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LEAGUE RULES

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- 1 All athletes must be aged 9 or above on the day of competition
- 2
 - a All meetings will be conducted UK Athletics and Forth Valley League Rules.
 - b All athletes must be current members of the Scottish Membership Scheme.
- 3 Team Managers should declare their teams in writing **no later than** 45 minutes prior to the first event.
- 4 Each club must provide 4 officials, who should appear promptly.
- 5
 - a Athletes may only compete in 3 events at **meeting 1 & 2** – i.e. 2 track and 1 field or 1 track and 2 field events.
 - b A relay count as one track event. Penalty = 20 points + points from the last event.
 - c At the **Final** meeting athletes may compete as above plus a relay.
- 6 Field events (excluding High Jump). Officials are asked to allow all competitors three trials even though a competitor may have missed a round, provided they return before the competition has been completed.
- 7 High Jump – Starting Heights to be – Under 11 – 80cm; Under 13 – 90cm; Under 15 – 1metre. Heights to progress by 10cm to 1 metre, then 5cm thereafter.
- 8 Athletes and spectators are reminded to keep clear of the inside of the track and well clear of the Throwing areas.
- 9 All athletes must wear Club vests and wear numbers front and back in all events except High Jump.
- 10 Apart from the Hurdles and Relays, each event will be on an A and B string competitor basis. The A and B string races will be run separately in all events up to and including the 400 metres.

11 In events where A and B string competitors take part together the highest placed will score A string points.

12 Scoring

DIVISION 1

PLACING	1st	2nd	3rd	4th	5th	6th	7th	8th
A String	16	15	14	13	12	11	10	9
B String	8	7	6	5	4	3	2	1
Relays	16	15	14	13	12	11	10	9

DIVISION 2 & 3

13 PLACING	1st	2nd	3rd	4th	5th	6th
A String	12	11	10	9	8	7
B String	6	5	4	3	2	1
Relays	12	11	10	9	8	7

When clubs have more than one team competing in the League, Athletes competing/declaring at Match 1 must stay with the team for the whole season

You are NOT permitted to change from A Team to B Team or vice versa. **The Under 11 Boys/Girls are exempt from this rule**