted to use runways or take off areas for practices, warm up purposes, nor are they permitted to use throwing sites for practice trials with or without implements.

Athletes are responsible for ensuring that they are aware of declaration times, especially for championship events. This will be for pre-entry events only and is generally 45mins to 1 hour before the event start time. This is to allow the necessary administration processes to be completed – eg calculation of heat numbers, lane draws etc.

### **Rules of Competition**

It is the role of the coaches to ensure athletes are aware of the rules when competing in more than one event. Track events shall take precedence over field events, with jumps taking precedence over throws. Any athlete competing in a field and track event at the same time should report to their field event, request permission to go to their track event from the official and return to the field event as soon as the track event is finished. They can then re-join the field competition at whichever round is currently taking place. If an athlete has missed a jump or throw in a previous round due to competing in a different event, then they forfeit that jump or throw. The athlete can only re-join a high jump or pole vault competition at the current bar height.

All athletes should also be aware of the general Rules of Competition, including World Athletics, UKA, Athletics Ireland, Schools or other competition specific rules as these may alter certain aspects such as use of own implements, time allowed for jumps/throws, withdrawing from competition, use of electronic devices, being coached during competition etc. In all cases personal implements must be checked on the day of competition by an official and once checked will remain in the possession of the event organisers until the event start time – personal implements will not be checked and handed back to the athlete before the competition.

## **Age Group Rules**

Athletes should ensure they are aware of which age group rules their event will be running under.

- For UKA age groups, athletes age categories are based on their age on 31st August of that competition year , with the competition groupings of U13/U15/U17/U20.
- For Athletics Ireland rules competitions age groups, athletes age categories are based on their age on 31st December of that competition year and are sometimes called 'Year of Birth' age categories.
- For schools events within Northern Ireland and in Ulster, the age groupings are different. More information about Ulster Schools competitions can be found on their website:  
<https://www.ussaa.co.uk>

## **Athlete, Coach, Parent & Spectator Behaviour**

All athletes, parents, guardians, coaches and other spectators at competitions must support the competition in a dignified and courteous manner. Shouting, arguing or being disrespectful towards officials and athletes will not be tolerated and may result in the offender being removed from the area, and the related athlete being disqualified. Any protests should be made directly by a designated club official to the official in charge of the event or the field / track referee. All attending the event expected to adhere to the Codes of Conduct, which can be found on the link here: UAC @ <https://athleticsireland.ie> or ANI @ <https://athleticsni.org/Safeguarding>

## **Photographers/ Media**

Policy on Photographers for Indoor Competition, no photographers are allowed at any time within the competition arena (track or field area), unless approved by Athletics NI communications officer prior to the event. For Outdoor Competition, a limited number of passes are available to press accredited photographers. These are available on application from the Meet Director or Competition Manager prior to the start of the first event of that day's program.

## **NI & Ulster Championship Entry Policy**

(Applies to all Cross Country and Track & Field Championship Entries.)

1. Entries will only be accepted online.
2. Payment must be made at time of entry.
3. Online entries will close at 23.59 on the Wednesday 10 days prior to the event unless otherwise approved by UAC/ANI.
4. No entries will be accepted after the Wednesday closing deadline for entries unless otherwise approved by UAC/ANI.
5. If individuals experience difficulties with the online system, then the relevant organizing Competitions Secretary **MUST BE** contacted either the Ulster Athletics Competitions Secretary or @ Athletics NI office. They must be contacted by phone or email **BEFORE** the Wednesday deadline to explain the difficulty. The relevant organizing body may accept entries if any of the online systems are proven to be at fault.
6. Athletes who arrive on the day of the competition will not be added to the start list in any event (Track & Field or Cross Country) unless it can be shown that an administrative error has occurred in the entry process.
7. If an athlete presents at an event seeking to be added to the start list, they must be immediately referred to the Event Manager. Under no circumstances should officials add an athlete to the list or allow them to compete as a “guest” or non-scoring athlete. Only the Event Manager can permit late additions to the start lists.
8. Clubs have a responsibility to ensure that all athletes wishing to compete under their club’s name in NI & Ulster Championships are aware of these conditions and abide by them.
9. If an athlete does manage to compete unentered they will be disqualified from all following events of that Championship, even if entered legitimately, and the individual and their club will be referred to the ANI/UAC liaison committee who will decide if further action needs to be taken.
10. All officials will be made aware of these regulations as part of the pre-event briefing.

