

## **EAST ANGLIAN LEAGUE RULES FOR SEASON 2026**

The East Anglian league is for the purpose of providing interclub competition for the age-groups specified in the rules below.

The management of the league is vested in an elected committee consisting of a Chairman, Secretary, and Treasurer, together with up to three members of an appeals/General management committee.

The league will hold an annual General meeting of member clubs each year after the close of the T&F season, at which officers for the next season will be elected.

Clubs will pay an annual membership fee to the league, which will be used for the purposes of defraying administration expenses and for staging the annual league final.

Any significant changes for 2026 are highlighted in blue.

### **Competition Rules**

#### **1. Age groups:**

- All meetings are held under UKA Rules.
- The age-group categories for scored competition will align with the new age groups adopted by UKA from 1<sup>st</sup> April 2026 and will be: Senior men, Under 18 men, Under 16 Boys, Under 14 Boys, Senior Women, Under 18 Women, Under 16 Girls, Under 14 Girls as specified in the UK rules.
- Male and Female Under 20's compete/score as Seniors, but the number of events limits apply as in the UKA rules for age-groups. Under 18's may elect to compete as Seniors but must remain in that age group for the entire meeting.
- U20 athletes will compete in the Senior category but **MUST** compete using their U20 age group equipment (Hurdles, Hammer, discus, shot).
- Each age-group will be scored separately (as well as the overall match totals) and may qualify separately for the league final for the top 8 clubs in each age-group. There will be no under 12 events in the league final.
- **Under 12's who are aged at least 10 on the day of competition, and who will not be aged 12 on 31<sup>st</sup> August 2026 may compete in specific non-scoring events (currently 75m, 600m, Long jump and shot). Under 12's may compete in a maximum of 3 from the 4 possible events. Under 12's may not compete as under 14's.**
- An athlete may not compete in more than one age-group at the same meeting, even as a non-scorer.
- In the league final, athletes may only compete in their correct UKA age-group. Athletes may not move to a higher age-group in the final because their age-group did not qualify.
- Under 18's may compete as Seniors in the league final only if they have competed as Seniors in at least 2 of the league matches and their own age-group has also qualified.
- A maximum of two athletes who have not competed in any of the league matches may be used in each age-group at the final (this is to allow clubs to accommodate athletes who study away from home or athletes who been unable to compete during the season due to injury, or other reasons e.g. other sporting commitments, new to athletics, etc.
- Athletes changing clubs during the season must have competed in an EAL match for their new club in order to qualify for the final.

## 2. Scoring Competitors:

- **Scoring athletes must be first claim members of the club for which they are competing.** (Second claim members may participate but as non-scorers only).
- **Scoring clubs:** If necessary, scoring and non-scoring clubs to be decided at each years A.G.M.
- Clubs are to use the identification letters allocated by the league (see table below).
- “A” strings wear single letters and “B” strings wear double letters.
- Clubs may enter “A” and “B” string scoring competitors in all events except Hammer, Triple jump, senior and U18 Hurdles, and Under 14’s Discus and Javelin, where only “A” string competitors will score.
- Only A string competitors will score in all Under 18 events except 100m, 200m and Long jump where A & B will score.
- **In the combined Senior /under 18’s 1500m races, the letters/numbers of the under 18’s must be clearly marked with a cross (X) over the whole letter/number (Team managers responsibility).**
- The same applies to the **3000m races in match 2** where U18W & Sen Women, and U18 Men & Sen Men will have combined races. In this case the **U18 Women and U18 men must be marked with a cross.**

### Clubs Letters and Numbers

<b>Club</b>	<b>A string</b>	<b>B string</b>	<b>Non-Scorers</b>
Attleborough AC	I	TT	66-67-68-69-70
Braintree AC	B	BB	12-13-14-15-111
Cambs & Coleridge (C&C)	R	RR	81-82-83-84-85
Colchester & Tendring (CaTS)	C	CC	61-62-63-64-65
City of Norwich (CoNAC)	O	OO	06-07-08-09-10
Ely and Newmarket Composite	E	EE	26-27-28-29-30
Great Yarmouth (GYDAC)	G	GG	21-22-23-24-25
Huntingdonshire AC	H	HH	86-87-88-89-90
Ipswich Harriers	I	II	51-52-53-54-55
Luton AC	K	KK	76-77-78-79-80
Peterborough & Nene Valley (PaNVAC)	P	PP	36-37-38-39-40
Ryston Runners	Y	YY	46-47-48-49-50
Waveney Valley	L	LL	91-92-93-94-95
West Norfolk Composite	A	AA	56-57-58-59-60
West Suffolk	F	FF	16-17-18-19-20

Subject to compliance with Rule 3, clubs may also use the same numbers plus 100 in order to avoid their under 11’s having to change numbers for different events (e.g. Ipswich may also use 151, 152, 153, 154, 155).

