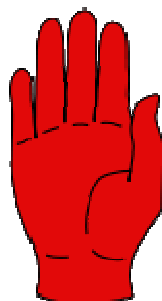


ULSTER SECONDARY SCHOOLS'

ATHLETICS ASSOCIATION



HAND BOOK

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The **USSAA** is the controlling organization of the sport of athletics in secondary schools in Ulster.

Its objective is to promote and encourage track and field athletics and cross country running in secondary schools.

THE HISTORY OF THE ASSOCIATION

The organization of schools' athletics developed out of the post-First World War enthusiasm for simple relay race contests, to more varied track and field occasions attracting an ever increasing number of boys' schools. By the end of the 1940's the Ulster Grammar Schools' Athletic Association was formed to organise an expanding schedule of events which, during the ensuing years, necessitated the holding of heats on the Wednesday preceding the Saturday finals at the beginning of June each year. Girls' athletic competition had a rather later start but by the Fifties and Sixties, their Association was also established.

An upsurge of interest in schools' cross-country running in the mid-sixties produced an atmosphere which seemed to threaten a multiplication of organising bodies and resultant fragmentation of resources. At a meeting, in February 1967, of members of staff representing a wide selection of secondary type boys' schools, the Ulster Secondary Schools' Athletic Association was formed. Its first promotion was the Ulster Cross-Country Championships at Armagh. Following the Annual General Meeting in November 1967, the Ulster Boys' Grammar Schools' A.A. amalgamated with U.S.S.A.A. After further negotiation, the November 1970 A.G.M. brought the amalgamation of the Ulster Girls' Schools' A.A. with U.S.S.A.A. Thus exists the comprehensive and integrated Association which we are today, with a schedule of administration and events spanning the school year.

The Irish Schools' Athletic Association brings together the U.S.S.A.A and the Provincial Associations of the other three Provinces, to organise the Irish championships and other all-Ireland events. It also organises annual International events, and combines with the other Home Countries in the Schools' International events, and with the other Home Countries in the Schools' International Athletics Board.

CONSTITUTION

MEMBERSHIP

Membership of the Association, by affiliation at the District AGM, shall be open to all Secondary Schools in Ulster. A condition of membership of the Association is that each member school must undertake to play a full part in helping with the organisation of all of the activities of the association, and must take its turn in having responsibility for the organisation of those activities.

Each school must send at least one representative to that schools' District AGM. Two representatives may attend but the school will only have one vote.

At the District AGM in addition to paying the annual affiliation fee each school must complete a registration Form as requested by the District. Only those schools which are represented at the District AGM will receive information about the various Schools' Championships, as requested by that school on their registration form.

Schools which fail to attend the District AGM may request information about the various Schools' Championships. Such schools must pay the affiliation in full along with the entry fees to the competition in which they wish to be involved.

MANAGEMENT

The management of the Association shall be vested in the Executive which shall consist of the officers as designated below and three representatives of each district, one of whom must represent cross-country running, one track and field athletics and one girls' athletics. The Officers shall be elected at the Annual General Meeting of the Association to which each district shall be entitled to send ten representatives and each school be entitled to send one observer, who will not be entitled to vote. Officers shall be elected for one year but will be eligible for re-election. The Executive shall have power to co-opt and to act in an emergency not provided for in the rules. The Executive shall set up such sub-committees as are deemed necessary.

OFFICERS

The Officers of the Association shall be:-

- President and Vice-Presidents
- Chairman
- Vice-Chairman
- Hon Secretary
- Hon Assistant Secretary
- Hon Treasurer
- Cross-Country Secretary
- Track & Field Secretary
- Multi-event Organiser
- Form 2 'Under 14' Competition Organiser
- Supplies Officer

The Executive shall have power to appoint an Hon Assistant Treasurer from its own membership if it deem this to be necessary. The person appointed will not be an officer of the Association.

Meetings

All meetings, (Annual General Meetings, extraordinary general meetings, executive meetings), shall be convened by the Hon Secretary, and each representative and observer entitled to be present shall receive fourteen days notice of such meeting, together with a statement of the business to be transacted. An extraordinary general meeting may be called by the Executive or within twenty-eight days of the receipt of a written requisition for such a meeting by a district committee, this written requisition to be accompanied by a copy of the proposals to be submitted at such a meeting. The Executive shall meet at least once annually and at other times at the discretion of the Hon Secretary or within twenty-eight days of the receipt by the Hon Secretary of a written requisition for a meeting signed by district representatives of at least ten member schools, this requisition to be accompanied by a copy of the proposals intended to be submitted at the meeting.