## **General Rules**

### **Age-group Athlete Eligibility (Up to and including U19)**

All [NI and Ulster](#) Championships are considered as individual open competitions.

However, in relation to the Ulster & NI Juvenile Age Group Championships, to be eligible to receive an NI and Ulster Medal, athletes must meet the below criteria;

- All athletes must be members of clubs within the geographical location of Northern Ireland and the three Ulster counties of Ireland - Cavan, Monaghan and Donegal.
- Athletes who are NI eligible (conditions above) but are registered to an Athletics Ireland affiliated Club from another region (Leinster, Munster and Connacht), may compete at NI & Ulster Championships, but CANNOT qualify to the All-Ireland Championships they can only qualify to All Ireland Championships through the relevant regional championships their club is based in.

### **Senior Athlete Eligibility**

All Ulster and NI Championships are considered as individual open competitions.

However, in relation to the Ulster & NI Senior Age Group Championships, to be eligible to receive an NI and Ulster Medal, athletes must meet the below criteria;

- Athletes must have been born in NI/Ulster, or have a Parent or Grandparent born in NI/Ulster OR
- Athletes must be members of clubs within the geographical location of Northern Ireland and the three Ulster counties of Ireland - Cavan, Monaghan and Donegal, and have been a resident of NI/Ulster for a minimum of six months.

**\*\*University Students who can provide evidence of study may compete from the start of their course date.**

### **Para Athletics Events**

Athletics NI & Ulster Athletics host the annual NI & Ulster Track and Field Championships, including Age Groups and Senior events. To make these events as inclusive as possible and provide competition opportunities for all athletes, we include Para Athletics events within our Championships.

[The rules for Para Athletics events at the NI and Ulster Championships can be found here:  
https://athleticsni.org/Athletes/General-Competition-Information/Para-Athletics-Events-at-NI-&-Ulster-Championships](https://athleticsni.org/Athletes/General-Competition-Information/Para-Athletics-Events-at-NI-&-Ulster-Championships)

## **Track & Field Competitions**

### **NI & Ulster Championships**

## **NI & Ulster Indoor Age Group Championship**

### **Athlete Age Groups**

- U12-U19 Age Groups – Age 11-18
- Age categories are calculated as age on 31st December in the year of competition.
- This Championship primarily follows Athletics Ireland rules of competition. Details of which can be found in the Athletics Ireland Juvenile Competition booklet. Please note where there are exceptions these will be highlighted in relevant event entry details.

### **Events available to Boys & Girls**

<b>U12</b>	<b>U13</b>
60m, 600m, 4X200m Relay	60m, 60mH, 600m, 4X200m Relay
High Jump, Long Jump, Shot Putt	High Jump, Long Jump, Shot Putt

<b>U14</b>	<b>U15</b>
60m, 60mH, 800m, 1000m Walk, 4X200m Relay	60m, 60mH, 800m, 1000m Walk, 4X200m Relay
High Jump, Long Jump, Shot Putt	High Jump, Long Jump, Triple Jump, Shot Putt, Pole Vault

<b>U16</b>	<b>U17</b>
60m, 60mH, 200m, 800m, 1500m, 1500m Walk, 4X200m Relay	60m, 60mH, 200m, 400m, 800m, 1500m, 1500m Walk, 4X200m Relay, 4x200m Mixed Relay
High Jump, Long Jump, Triple Jump, Shot Putt, Pole Vault	High Jump, Long Jump, Shot Putt, Triple Jump, Pole Vault

<b>U18</b>	<b>U19</b>
60m, 60mH, 200m, 400m, 800m, 1500m, 1500m Walk, 4X200m Relay	60m, 60mH, 200m, 400m, 800m, 1500m, 1500m Walk, 4X200m Relay, 4x200m Mixed Relay
High Jump, Long Jump, Shot Putt, Triple Jump, Pole Vault	High Jump, Long Jump, Shot Putt, Triple Jump, Pole Vault

