



2023 NASUWT CUP & PLATE – COMPETITORS NOTES

AGE GROUPS

Under 14 Under 14 years (normally year 7 & year 8 pupils) on August 31st, 2023

Under 16 Over 14 and under 16 years (normally year 9 & year 10 pupils) on August 31st 2023

NO ATHLETE MAY COMPETE OUT OF AGE GROUP.

THE CUP & PLATE COMPETITIONS

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.

The following further information applies;

- **Team registration** is done at a Gazebo directly outside the results room in the main building. Please allow plenty of time prior to the start of Competition (by 12pm please if possible).
- A comprehensive entry help sheet will be included with your team entry details including details of how to make additional entries. There will also be a laptop available on event day for teams to make final changes.
- You **collect Team Numbers from Registration**. Each athlete has been allocated a 'unique number' so it is important that numbers are allocated to the correct athlete. Pins will be provided at registration.
- **All athletes and teachers have their own packed lunches/snacks etc – please note that there are no packed lunches provided by the Association for teachers – so staff must also bring their own food.**
- Districts have been allocated an event to officiate and each school will be required to provide 3 individuals to officiate. Officials will be required to stay on their allocated event. There will be no rotating, as last year, which led to delays as athletes were waiting for officials to arrive from a different event.

RULES OF THE COMPETITION

The meeting is conducted under UK Athletics Rules and under the Welsh Schools Athletics Association 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 **TWO WARM-UP TRIALS** and **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. 9mm spikes may be used for the High Jump. 6mm is the maximum allowed for all other events. **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 (year 8) are eligible to compete.**
10. 7m, 9m and 11m boards will be in use for Triple Jump competitions. Under 14 Triple Jump will be held for Year 8 competitors only. There will be no restriction on 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.**
12. All personal implements used for field events must be weighed on arrival at the stadium.

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