Quorum

For the purpose of conducting the business of the Association NINE shall constitute a quorum of the Executive and FIFTEEN voting members shall constitute a quorum at a general meeting.

Annual General Meeting

The Annual General Meeting shall be called not later than the third Friday of November each year and shall: -

- 1 Elect the Officers;
- 2 Receive the Executive's report on the year's working;
- 3 Receive the audited financial statement;
- 4 Elect auditors;
- 5 Consider amendments to the constitution and to the bye-laws;
- 6 Discuss any other business relevant to the work of the Association.

Amendments

Amendments to the Constitution and Bye-Laws may be effected only at the Annual General Meeting. Amendments to the Constitution may be effected only if supported by two-thirds of those entitled to vote. Proposed amendments to the Constitution and Bye-laws must be submitted in writing to the Hon Secretary by the Third Friday of October.

FINANCE

The Executive shall control all monies accruing to the Association and shall allocate such funds for the furtherance of its aims.

Affiliation fees must be paid at the District AGM, as per the details listed under Membership of the Association. The amount of affiliation and entry fees shall be fixed at the USSAA Annual General Meeting.

Any possible increase in the affiliation agreed at the Ulster AGM must be paid by all affiliated schools along with their Cross Country entries, or Track & Field entries for a school which does not take part in Cross Country.

The year of the Association shall be from 1st October to 30th September.

1. Affiliation Fee: £30.00: £25.00 to Ulster and £5.00 retained by the District
2. Entry Fees: £1 per individual in both Cross Country and Track & Field.
£4 per team in Cross Country and £2 per relay team in Track & Field.
Districts retain 75% of entry fees and 25% go to the Ulster treasurer.

3. District Treasurers must forward the proportion of all fees, as agreed at the Annual General Meeting to the Ulster Treasurer.

ORGANISATION AND ADMINISTRATION

BYE-LAWS

The Association shall consist of district associations as laid down in the bye-laws of the Association.

1. Districts: The districts into which the Association is divided are:
 - A. Co. Down (including Belfast East of the Lagan)
 - B. South Antrim (Belfast West of the Lagan, Lisburn, Newtownabbey, Carrickfergus, Whitehead)
 - C. The rest of Co. Antrim, Co. Londonderry, North Donegal.
 - D. Co. Armagh, Co. Monaghan.
 - E. Co. Cavan, Co. Fermanagh, Co. Tyrone, South Donegal.
- 2 Each member school of the Association shall be a member of its District. Schools can only be a member of the Association by being a member of their District and must be fully committed to the Association as detailed under **Membership of the Association**
- 3 Each district, at an annual meeting of all Secondary Schools in that district, (to which meeting, each school shall be entitled to send two representatives) shall elect:-
 - (a) District Chairman
 - (b) District Hon Treasurer
 - (c) District Hon Secretary
 - (d) three representatives of the district to the Executive who shall, ex-officio, be representatives of the district at the Annual General Meeting and extraordinary general meetings;
 - (e) seven other representatives of the district to the Annual General Meeting and extraordinary general meetings. (Of the ten district representatives to the Annual General Meeting, four should represent girls' athletics).
 - (f) three members of committee representing track and field, one of whom shall represent girls' athletics;
 - (g) two members who will represent the District on the Ulster Track and Field committee
 - (h) three members of committee representing cross-country, one of whom shall represent girls' athletics;
 - (i) two members who will represent the District on the Ulster Cross Country committee.
- 4 Those elected under 3a, b, c, f, h shall constitute the committee of the Association for the district and shall be responsible for the work of the Association in the district.
- 5 Each district committee shall elect two sub-committees, one to run a district cross-country championships and one to run a track and field championship. The committee shall have power to co-opt to these sub-committees.
- 6 District committees shall have power to fill any vacancy, which may arise from any cause, in any elected position until the next District meeting.
- 7 Each district shall submit its accounts and balance sheet to the Hon Treasurer of the Association by 1st October in each year.
- 8 **Competitors in any event promoted by the Association must be pupils in full-time attendance at a Secondary School affiliated to the Association.**

THE CHAMPIONSHIP SYSTEM

The Association's Championship system is organized to progress methodically from school level to international level. A school enters teams or individuals for its District Championships. From there they may qualify, according to the relevant rules of competition, to compete in the Ulster Championships. From there they may further qualify to compete in the Irish Schools' Championships.