**Letters must not be used for under 11’s** as the scoring software does not accommodate that.

(Note – numbers 1 and 11 have not been used to avoid confusion with I and II)

### **3. Non-Scorers (League matches):**

- A maximum of four non-scorers allowed in 100m across all age groups U14+
- A maximum of 3 non-scorers allowed in 200m across all age groups U14+
- A maximum of 2 non-scorers allowed in 300m across all eligible age groups
- A maximum of 2 non-scorers in 400m across all eligible age groups
- All other track events: 4 non-scorers in U14, U16, U18 and Seniors
- A maximum of one non-scorer per age group / per club in all jumps
- A maximum of one non-scorer per age group / per club in Hammer
- A maximum of one in Under18 and Senior discus, shot, and javelin (both men and women).
- A maximum of one non-scorer per club in U14G and U14B discus and javelin.
- A maximum of two non-scorers per club in U14G and U14B shot
- A maximum of two non-scorers per club in U16G and U16B shot, discus and javelin
- Clubs are limited to a maximum of one non-scoring relay team per age-group in Under 14's and Under 16's. No non-scoring teams in Under 18 and Senior relays.
- Non-scorers must report to the marksperson at the same time as scoring athletes or they may not be allowed to race. This applies to all track events including relays (This is especially important for relays and any relay team reporting late will not be allowed to run).
- Guest competitors (members of other clubs) will only be allowed if there is room in the programme and the Home club has been asked before the meeting.
- Under 12's are limited to a total of 5 athletes in track events (75m and 600m) per club of combined genders.
- Under 12's are limited to 3 athletes in each field event (Long jump and Shot) per club of combined genders.

### **4. Scoring**

Scores will be 8,7,6,5,4,3,2,1, for A and B strings in each age-group.

Each age-group to be scored separately and the totals to be added together at the end of the meeting to produce the overall winning club.

The league final to be scored 8,7,6,5,4,3,2,1 in age-groups only.

### **5. Team Declarations**

A typed provisional scoring team declaration and a non-scoring declaration sheet should be e-mailed to the host club, as an attachment in the leagues Word or Excel format on the Friday before the meeting, so that names can be copied and pasted into the scoring software in advance. **Do not send pdf files or scans as they cannot be copied and pasted into the scoring software.**

A hard copy of the standard league declaration sheets, including both scoring and non-scoring, must also then be handed in to the recorders on the day by 11.30 with any subsequent changes clearly highlighted. Changes may be made subsequently.

## **6. Match paperwork.**

All team declaration sheets used should be those issued by the league, and similarly for results sheets unless computerised scoring is used, in which case the event order should be similar to the standard sheet format. Originals should be sent to the league Sec, not a photocopy, which can be difficult to read.

## **7. Club vests**

Competitors must wear the appropriate club vest and the correct letters or numbers on front and back. This includes non-scorers. If any club has a difficulty with vests, the referees will make the situation known to team managers by calling a meeting. Composite teams may use vests of any team in the composite.

## **8. Field Event Progressions & Trials**

**High jump:** In all age-groups, including events with combined starting times, the starting height is now fixed. There is no lower height to be offered. Height progressions will be:

U14G 1.00m, 1.10m

U16G 1.05, 1.15, 1.20

Senior Women and U18 Women 1.10, 1.20, 1.30

U14B 1.00, 1.10, 1.20

U16B 1.20, 1.30, 1.40, 1.50

U18M 1.25, 1.35, 1.45, 1.55

Senior Men 1.25, 1.35, 1.45, 1.55, 1.65.

***Then all to rise by 5cm until 3 athletes are left in, then at judges discretion, taking note of the time left before the next High jump event.***

***Ties in the High jump remain and are not decided by a jump off.***

**Trials in field events:** three trials only allowed in horizontal jumps, and all throwing events.

Strict limit of only two warm-up attempts in all field events

## **9. Program changes**

Any changes must be notified to visiting teams and league secretary at least 14 days before the date of the meeting.

## **10. Chief Officials**

It is the responsibility of the Host club to provide Starters, Markspersons, Track Referee, Field Referee, Chief Timekeeper and Recorders, in addition to a field events team to judge their allocated events. **From 2026, Starters must be hold a Level 2 licence.**

## **11. Officials**

**Visiting clubs must provide a Track Judge, a Timekeeper and a team of Field Judges.**

**The Field team must be led by a Level 2 Field official and be supported by a minimum of 1 Level 1 field official and a team of qualified / unqualified officials to judge their allocated events.**

If clubs are unable to provide the required officials or helpers, they must notify the host club at least 10 days before the meeting and may be penalised by loss of their score as in 11 below.

**Trainee officials should not be turned away, they should always be accommodated by pairing with a qualified official.**

## **12. Failure to supply officials.**

Clubs must provide a team to cover their allocated field events, led by at least one suitably qualified official, and must also supply a Timekeeper and a Track-judge, or two track helpers.