### **Competition Rules**

1. Individual Track & Field Championships for Boys and Girls ages u12-u19
2. Entries through on-line entry system only.
3. No entries or change of entries will be accepted on the day of the Championship.
4. Athletes are confined to their own age group (except for relays, see Relay Rules)
5. An athlete may compete in three individual events plus the relay
6. All athletes must wear club colours.
7. ONLY 5mm spikes may be used– this includes the High Jump. World Athletics (WA) rules apply for footwear.
8. Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising body may be used. Starting blocks are optional for U12 and U13, but a crouch start must be used instead. The commands for all sprints are "on your marks" and "set"



9. False Starts • WA False Start Rules apply. • U16 upwards - first false start leads to disqualification. • U12, 13, 14, 15. One false start and all are on warning of next false start leading to disqualification
10. All field events (except High Jump) will only be allowed 3 attempts.
11. The first four (4) from the region qualify for the Athletics Ireland National Championships, except in the 600m where three (3) qualify. No substitutions will be allowed.
12. Direct Entry: Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the NI and Ulster Championships, entries through body by closing date.  
*Also note: In practice this means that an athlete who competes at the NI & Ulster but does not automatically qualify can avail of Direct entry and enter the nationals.*
13. Coaches and parents are not allowed on the track at any time. Any parent or club official found on the track risks the possibility of the athlete and club being disqualified.

#### Check In Rules

- Each athlete must collect their own number and check-in for their event, if competing across both days of a weekend or qualifying for a final on day 2 you must re-register for that event.
- All athletes must check in a minimum of one (1) hour prior to their track event. Athletes who do not report will be scratched from the event. Athletes are reminded that they must check in for all events they intend to compete in. Failure to do this will result in disqualification. When heats have taken place, competitors need not report for the final on the same day, except to notify of a withdrawal. The responsibility for ensuring they are checked into the correct event lies with the athlete.
- Please note the timetable may change on the day. For this reason any athletes checked in will be assumed to be present at the venue. This may result in an event being brought forward. If the athlete is checked in and not present the athlete will forfeit their right to compete.
- **All athletes must be checked in by 2.00pm each day.**
- Call room will be in operation for track events.
- Field athletes to report directly to their event when called, 15 mins prior to event.
- Personal Equipment: Implements must be checked in a minimum of 90 minutes prior to the start time of each event.

#### Warm Up Area Rules:

- Area is restricted for athletes only, cordoned off area for coaches.
- No spectators, no bags or gear to be left in the area.
- Please respect other athletes especially when using equipment i.e. Hurdles.

#### Call Room Rules:

- Track athletes report to call room immediately their event is called. Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g: earphones, notebooks, tablets, iPods, smart phones etc.) in the competition area. NOTE: The competition area starts at the assembly/call room.
- No spectators are permitted and no bags or gear to be left in the Call Room Area.
- An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where:
  - A final confirmation was given that the athlete would start in an event but then failed to participate.
  - An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4)
  - An athlete fails to provide a bona fide effort to compete in an event.

#### Relay Competition:

- In the Indoor Relays any athlete may move up one age group.

- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age, i.e two members may move up one age group. 17,18,19 age groups for relays, all athletes may move up one age group i.e all four U17 athletes can compete as an U18 team.
- If a sub is present on the day and declared, medal will be presented.
- Relay teams qualify from region, three (3) teams per region per age category, teams must compete in order to qualify.
- Mixed Relays – order of athletes Female – Male – Female - Male