In Track and Field competition, an Ulster team is then selected to compete in the Inter Provincial competition, which is held at the end of June. In all these competitions, schools are responsible for presenting their athletes at the set venue at the set time.

For international competitions Irish teams are selected by the I.S.A.A. with a selection committee comprising representatives of all four Provinces.

So that this whole system can progress methodically, schools and staff are asked to co-operate as thoroughly as possible, especially in matters of safety. The organisers should make sure that all competitors and officials are aware of the rules of competition and various safety factors. Spectators should also be briefed on safety. It should be emphasized that athletes when not competing and judges when not officiating are spectators.

COMPETITION

RULES OF COMPETITION: The Rule Book of Athletics UK shall apply except where specifically overruled.

CROSS-COUNTRY

1. The age limits shall be: Minor - Under 13, Junior - Under 15 and Intermediate - Under 17 on 1st July of the year of competition. (i.e. born after midnight on 30th June).
The Senior age limit will be Under 19 at midnight on 1st Jan in the year of Competition.

- 2 Races shall be of the following approximate lengths:-

		Girls	Boys
District	Under 13	1500 metres	1500 metres
	Under 15	2000 metres	2500 metres
	Under 17	2500 metres	4000 metres
	Under 19	2000 metres	5000 metres
Ulster	Under 13	1600 metres	1600 metres
	Under 15	2500 metres	3000 metres
	Under 17	3000 metres	4500 metres
	Under 19	2500 metres	6000 metres
Irish	Under 15	2500 metres	3500 metres
	Under 17	3500 metres	5000 metres
	Under 19	2500 metres	6500 metres

- 3 Teams shall be made up as follows:-

Girls - six runners of whom the first three shall count in Senior, Intermediate and Junior age groups. The first four shall count in the Minor age group.

Boys - eight runners of whom the first four shall count.

Teams may be completed by, not more than one athlete from the age group immediately below.

- 4 In the event of a tie, the last scoring runner who finishes nearer the first place shall determine the result.
- 5 Any protest must be made immediately to the appropriate referee or the meeting director, by a Teacher from the school of the athlete involved or by the athlete's District Hon. Sec. or Chair person.

- 6 The course shall be marked with flags and there shall be a clear run of at least 200 metres at the start and finish.
- 7 The District Championships shall be on a date not later than two weeks before the date set for the Ulster Championships.
- 8 The central (Ulster) Championships shall be held not later than the last Wednesday in February in each year, and no later than 10 days before the date set for the Irish Championships.
- 9 Each affiliated school may enter ONE team in each section of the district championships OR individual runners as follows:-
Girls - any number not exceeding two (Three in Minor Girls)
Boys - any number not exceeding three.
- 10 Each district may nominate, three school teams and any individual runner who finished in the top fifteen in their District, to the central championships.
- 11 The entry fees for the District Championships shall be £4.00 per team, £1.00 per individual
- 12 No athlete may run in more than one race.
- 13 Every competitor shall wear the number allocated to him/her.

TRACK AND FIELD

- 1 The Ulster Championships shall be held not later than the Saturday prior to the Irish Championships, (which are normally on the Saturday before the start of the Irish Certificate Exams.). The date of the District championships shall be agreed by the District committee, and confirmed by the Ulster executive
- 2 Age limits as in Cross-country.
- 3 The Events shall be:

BOYS' EVENTS

MINOR: 100m, 800m, High Jump, Long Jump, Shot, 4x100m Relay.

JUNIOR: 100m, 200m, 800m, 1500m, 80m Hurdles, 1500m Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Javelin, Hammer, 4x100m Relay.

INTERMEDIATE: 100m, 200m, 400m, 800m, 1500m, 3000m, 100m Hurdles, 400m Hurdles, 1500m Steeplechase, 2000m Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Javelin, Hammer, 4x100m Relay.

SENIOR: 100m, 200m, 400m, 800m, 1500m, 5000m, 110m Hurdles, 400m Hurdles, 2000m Steeplechase, 3000m Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Javelin, Hammer, 4x100m Relay.

GIRLS' EVENTS

MINOR: 100m, 800m, High Jump, Long Jump, Shot, 4x100m Relay.

JUNIOR: 100m, 200m, 800m, 1500m, 75m Hurdles, 1200m Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Javelin, Hammer, 4x100m Relay.

INTERMEDIATE: 100m, 200m, 300m, 800m, 1500m, 3000m, 100m Hurdles, 300m Hurdles, 2000m Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Javelin, Hammer, 4x100m Relay.

