

AGE GROUPS

Under 14 Under 14 years (normally year 7 & year 8 pupils) on August 31st, 2019

Under 16 Over 14 and under 16 years (normally year 9 & year 10 pupils) on August 31st, 2019

NO ATHLETE MAY COMPETE OUT OF AGE GROUP.

THE CUP & PLATE COMPETITIONS

The rules in the Final shall also apply to the preliminary rounds whether the area competition be of a league or knock out format.

This is a Team competition so no individual medals are awarded.

The winning team in each of the four sections of the Cup Final will be awarded the Track and Field Champions School Trophy. The winning team in each of the four sections of the Plate Final will be awarded the appropriate Plate Trophy. The Charlie Hughes Trophy will be awarded to the best overall School Team performance on the Day.

RULES OF THE COMPETITION

The meeting is conducted in the spirit of UKA Rules and under the Welsh Schools' AA rules listed here.

1. Each team may enter **ONE** competitor per individual event.
2. Competitors are limited to a maximum of **TWO** individual events, plus the relay. If an athlete competes in two individual events **ONE MUST BE A TRACK EVENT and THE OTHER A FIELD EVENT.**
3. They may not compete in two track events nor in two field events.
4. In all throwing events and jumping events for distance, competitors will be allowed **THREE TRIALS.**
5. In the event of an athlete competing in a track event programmed at the same time as a field event, the track event will take precedence **BUT** the competitor will be allowed their full quota of trials on returning to the field event **PROVIDED THAT** they have made their involvement in the track event known to the **CHIEF JUDGE** of the field event **PRIOR** to the start of the field event competition **AND** they return to the field event immediately after they have finished competing in the track event.
6. **High Jump** – The officials will negotiate the starting height with the competitors. Competitors are restricted to a maximum of **EIGHT** attempts.
7. **In wet weather, only pupils wearing spikes will be allowed to compete in hurdles and high jump event.**
8. **Dress** - At all times during the competition, athletes will wear suitable athletic clothing with their individual school vest. In the National round of the competition, athletes will wear the competition numbers as supplied by the Welsh Schools' AA.
9. In the under 14 Boys' 300 metres and the under 14 Girls' 300 metres, **ONLY pupils over 13 and under 14 (usually year 8) are eligible to compete.**
10. In the Under 16 boys/girls triple jump, **athletes are limited to a 15m run up.**
11. In the event of a tie between two or more schools in any section of this competition, the tie break will be the greater number of individual winners. **If the tie remains, the tie break will be the greater number of second places. If the tie remains, lower places than second will be compared, until the tie is broken.**

Scoring – in individual and relay events:

Position	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Points	9	7	6	5	4	3	2	1