### Indoor Hurdle Specifications:

<b>Girls U13</b>	60m	68.6	5	11.00m	7.25m	20.00m		<b>Boys U13</b>	60m	68.6	5	11.00m	7.25m	20.00m
<b>Girls U14</b>	60m	68.6	5	11.50m	7.50m	18.50m		<b>Boys U14</b>	60m	76.2	5	11.50m	7.50m	18.50m
<b>Girls U15</b>	60m	76.2	5	12.00m	8.00m	16.00m		<b>Boys U15</b>	60m	84.0	5	12.00m	8.00m	16.00m
<b>Girls U16</b>	60m	76.2	5	12.00m	8.00m	16.00m		<b>Boys U16</b>	60m	84.0	5	13.00m	8.50m	13.00m
<b>Girls U17</b>	60m	76.2	5	13.00m	8.50m	13.00m		<b>Boys U17</b>	60m	91.4	5	13.00m	8.50m	13.00m
<b>Girls U18</b>	60m	76.2	5	13.00m	8.50m	13.00m		<b>Boys U18</b>	60m	91.4	5	13.72m	9.14m	9.72m
<b>Girls U19</b>	60m	84.0	5	13.00m	8.50m	13.00m		<b>Boys U19</b>	60m	99.0	5	13.72m	9.14m	9.72m

### Throwing Implements

<b>Women</b>	<b>Shot</b>	<b>Men</b>	<b>Shot</b>
Girls U12	2KG	Boys U12	2KG
Girls U13	2KG	Boys U13	2KG
Girls U14	2KG	Boys U14	2.72KG
Girls U15	2.72KG	Boys U15	3KG
Girls U16	3KG	Boys U16	4KG
Girls U17	3KG	Boys U17	5KG
Girls U18	3KG	Boys U18	5KG
Girls U19	4KG	Boys U19	6KG

## **Ulster & NI Children's Games & U12-U13 Championship**

- Children's Games & U12, U13 Championships – Age 8-12
- Age categories are calculated as age on 31st December in the year of competition.
- The three championships above primarily follow Athletics Ireland rules of competition. Details of which can be found in the Athletics Ireland Juvenile Competition booklet. Please note where there are exceptions these will be highlighted in relevant event entry details.

### **Events available to Boys & Girls**

<b>U9</b>	<b>U10</b>	<b>U11</b>
60m, 300m	60m, 500m	60m, 600m
Long Jump, Turbo Javelin	Long Jump, Turbo Javelin	Long Jump, Turbo Javelin
4x100m Relay	4x100m Relay	4x100m Relay

<b>U12</b>	<b>U13</b>
60m, 600m	80m, 60m Hurdles, 600m
High Jump, Long Jump, Shot Put, Turbo Javelin	High Jump, Long Jump, Shot Put, Javelin
4x100m Relay	4x100m Relay

### **Regulations for U9-U11:**

#### **Athletes may compete in TWO events only.**

1. Athletes compete in their own age group only.
2. Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> in each event.
3. U9 and U10 Long Jump competition, no board will be used and the athlete must take off before the edge of the pit.
4. U 11 Long Jump competition is from the board.
5. 3 Jumps only per athlete.
6. Turbo Javelin throw as per javelin throw (tip must hit ground)
7. 3 throws – 1 throw per athlete per round where competition numbers on the day are less than 20 athletes. If above 20 athletes 3 throws in succession per athlete with longest throw measured. Throw measured to where tip touches ground.
8. 60m, 300m, 500m, 600m are on times no finals.
9. Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set"
10. Persistent false starts may lead to disqualification.
11. No entry or change of entry on the day of competition.
12. Club singlets must be worn.

### **Relays: Inter Club U9 - U10 - U11**

1. Qualification: Three (3) teams per region per age group will qualify for the National Championships. Teams qualify through their region only.
2. Athletes may step up one (1) age group only and may compete in two (2) relays on the day, except in the U9 relay.
3. At least 2 members of a competing relay team in the U10 & U11 age groups must be of the correct age with a maximum of (2) athletes moving up.

4. All relay teams must be entered through the Entry4sports system within the closing date
5. Declaration Sheets must be completed on the day of competition for each individual relay team.
6. Spot checks will take place on the day.
7. The (3) teams with the fastest times per age group over all heats will be determined as the top (3) teams as no finals will be held for U9, U10, U11 age groups.
8. A sub must be present at medal presentation to receive a medal.