SENIOR: 100m, 200m, 400m, 800m, 1500m, 3000m, 100m Hurdles, 400m Hurdles, 3000m, Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Javelin, Hammer, 4x100m Relay.

- 4 **NUMBERS:** Every competitor shall wear the number allocated, and in sprints and hurdles, two numbers.

5 SPECIFICATIONS

HURDLES:

BOYS

	Distance	Height	No.	Approach	Interval	Run-in
Junior	80m	83.8cm	8	12.00m	8.00m	12.00m
Inter	100m	91.4cm	10	13.00m	8.5m	10.5m
	400m	83.8cm	10	45.00m	35.00m	40.00m
Senior	110m	99.0cm	10	13.72m	9.14m	14.02m
	400m	91.4cm	10	45.00m	35.00m	40.00m

GIRLS

Junior	75m	76.2cm	8	7.50m	7.50m	12.00m
Inter	80m	76.2cm	8	12.00m	8.00m	12.00m
	300m	76.2cm	7	50.00m	35.00m	40.00m
Senior	100m	83.8cm	10	13.00m	8.50m	10.50m
	400m	76.2cm	10	45.00m	35.00m	40.00m

STEEPLECHASE -

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

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

For further details see UK Athletics Rule 103

6 WEIGHTS

BOYS	SHOT	DISCUS	JAVELIN	HAMMER
Minor	3.25kg			
Junior	4.00kg	1.00kg	600g	4.00kg
Inter	5.00kg	1.5kg	700g	5.00kg
Senior	6.00kg	1.75kg	800g	6.00kg

GIRLS	SHOT	DISCUS	JAVELIN	HAMMER
Minor	2.72kg			
Junior	3.25kg	0.75kg	500g	3.25kg
Inter	4.00kg	1.00kg	600g	4.00kg
Senior	4.00kg	1.00kg	600g	4.00kg

7 STARTING HEIGHTS:

BOYS	HIGH JUMP		POLE VAULT	
	District	Ulster	District	Ulster
Minor	1.12m	1.20m		
Junior	1.25m	1.30m	1.83m	2.00m
Inter	1.35m	1.50m	1.98m	2.20m
Senior	1.45m	1.55m	2.28m	2.40m
GIRLS				
Minor	1.07m	1.15m		
Junior	1.20m	1.30m	1.60m	1.75m
Inter	1.25m	1.35m	1.75m	1.90m
Senior	1.25m	1.35m	1.90m	2.05m

In High Jump the bar shall be raised by 5cms twice, and thereafter by 3cms.

In Pole Vault the bar shall be raised by 15cms twice, and thereafter by 10cms.

(Note these starting heights when making entries)

8 Competitors must take part in their own age group except:

- (a) in Relay races, where a team may be completed by one athlete from the immediate younger age group. No athlete may run in more than one relay.
- 9 UK Athletics rules forbid a Junior athlete from competing in both 800m and 1500m, if held on the same day. (Rule 107).
- 10 In Junior Triple Jump the maximum length of the run up shall be 12 metres.
- 11 No athlete may be entered in more than two events, plus a relay.
- 12 Any protest must be made immediately to the appropriate referee or the meeting director, by a Teacher from the school of the athlete involved or by the athlete's District Hon. Sec. or Chair person.
- 13 In District championships each school may enter two competitors in each event, except the relay.
- 14 In the Ulster Championships each District may enter THREE competitors, who must have qualified in the District Championships.

15 The entry fees of the district championships shall be £1.00 per competitor, and £2.00 per relay team.

16 Each competitor in throwing or jumping for distance shall have THREE trials, and the leading six shall have TWO more.

FURTHER INFORMATION

Since this is a Schools' Association all entries can only be made through the competitor's school, on the official entry form.

It cannot be too strongly emphasised that entries must be thoroughly checked to ensure that athletes are entered in the proper age group so as to avoid the confusion which has sometimes occurred in the past. Dates of birth must also be included.

Procedure for substitution at Ulster Championships:

Substitution shall be allowed if made by the District Team Manager or Secretary to the Recorder not later than noon on the day before the meeting. A school may privately change the formation of a qualifying team but only the District may substitute individual qualifiers. All substitutes must have qualified from District level. (NOTE: Each District should appoint a team manager.)

In the Ulster Track and Field Championships, the first three from each heat plus the next two fastest non-qualifiers shall go forward to the final.