***Teams not complying with this requirement will forfeit all points scored in that match.***

Note that Power of 10 will only upload track times where there were at least three qualified timekeepers taking times.

## **13. Lack of officials.**

In the interest of safety and at the discretion of the referee, it may be necessary to cancel events if there are not sufficient qualified and experienced field officials and helpers available.

## **14. Officials Refreshments**

Host clubs must provide hot drinks and squash for visiting officials, but providing food is not mandatory.

Ideally the host club should provide at least an edible treat. Clubs should be informed of the situation at least one week in advance of the meeting. Each visiting club should be responsible to provide food for their own officials if it is not provided by the host club.

## **15. League membership fees:**

An annual affiliation fee set at the AGM is to be paid by 31<sup>st</sup> January each year. Cheques to be made payable to “East Anglian Athletics League” and sent to the league treasurer.

2026 league membership fees (£200) should be sent to the league treasurer by **20<sup>th</sup> March 2026**, payable to “East Anglian T&F League” paid by bank transfer to Lloyds account 30-95-24, 00191540 (please e-mail Graham at [grahamlroy670@gmail.com](mailto:grahamlroy670@gmail.com) when you have paid. In case of any difficulties please e-mail Graham.

**Composite teams pay only one fee per team.**

## **16. Non-payment of league fees.**

Clubs who have not paid the annual affiliation fee will not be eligible to participate in the league.

## **17. Affiliation.**

All participating teams must be affiliated to England Athletics and their County Association, and their athletes should be registered with England Athletics (or other home nation).

## **18. First Aid:**

It is the responsibility of the host club to organise qualified first aid cover at each league meeting which they host. The league must organise first aid cover at the league final.

## **19. Results**

The host clubs must send, as soon as possible after each match date, fully checked original Excel match spreadsheet results (not pdf files) including non-scorers, (not later than the Tuesday morning), by e-mail **to all the competing clubs, the Gen Sec, Sarah Newman (SecretaryEAL@outlook.com) and to Mr A. Cheatham, (anthonycheatham1107@btinternet.com) and Noel Moss (noelmoss@btinternet.com)**

**A copy of the officials signing in sheets must be sent to the League Sec by Wednesday latest.**

The visiting clubs will then have 48 hours to check and notify any errors to the host club. They will make any amendments necessary and then send the results to the League Sec who will forward them to Power of 10. (this is to avoid multiple changes which have been necessary after the results have been uploaded to P10)

Note – **please use the official scoring software**, not a modified version, because Power of 10 have a special program to extract the results from the league spreadsheet into their own format)

## **20. Fixtures**

The league secretary only to decide the allocation of clubs to fixtures after the venues have been arranged at the A.G.M. Clubs who are not represented at the A.G.M. will not be awarded a home fixture unless they have sent a guaranteed fixture date in writing, to the League Secretary before the date of the A.G.M.

## **21. Cancelled or abandoned meetings**

Cancelled meetings will be scored by using the average score from the rest of the season's matches. Abandoned meetings - all meetings on the day will be scored using only events that were completed at all meetings on the day. Rule 21 will not apply in the case of events not taking place through lack of officials. Final match scores will be used.

## **22. Infringement of UKA rules for age-groups.**

If an athlete who takes part in more events than permitted for their age-group under UKA or League Rules including non-scoring events and the Team manager notices this and reports it to the Referee or the meeting recorders before leaving the meeting, then only the points gained from the athletes extra events will be deducted from their score but if the error is not reported and is found later then all points gained by the athlete shall be deducted from the team score.

### **23. Penalties for breach of rules**

Penalty for breach of under 11 rules is a 5 point deduction from all **scoring** age-groups for each breach of the rules.

Penalty for breach of the non-scoring rules in other age-groups is a 10-point deduction from that age-group's score for each breach of the rules.

Penalty for breach of any UKA rule is loss of all points scored by that athlete on the day.

### **24. League Final Hosts**

Normally organised by the league at a central venue. Any club offering to host the next years final must attend the A.G.M. and have an 8 lane track.

### **25. League Final Qualification**

The top 8 clubs in each age-group qualify for the league final.

Any club wishing to withdraw from the final should do so immediately the qualifiers are confirmed, in order to allow the 9<sup>th</sup> club to be invited.

No non-scoring athletes are permitted at the league final, and restrictions listed in Rule 1 apply.

### **26. Timetable for the league final.**

The standard timetable for the final, approved by the AGM will normally be used. A copy must be circulated to clubs before the final league match of the season.

### **27. Trophies**

The listed club contact will be responsible for making certain that any trophies won by their club in a final are returned on the day or before the day to the venue of the next years final.

Trophies must now be signed for when presented, with Name, address and Tel No.

**Updated January 2026.**