### **Regulations for U12 & U13 Championships:**

#### **Athletes may compete in Three events only.**

1. Individual Track & Field Championships for Boys and Girls ages 12-13.
2. The first three (4) in each event from each region qualify for the National Championships, except in the 600m where 3 qualify.
3. Athletes are confined to their own age group.
4. Ages 12, 13, are limited to **3 events**.
5. Club Singlets must be worn.
6. **ONLY 5mm SPIKES MAY BE USED**
7. u12 and u13 athletes must do a crouched start. The commands for all sprints are "on your marks" and "set"
8. Starting blocks are optional for u12 and u13's.
9. **3 Jumps and 3 throws per athlete.**

#### **Relays: Age groups U12 & U13**

1. Athletes may move up one age group only.
2. At least 2 members of a competing relay team must be of the correct age.
3. All relay teams must be entered through the Entry4sports system by the closing date.
4. Declaration sheets must be filled in on day of competition.
5. Spot checks may take place.
6. NOTE: Teams must be checked in 60 minutes prior to the start of the competition
7. The (3) teams with the fastest times per age group over the heats will be determined as the top (3) teams as no finals will be held for U12 & U13 age groups.
8. A sub must be present at medal presentation to receive a medal.
9. Relay teams in these age groups do not qualify to Nationals. National relay qualification is through your County. Entries to National relay Championships must be made online via the County Secretary. (For Counties within NI, the club with the highest number of qualifiers per agegroup will be responsible for entries.)

### **Throwing Implements**

<b>Girls</b>	<b>Shot</b>	<b>Javelin</b>	<b>Boys</b>	<b>Shot</b>	<b>Javelin</b>
<b>Girls U12</b>	2kg	300g	<b>Boys U12</b>	2KG	300g
<b>Girls U13</b>	2kg	400g	<b>Boys U13</b>	2KG	400g

### **Hurdle Heights**

	<b>Hurdles</b>
<b>Girls U13</b>	60m Hurdles 2'3" 68.6cm

<b>Boys U13</b>	60m Hurdles 2'3" 68.6cm
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## **NI & Ulster Outdoor Age Group Championships**

- Outdoor U14-U20 Age Groups – Age 13-19
- Age categories are calculated as age on 31st December in the year of competition.
- The three championships above primarily follow Athletics Ireland rules of competition. Details of which can be found in the [Athletics Ireland Juvenile Competition booklet](#). Please note where there are exceptions these will be highlighted in relevant event entry details.

### **Events available to Boys & Girls**

<b>Boys U14</b>	<b>Boys U15</b>	<b>Boys U16</b>	<b>Boys U17</b>
80m, 200m, 800m, 1500m, 2k Walk 75mH, 100m WC, 400m WC	100m, 200m, 800m, 1500m, 2k Walk 80mH, 250mH, 100m WC, 400m WC	100m, 200m, 800m, 1500m, 3000m, 3k Walk 100mH, 250mH, 100m WC, 400m WC	100m, 200m, 400m, 800m, 1500m, 3000m, 3k Walk, 2000m S/C, 100mH, 300mH, 100m WC, 400m WC
HJ, LJ,	HJ, LJ, TJ, PV	HJ, LJ, TJ, PV,	HJ, LJ, TJ, PV,
Shot, Discus, Javelin, Hammer	Shot, Discus, Javelin, Hammer	Shot, Discus, Javelin, Hammer	Shot, Discus, Javelin, Hammer

<b>Boys U18</b>	<b>Boys U19</b>	<b>Boys U20</b>
100m, 200m, 400m, 800m 1500m, 3000m, 5000m Walk	100m, 200m, 400m, 800m 1500m, 3000m, 5000m Walk	100m, 200m, 400m, 800m 1500m, 5000m, 5000m Walk
3000m S/C, 110mH, 400mH	3000m S/C, 110mH, 400mH	3000m S/C, 110mH, 400mH
200m WC, 1500 WC	200m WC, 1500 WC	200m WC, 1500 WC
HJ, LJ, TJ, PV	HJ, LJ, TJ, PV	HJ, LJ, TJ, PV
Shot, Discus, Javelin, Hammer	Shot, Discus, Javelin, Hammer	Shot, Discus, Javelin, Hammer