The Executive Committee of the Association annually appoints committees to select teams for Inter Provincial competition. This is normally the Ulster Chair person, the Hon. Sec. and one representative from each District. Each District shall have only one vote. Selected athletes are notified through their schools.

The Executive Committee also appoints Ulster team managers, nominees for Irish team managers and representatives to Irish selection committees.

It is essential that all championship events organised in the name of the Association should have thorough insurance cover. Such cover is organised by the Irish Schools' Athletics Association which should be kept informed of all events promoted in the name of the Association.

The Association pays agreed expenses of its officers and delegates.

Each pole-vaulter should bring a pole (especially to Irish schools competition).

NOTE: The Track and Field Inter Provincial, as well as being a competition among the provinces, is also used as a test of an athlete's continuing ability and form, and is an opportunity for athletes of the immediate lower age groups to be included in the team. The Inter Provincial will normally be held for the age group represented in the Schools' International. i.e. Under 17 on 1st September in the year of competition.

TROPHIES and MEDALS

Cross-Country Trophies shall be returned to the Secretary by 1st February each year. Track and Field Trophies shall be returned to the Championship Secretary on the morning of the Ulster Track and Field finals.

CROSS-COUNTRY

Medals are awarded to the first three individual finishers and to the finishing members of the first three teams in each section.

A cup is presented to the winning team in each section of the Ulster Cross-Country Championships.

TRACK and FIELD

Medals are awarded to the first three in all events at the Ulster Championships, and to the first in each event at the District Championships.

Perpetual trophies are awarded to winning schools as follows.

BOYS TROPHIES

The Harold Layland Memorial Cup: (Presented by R.B.A.I. Athletic Club)

Awarded to the school scoring the greatest aggregate of points in all four sections.

The Ulster Schools Senior Athletic Challenge Cup: (Presented by Surgeon-Capt. Robin Hall, M.B., B.D., R.N.V.R.): Awarded to the school scoring most points in senior events.

The Victor Milligan Challenge Cup: (Presented by Mr A Douglas, B.A.)

Awarded to the school scoring most points in Intermediate events.

The Ulster Schools Junior Athletic Challenge Cup: (Presented by Surgeon-Capt. Robin Hall, M.B., B.D., R.N.V.R.): Awarded to the school scoring most points in Junior events.

The Eric Howard Memorial Cup: (Presented in memory of the late Eric Howard, first Treasurer of U.S.S.A.A.): Awarded to the school scoring most points in Minor events.

The Ulsterville Challenge Cup: (Presented by Ulsterville A.C.)

Awarded to the winners of the Senior relay race.

The D.A.R. Chillingworth Challenge Cup:

Awarded for the best overall performance by a Senior boy.

The Jimmy Murray Challenge Cup:

Presented to the winner of the Intermediate Boys 800m

The Dr. Nugent Challenge Cup:

Awarded to the winner of the Senior Boys' Javelin

GIRLS TROPHIES

Ulster Schools Challenge Cup:

Awarded to the school scoring the greatest aggregate in all four sections.

Senior Challenge Cup:

Awarded to the school scoring most points in Senior events.

Intermediate Challenge Cup:

Awarded to the school scoring most points in Intermediate events.

Junior Challenge Cup:

Awarded to the school scoring most points in Junior events.

Minor Challenge Cup:

Awarded to the school scoring most points in Minor events.

Q.U.B. Challenge Cup (Presented by Q.U.B.A.C.):

Awarded to the winners of the Senior relay race.

The McCabe Challenge Cup (Presented by Mrs. Mary McCabe):

Awarded to winners of the Intermediate relay race.

The Dr. Nugent Challenge Cup:

Awarded to the winner of the Senior Girls' Javelin

SECOND YEAR U14 TEAM COMPETITION

- 1 This is an inter school team competition for Under 14 athletes in their second year in Secondary school. Administratively, there are twenty Areas in the Province, based on the five U.S.S.A.A. Districts.
- 2 Age-group: The competition is for pupils in their second year in Secondary Schools in Northern Ireland, and for pupils of a corresponding age in Secondary Schools in Cavan, Donegal and Monaghan. All athletes must be Under 14 on 1st July in the year of competition. First year pupils must not be used.
- 3 Entry-fee: This is included in the part of the affiliation fee which is forwarded from the Districts to the Ulster treasurer.
- 4 Seven athletes will represent their school in Girls' events and seven in Boys' events. The events are: 100m, 800m, High Jump, Long Jump, Shot, Javelin and relay. A separate athlete will compete in each of the six individual events. Four of the seven athletes will combine to form a relay team. The relay will be 4 x 200 metres.
- 5 The first two teams in each Area will compete in the District Final.
- 6 The first two teams in each District will compete in the Ulster Final.
- 7 It is important to have a Team Manager at every stage of the competition.
- 8 Scoring will be as in the U.S.S.A.A. Championships: (7, 5, 4, 3, 2, 1 for individual events and 9, 7, 5, 3, 2, 1 for Relays.) In the event of a tie, the better relay performance will decide which school has the higher position.