<b>Girls U14</b>	<b>Girls U15</b>	<b>Girls U16</b>	<b>Girls U17</b>
80m, 200m, 800m 1500m*, 2k Walk	100m, 200m, 800m, 1500m*, 2k Walk	100m, 200m, 800m, 1500m*, 3000m, 2k Walk	100m, 200m, 400m 800m, 1500m*, 3000m, 3K Walk
75mH, 100m WC, 400m WC	80mH, 250mH, 100m WC, 400m WC	80mH, 250mH, 100m WC, 400m WC	100mH, 300mH, 2000m S/C 100m WC, 400m WC
HJ, LJ,	HJ, LJ, TJ, PV	HJ, LJ, TJ, PV	HJ, LJ, TJ, PV
Shot, Discus, Javelin, Hammer	Shot, Discus, Javelin, Hammer	Shot, Discus, Javelin, Hammer	Shot, Discus, Javelin, Hammer

<b>Girls U18</b>	<b>Girls U19</b>	<b>Girls U20</b>
100m, 200m, 400m, 800m 1500m, 3000m, 2000m S/C	100m, 200m, 400m, 800m 1500m, 3000m, 3000m Walk	100m, 200m, 400m, 800m 1500m, 3000m, 3000m Walk
3000m Walk, 100mH, 400mH	3000m S/C, 100mH, 400mH	3000m S/C, 100mH, 400mH
200m WC, 800 WC	200m WC, 800 WC	200m WC, 800 WC
HJ, LJ, TJ, PV	HJ, LJ, TJ, PV	HJ, LJ, TJ, PV
Shot, Discus, Javelin, Hammer	Shot, Discus, Javelin, Hammer	Shot, Discus, Javelin, Hammer

1. Individual Track & Field Championships for Boys and Girls aged 13-19.
2. Athletes are confined to their own age group (except for relays, see Relay Rules)
3. Club Singlets and single colour shorts must be worn.
4. Under 14, 15 and 16 are limited to 3 events plus relays.
5. Under 17, 18 and 19 are limited to 4 events plus relays.

6. The first four (4) from each region to qualify for the National Championships except in the 600m where three (3) qualify. No substitutions will be allowed.
7. Direct Entry: Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships, entries through the Regional Secretaries by closing date. Also note: *In practice this means that an athlete who competes at NI & Ulster but does not automatically qualify can avail of Direct entry and enter the Athletics Ireland Age Group Championships.*

#### Check In Rules:

- All athletes must collect a competition number and check in for each event on that day, if competing across both days of a weekend or qualifying for a final on day 2 you must re-register for that event.
- All athletes must check in a minimum of one (1) hour prior to their track event
- Call room will be in operation for track events
- Personal Equipment: Implements must be checked in a minimum of 90 minutes prior to the start time of each event

#### Call Room Rules:

- Track athletes report to call room as indicated in event instructions
  - Field athletes to report directly to their event 30mins before event start time.
  - Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g: earphones, notebooks, tablets, iPods, smart phones etc.) in the competition area. NOTE: The competition area starts at the assembly/call room.
  - No spectators, no bags or gear to be left in the area
8. ONLY 5mm spikes may be used– including High Jump. WA rules apply for footwear.
  9. Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used. The commands for all sprints are "on your marks" and "set"
  10. False Starts • WA False Start Rules apply.
    - a. U16 upwards - first false start leads to disqualification.
    - b. U14 & U15 Age Group - One false start and all are on warning of next false start leading to disqualification.
  11. An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where:
    - a. A final confirmation was given that the athlete would start in an event but then failed to participate. • An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4).
    - b. An athlete fails to provide a bona fide effort to compete in an event.
    - c. The duration of the competition that this rule pertains to is defined as being consecutive days, ie. Friday, Saturday, and Sunday of a single weekend.
  12. Individual Championships: all athletes will be allowed 4 trials at field events, except for high jump and pole vault.
  13. Where a heat is listed and if insufficient competitors check in a Final will be held at heat time.
  14. Race Walking: A Penalty Zone will be in use for the Championships, an athlete will be required to enter the zone and remain there for 30 seconds once they have received 3 Red Cards. If an athlete receives a third Red Card and it is no longer practicable to direct them to the Penalty Zone before the end of the race, the Referee shall add the 30 seconds to their finishing time.
  15. An athlete must inform the Chief Judge when leaving the competition area.
  16. Athletes must leave the arena when their event is complete.
  17. Coaches and parents are not allowed on the track at any time.
  18. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.