SECOND YEAR U14 INTER DISTRICT TEAM COMPETITION

Each District may enter a team for an Inter District team competition.

In addition to the events of the Inter School competition there will also be Hurdles, Triple Jump and Discus for both boys and girls. Each District team shall comprise one athlete per event and one reserve which must be included in a relay team.

The relay races will be 4 x 100 metres for boys and for girls, and a combined boy and girl team in a medley relay race of 200m (boy), 200m (girl), 100m (girl), and 100m (boy).

Points will be scored (6, 4, 3, 2, 1 for individual events and 10, 7, 5, 3, 1 for Relays).

The winning District will be the one which scores most overall points. Medals will be presented.

MULTI-EVENTS

RULES OF COMPETITION

1 EVENTS

Junior Girls: 75m; Hurdles; High Jump; Shot; Long Jump; 800m
Inter Girls: 80m Hurdles; High Jump; Shot; Long Jump; 800m
Senior Girls: 100m Hurdles; High Jump, Shot; Long Jump; 800m
Junior: 80m Hurdles; Long Jump; Shot; High Jump; 1000m
Inter; 100m Hurdles; Long Jump; Shot; High Jump; 1000m
Senior Boys: 110m Hurdles; Long Jump; Shot; High Jump; 1000m

2 In all Track events athletes are allowed two false starts. A third false start entails disqualification.

3 In the Long Jump and Shot athletes are allowed THREE trials.

4 In the High Jump, athletes will have a maximum of EIGHT attempts at the heights of their choice. The starting height may be chosen by the athletes. The bar will be raised by increments of 3cms only. Three consecutive failures will eliminate the athlete from the competition in the usual way.

5 SCORING

Points will be awarded for performances in each event, using the IAAF scoring-tables for multi-events. If a competitor fails to score in an event through disqualification, he or she may still take part in the next event of the competition. If, however, the athlete makes no attempt at an event, he or she will not be permitted to take any further part in the competition, and will not be placed in the overall competition, irrespective of their score at that stage.

6 The winner will be the competitor with the greatest total of points at the end of the final event. If two or more athletes have the same total, then the athlete scoring higher in the greater number of events will be the winner. If there is still a tie at that stage, then the athlete scoring the highest number of points in any individual event shall be the winner.

7 The entry shall be £1.00 per competitor.

IRISH SCHOOLS: EXTRACTS FROM THE RULES OF COMPETITION - GENERAL

RULES: The I.A.A.F. rule book shall be used unless otherwise stated.

CROSS-COUNTRY CHAMPIONSHIPS

DATE: The Championships shall be held on a date in March approved a year in advance by the Irish AGM, they shall be hosted by each Province in turn.

DISTANCES shall be as follows:-

Junior Girls	2500m	Junior Boys	3500m
Intermediate Girls	3500m	Intermediate Boys	5000m
Senior Girls	2500m	Senior Boys	6500m

TEAMS:

A Boys' team consists of up to eight runners, of whom the first four shall count.

A Girls' team consists of up to six runners, of whom the first three shall count.

Athletes must run in their own age-group, except that a team may contain not more than one athlete from the age-group immediately below.

In the event of a tie, the last scoring runner who finishes nearer the first place shall determine the result.

ENTRIES:

Each Province may nominate the following for each Race:

(a) The first three teams in the Provincial Championship;

(b) Any runner who finished in the first fifteen in the Provincial Championship.

SUBSTITUTIONS:

A school may make substitutions within its own team.

Only a Province may substitute for a team.

Substitutions must be handed to the organizers in writing at least one hour before the start of the race.

PROTESTS: All protests must be made immediately, to the appropriate referee or the meeting director, by a representative from the school of the athlete involved or by an official from the Province, and then in writing within 30 minutes of the end of the Race.

DRESS: Acceptable dress is a white or plain singlet, or a school singlet. Club singlet International singlets, fancy T-shirts or unacceptable logos may not be worn.

TRACK AND FIELD CHAMPIONSHIPS

DATE AND VENUE:

To be approved a year in advance by the Irish A.G.M. The date will normally be the Saturday immediately before the Certificate Examinations in the Republic.

PROGRAMME:

The provisional timetable for the Championships will be circulated by the Track and Field Committee on the day of the Cross-country Championships.

CONDUCT OF EVENTS:

Athletes are required to check-in 10 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 800 metre events will be run in lanes for the first bend.

In Throwing or Jumping for Distance, each competitor shall have three attempts, and the best six competitors two more attempts.

Personal throwing-implements must be submitted to the organizers beforehand for weighing and inspection.

In the High Jump the bar shall be raised by 5cm twice, and thereafter by 3cm.

In the Pole Vault the bar shall be raised by 15cm twice, and thereafter by 10cm.

STARTING HEIGHTS

	Girls' High Jump	Girls' Pole Vault	Boys' High Jump	Boys' Pole Vault
Junior	1.35m	1.50m	1.45m	2.30m
Inter	1.40m	1.80m	1.55m	2.75m
Senior	1.40m	1.80m	1.60m	2.80m

EXTRA ENTRIES: Where space permits, an extra entry may be submitted by the Provincial Sec. to the Director of the Meeting in order to resolve a tie or some other unusual circumstance at Provincial level. It is normal to get the approval of the other Provinces through the Irish Executive.

RELAY ENTRIES: The names of each Relay Team in the order of running shall be handed to the Marksman before the start of each race.

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

Runners in events up to 400m must wear two numbers.

SUBSTITUTIONS: These may be submitted only by the Provincial Secretary, the substitute athlete, where eligible, will receive a special number.

SCORING: In all events: 1st 9pts, 2nd 7pts, 3rd 6pts, 4th 5pts, 5th 4pts, 6th 3pts, 7th 2pts, 8th 1pt.

PROTESTS: All protests must be made immediately to the appropriate referee or the meeting director, by a representative from the school of the athlete involved or by an official from the Province, and then in writing within 30 minutes of the end of the Race. Schools should be told of this procedure in advance by the Provincial Secretaries.

DRESS: Acceptable dress is a white or plain singlet, or a school singlet. Club singlet International singlets, fancy T-shirts or unacceptable logos may not be worn.

- DRUGS: (a) The Association is bound by the IAAF Rules on control of drug abuse.
(b) Athletes taking part in our competitions may be tested for drugs.
(c) The Association will enforce any suspension imposed by another sports association.

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 Province (not a Provincial Team Manager) and Chairman of the ISAA.

IRISH SCHOOLS' ATHLETIC ASSOCIATION OFFICERS, 2008-09

Web site: www.isaa.ie

President: Mr. Michael Hunt, Rathmines College, Town Hall, Dublin 6 Tel: 00 353 1 496 6693

Deputy President: Mr. Sean. Nyhan, 16 Sweetbriar Lane, Ballincollig, Co. Cork,
Tel; 00 353 87 9598168

Administrative Director: J. Shields, 35 Bettyglen, Raheny, Dublin 5 Tel 00 353 18311311

Financial Director: Mr Derek Clements, 14 Springfield Lane, Dungannon, Co. Tyrone
Tel: 028 8772 3601

International Director: Mr.George Barclay, 25 Lissan Road, Cookstown, Co. Tyrone, BT80 8EN
Tel; 028 867 63234

ATHLETICS NORTHERN IRELAND

Web site; www.athleticsni.org

Email; info@athleticsni.org

Phone: 02890602707 (Athletics NI Office)

President: Brian Downing
Chairman: David Seaton
Hon. Secretary: John Allen
Treasurer Roy Corry



U.S.S.A.A. OFFICERS, 2008 -2009

President: Robert Stevenson, 16 The Pines, Cookstown, BT80 8RB

Vice-Presidents: G. Barclay, D. Clements, S. Littlewood, M. McCoy, D. McDowell, Ann Morrison, J. Mulligan, K. Rea , J. Reid, J. Shaw, T. Young

Chairman: R. Friel, Shimna Integrated Col, The Lawnfield, King St., Newcastle, BT33 0DH

Vice-Chairman: S. Graham, Coleraine Academical Institution, Castlerock Road, Coleraine BT51 3LA 02870 544331