## Competition Weights & Heights

	<u>Shot</u>	<u>Discus</u>	<u>Hammer</u>	<u>Javelin</u>
U14 Girls	2.00kg	0.75kg	2.50kg	400g
U14 Boys	2.72kg	0.75kg	2.50kg	400g
U15 Girls	2.72kg	0.75kg	2.50kg	400g
U15 Boys	3.00kg	1kg	3.00kg	500g
U16 Girls	3.00kg	1kg	3.00kg	500g
U16 Boys	4.00kg	1kg	4kg	600g
U17 Girls	3.00kg	1kg	3kg	500g
U17 Boys	5.00kg	1.5kg	5kg	700g
U18 Girls	3.00kg	1.00kg	3.00kg	500g
U18 Boys	5.00kg	1.50kg	5.00kg	700g
U19 Girls	4.00kg	1.00kg	4.00kg	600g
U19 Boys	6.00kg	1.75kg	6.00kg	800g
U20 Girls	4.00kg	1.00kg	4.00kg	600g
U20 Boys	6.00kg	1.75kg	6.00kg	800g

## Hurdle & Steeplechase Specifications

	<u>Hurdle Height</u>	
U14 Girls	75mH – 2'3" (68.6cm)	
U14 Boys	75mH – 2'6" (76.2cm)	
U15 Girls	80mH – 2'6" (76.2cm) 250mH – 2'3" (68.6cm)	
U15 Boys	80mH – 2'9" (84cm) 250mH – 2'6" (76.2cm)	
U16 Girls	80mH – 2'6" (76.2cm) 250mH – 2'3" (68.6cm)	
U16 Boys	100mH – 2'9" (84cm) 250mH – 2'6" (76.2cm)	
U17 Girls	100mH – 2'6" (76.2cm) 300mH – 2'6" (76.2cm)	2000m- 76.2cm 2'6"
U17 Boys	100mH – 3'0" (91.4cm) 300mH – 2'6" (76.2cm)	2000m- 84.0cm 2'9"
U18 Girls	100mH- 2'6" (76.2cm) 400mH- 2'6" (76.2cm)	2000m- 76.2cm 2'6"
U18 Boys	110mH- 3'0" (91.4cm) 400mH- 2'9" (84cm)	3000m- 84.0cm 2'9"
U19 Girls	100mH- 2'9" (84cm) 400mH- 2'6" (76.2cm)	3000m- 76.2cm 2'6"
U19 Boys	110mH- 3'3" (99cm) 400mH- 3'0" (91.4cm)	3000m- 91.4cm. 3'0"
U20 Girls	100mH – 2'9" (84cm) 400mH – 2'6" (76.2cm)	



U20 Boys	110mH – 3'3" (99cm) 400mH – 3'0" (91.4cm)	
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Notes:

1. 2000m S/C: 18 hurdles & 5 water jumps, start on arc before finish, 1st hurdle is on back straight (hurdle 3 of a full lap)
2. 3000m S/C: 28 hurdles & 7 water jumps, start on arc before 200m mark, first hurdle after finish line (hurdle 1 of a full lap)
3. No water jump until after Finish line on the first lap.

## **ANI Combined Event Championships**

- Outdoor Combined Events– Age 11-19
- Age categories are calculated as age on 31st August in the year of competition.
- The three championships above primarily follow UKA rules of competition. Details of which can be found in the UKA Rulebook. Please note where there are exceptions these will be highlighted in relevant event entry details.

### **Events available to Boys & Girls**

U13 Girls	U13 Boys	U15 Girls	U15 Boys
<b>Pentathlon</b>			
70mH	75mH	75mH	80mH
800m	800m	800m	800m
Shot	Shot	Shot	Shot
Long Jump	Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump	High Jump

U17 Women	U20 Women	Senior Women
<b>Heptathlon</b>		
80mH	100mH	100mH
200m	200m	200m
800m	800m	800m
Shot	Shot	Shot
Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump
Javelin	Javelin	Javelin