Hon. Treasurer: Mrs Joan Magennis, 9 Downshire Road, Bangor, BT20 3TW

Hon. Secretary: R.G. Moffett, 'Lantaur', 33 Lynda Farm, Newtownabbey, BT37 0AX

Assistant Secretary: Mr A. Kirk, Dromore H.S. 31 Banbridge Rd., Dromore, BT25 1ND

Cross-Country Secretary: W. Hollinger, 51 Colin Road., Ballyclare BT39 9TF

Assistant C.C. Secretary: T. Hamilton, Kilkeel H.S. Knockree Ave, Kilkeel, BT34 4BP

Track and Field Secretary: R.G. Moffett, 'Lantaur' 33 Lynda Farm, Newtownabbey, BT37 0AX

U14 Form 2 Team Competition Organiser: S. Graham, Coleraine Academical Institution, Castlerock Road, Coleraine BT51 3LA 02870 544331

I.S.A.A. Coach:

Multi-Event Organiser: A.Keys, Regent Hse School, Regent St. Newtownards, BT23 4QA

Supplies Officers: Mr. A. Kirk / Mr. R.G.Moffett

DISTRICT OFFICERS, 2008 - 09:

A: Co. Down:

Chairman: A. Keys, Regent House School, Newtownards, BT23 4QA 91813234

Treasurer Heather Camblin, Banbridge Academy, Lurgan Rd, Banbridge, BT32 4AQ. Tel: 40623220

Secretary: Mr A. Kirk, Drumore High School, 31 Banbridge Road, Co Down, BT25 1ND. Tel: 028 92 692278.

B: S. Antrim:

Chairman: A. McGonigle, Friends' School, Magheralave Rd. Lisburn, BT28 3BN

Treasurer: Mrs Joan Magennis, 9 Downshire Road, BT20 3TW

Secretary: Mr. N. Kennedy, Carrickfergus G.S. North Road, Carrickfergus, Co. Antrim, BT38 7RA

C: N. Antrim, Londonderry, N. Donegal:

Chairman: Mr. G. Hasson, Dominican Col. Strand Rd. Portstewart.

Treasurer: Mr. Barry Kelly, Cross and Passion, Ballycastle, BT54 6LA

Secretary: Ms. Andrea McCullough, Ballyclare H.S., Rashee Road, Ballyclare BT39 9HJ 02893 322244

D: Armagh, Monaghan:

Chairman: Mr. Karl Kildea, St. Macartan's College, Monaghan

Treasurer: Mr. Mr. Matt McGleenan, St Patrick's G.S. Cathedral Rd. Armagh, BT61 7QZ

Secretary: Mr. Karl Kildea, St. Macartan's College, Monaghan

E: Cavan, S. Donegal, Fermanagh, Tyrone:

Chairman: Mrs Margaret Henderson, Cookstown High School, Coolnafrankie Demense, Cookstown, County Tyrone, BT80 8PQ

Treasurer: Mrs A. Griffen, Castledearg H.S., Castledearg BT81 7RU

Secretary: Ms. Lesley Alcorn, Omagh Acad. Dublin Rd, Omagh BT78 1HF

SAFETY

So that this whole system can progress methodically, schools and staff are asked to co-operate as thoroughly as possible, especially in matters of safety. The organizers should make sure that all competitors and officials are aware of the rules of competition and various safety factors. Spectators should also be briefed on safety. It should be emphasized that athletes when not competing and judges when not officiating are spectators.

TRACK

Keep off the track unless involved in a track event.
If it is necessary to cross the track make sure there is not an event in progress or about to start.
Do not congest start and finish lines.
Track athletes must avoid jumping and throwing areas when going to and coming from their events.

JUMPS

The landing areas must not be used as play areas.
The soft landing areas at the High Jump and Pole Vault attract a number of would be divers and gymnasts.
Practice jumps must be under the supervision of the judges.
Spectators must not stand behind the landing areas.
Any movement here could interfere with the concentration of the jumpers.

THROWS

Safety cages are essential for Discus and Hammer events.
Throwing implements are potentially dangerous, their flight path being often unpredictable. Athletes, while waiting for their turn, must stand behind the throwing line or circle.
After a throw the implement must be carried back. It must not be thrown back. Javelin should be carried vertical, point to the ground.
Practice throws must be made only from the circle or throwing line and only under the supervision of the judges of the event.
No-one should at any time stand with his back to the thrower.

Organizers of meetings can make their contribution by checking that all equipment, landing areas etc., are safe and by ensuring that equipment is returned to the store immediately an event is finished.