U17 Men	U20 Men	Senior Men
<b>Octathlon</b>	<b>Decathlon</b>	
100mH	110mH	110mH
	100m	100m
400m	400m	400m
1500m	1500m	1500m
Shot	Shot	Shot
Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump
Discus	Discus	Discus
	Pole Vault	Pole Vault
Javelin	Javelin	Javelin

### **Combined Events Regulations**

1. No call room, athletes proceed to competition start area directly. Athletes enter the track through the warm up area gate 15 minutes before the start time. Field athletes go straight to field event 30 minutes before the start time.
2. The Competition will be held under UKA rules.
3. Each athlete will get 3 jumps/ throws except in High Jump and Pole Vault.
4. **NO** headphones allowed on the track at all times. This includes during warm up, as athletes must be able to hear announcements.
5. No parents or coaches allowed in the designated warm up area.
6. All implements will be weighed during the warm up of each event. Please arrive 30 minutes in advance of the start time.

## **Age Groups**

The NI & Ulster Combined Event Championships is held under UKA rules, and the age groups are as follows:

<b>Category</b>	<b>Age Rule</b>
U13	11 or 12 on 31st August in the year of competition
U15	13 or 14 on 31st August in the year of competition
U17	15 or 16 on 31st August in the year of competition
U20	17, 18 or 19 on 31st August in the year of competition
Senior	16 or over in the year of competition

## **Implement Weights & Heights**

<b>Category</b>	<b>Shot</b>	<b>Javelin</b>	<b>Discus</b>	<b>Hurdles</b>
U13 Girls	2.72kg			70mH
U13 Boys	3kg			75mH
U15 Girls	3kg			75mH
U15 Boys	4kg			80mH
U17 Girls	3kg	500g		80mH
U17 Boys	5kg	700g	1.5kg	100mH
U20 Girls	4kg	600g		100mH
U20 Boys	6kg	800g	1.75kg	110mH
Senior Women	4kg	600g		100mH
Senior Men	7.26kg	800g	2kg	110mH

## NI & Ulster Senior Championships

### Events available to Men & Women

Senior Men	Senior Women
100m, 200m, 400m, 800m, 1500m, 5000m, 110m Hurdles, 400m Hurdles, 3000m S/C, 3000m Walk, 10,000m	100m, 200m, 400m, 800m, 1500m, 5000m, 100m Hurdles, 400m Hurdles, 3000m S/C, 3000m Walk, 10,000m
High Jump, Long Jump, Triple Jump, Pole Vault	High Jump, Long Jump, Triple Jump, Pole Vault
Shot, Discus, Javelin, Hammer	Shot, Discus, Javelin, Hammer

### Athlete Eligibility

- The NI & Ulster Senior Championships are open to all athletes, aged 16 and up in the year of competition, with the exception of weighted throws which is over 18 on the year of competition
- Athletes do not need to be a member of an NI & Ulster club to compete, as the competition is open to guest athletes. However NI and Ulster championship medals will only be awarded to those who meet the eligibility criteria as listed in the general rules section of this document.

### Competition Rules

Athletes will be disqualified and asked to leave the venue if they don't obey event guidelines and instructions on the day.

- Athletes must **check in** for all events if they intend to compete in. Failure to do this will result in **disqualification**.
- Please be advised athletes **MUST NOT** wear headphones while inside the track fence, including the warm up area.
- Competitors must Check in no later than **60 minutes** before their first event. **This rule will be strictly enforced.** There will be a call room in operation. Athletes must report to the call room at least **30 minutes** before your event
- Bib numbers are the same for Day 1 and 2 if the competition is run across multiple days.
- Coaches and parents are not allowed on the track at any time. Doing so may result in your athlete being disqualified.
- Athletes are allowed to bring up to two personal implements, and these must be given into registration for weighing.
- Field events will be given 6 attempts.

### Opening Heights

	Pole Vault	High Jump
<b>Women</b>	2.20m progressing in 20cm to 2.80m then 10cm after	1.30m progressing in 5cm
<b>Men</b>	3.30m progressing in 20cm to 3.90m then 10cm after	1.45m progressing in 5cm

### Implement Weights

	Shot	Hammer	Discus	Javelin
Men	7.26kg	7.26kg	2kg	800g
Women	4kg	4kg	1kg	600g

