



# COMPETITION RULES 2021

## Definitions

1. A Foreign Athlete shall mean any athlete required to be registered with UKA pursuant to United Kingdom Athletics (UKA) Rules.
2. A Higher Competition Athlete (HCA) shall be an athlete who is a Higher Competition Club Member as defined by UKA Rules and registered for competition in that season.
3. First Claim shall not include athletes who are secondary first claim members of the club they are representing.

## Eligibility Criteria for NAL purposes

4. The Eligibility Criteria are:
  - 4.1 that on the date of the competition the athlete not ineligible to compete and is either:
    - 4.1.1 a first claim member of the club he or she is representing [Rule G2 (21) S3 (1) (UKA Supplement)] or
    - 4.1.2 a Higher Competition Member (HCA) [Rule G2 (21) S3 (4) (UKA Supplement)] of the club he or she is representing and in both cases is eligible to compete for that club under the laws of UKA.
  - 4.2 that the athlete has not competed as a first claim member for any other NAL club in the current National Athletic League season.
  - 4.3 that the athlete's registration must be paid up for the current season with the relevant Home Association in accordance with the UKA rules.
  - 4.4 Foreign Athletes must be registered with UKA prior to 1st May in the season of competition.
5. Under 17s are permitted to compete in league competition subject to NAL Rule 39.
6. No Club at any meeting shall use more than six female and six male HCA's.

## Events

7. In each competition, there will be the following events:
  - 7.1 Men's-100m; 200m; 400m; 800m; 1500m; either 3000m or 5000m; 110m Hurdles; 400m Hurdles; 3000m Steeplechase; High Jump; Long Jump; Triple Jump; Shot Putt; Pole Vault; Discus Throw; Hammer Throw; Javelin Throw; 4 x 100m Relay; 4 x 400m Relay.
  - 7.2 Women's-100m; 200m; 400m; 800m; 1500m; 3000m or 5000m; 100m Hurdles; 400m Hurdles; 2000m Steeplechase; High Jump; Long Jump; Triple Jump; Shot Putt; Pole Vault; Discus Throw; Hammer Throw; Javelin Throw; 4 x 100m Relay; 4 x 400m Relay.
  - 7.3 Operations Officer shall indicate before the start of the season in respect of each match whether there is to be a 3000m or a 5000m event for men and women.
8. A pre-arranged Lane Draw and Field Event order of competition shall be used.
9. In all field events (except Pole Vault and High Jump) each competitor will be allowed three trials, those competitors with performances which rank them in the top half of the competition shall be allowed three additional trials.
10. The Board may agree to incorporate any other event in any NAL event forming part of the competition if the Board are satisfied that it is in the interests of NAL competition so to do and that facilities are available for it to be done.



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## Teams

11. There will be 2 competitors per team in each individual event and one team per club in each relay.
12. An Athlete may compete in a maximum of five (5) events in League competitions except Under 17 athletes who may only compete in a maximum of two (2) events - a relay is regarded as an event.
13. In events where there are separate competitions for 'A' and 'B' string competitors, the club shall in its team declaration nominate one competitor as the 'A' string and the other as the 'B' string. The 'A' string competitor to wear a single letter bib and the 'B' string competitor the double letter bib.
  - 13.1 Two bibs shall be worn by all track athletes (i.e., one front and back).
  - 13.2 UKA Rule T5 S2(1) applies, and all field event athletes need only wear one bib.
14. All track events from and including 1500 metres upwards shall be run as one competition for both 'A' and 'B' string competitors.
15. If a separate competition is not held for 'A' and 'B' string competitors, the club shall in its team declaration nominate one competitor as the 'A' string and the other as the 'B' string but for the purpose of the result the better placed of a club's representatives shall be considered the 'A' string.
16. An athlete cannot compete in the 'A' and 'B' string competitions of the same event at the same meeting. If the athlete does so they shall be disqualified from both competitions.
17. If a club uses an athlete who is not eligible that athlete shall not score any event points. The event shall be scored as though the athlete had not taken part.
18. Where separate competitions are held for 'A' and 'B' string competitors, clubs must put into the 'A' string competition the athlete who is expected to produce the better performance. If the performance by the 'B' string competitor is materially better than that of the 'A' string competitor, the club may have to explain their selections to the NAL Board.

## Event Scoring [Changed for 2021]

19. Scoring athletes will receive points based on their event performance and **NOT** based on their position within the competition.
20. The event performance points will be calculated using Prof. Mick Bromilow's scoring tables and aggregated by club during the match to provide a running score.
21. At the end of the match each club's total points will be divided by 100 and rounded to 3 (three) significant figures to produce the team score and league points allocated accordingly.
  - 21.1 Where clubs have the same team scores league points will be determined by the 1/100ths.
22. At the conclusion of each meeting, sub-divisional points shall be allocated as follows: - 1st team 4 points; 2nd team 3 points; 3rd team 2 points; 4th team 1 points. In the two 5-club matches the sub-divisional points will be 5,4,3,2,1.
23. The team scores will also be applied to the 3 original Divisions of the League, with league points awarded as follows.
  - 23.1 Premiership & Championship 16 down to 1
  - 23.2 National ONE: 6 down to 1
  - 23.3 In the event of a tie at the end of the season, total match points, to the 1/100<sup>th</sup> if necessary, will decide positions.



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## Club Colours

24. Club colours must be worn by all athletes as per UKA rule 143.

## Failure to Complete a Match

25. In the event of failure to complete all events in a match, the result of the match will stand if at least 36 of the events have been completed.

25.1 Where circumstances allow, the match shall be re-arranged at a date and place determined at the absolute discretion of NAL Board acting reasonably in default of agreement between the clubs taking part in that match.

25.2 If circumstances prevent the rearrangement of the match, the match points shall be awarded on the basis of the team's average point scores during the season.

## Events Abandoned

26. If an event cannot be held outside and there are facilities for it to be held indoors, the indoor event should count as part of the NAL match and be scored accordingly.

26.1 The competition should recommence indoors at the beginning of the round as per the event card when the competition was transferred indoors, as defined in UKA Rule 180.

If an event at a match is not completed

27. If the event does not start, or in the case of a track event the race is abandoned before all competitors have finished or withdrawn and is not re-run or in the case of long and triple jump and the throws is abandoned before the first round is completed, the event points shall be shared between the declared event athletes.

27.1 In the case of long and triple jumps and the throws where at least one full round of the competition has been completed before the competition is abandoned then the points will be awarded on the positions at the end of the last full completed round.

27.2 In the case of the high jump and the pole vault:

27.2.1. Any competitor who has taken part and been eliminated by the time the event is abandoned shall be credited with the height that he actually achieved.

27.2.2. If the circumstances do not allow competitors to attempt the height at which the competition is abandoned, then the available points for all the competitors not eliminated shall be divided equally between them.



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## Starting Heights and Triple Jump boards

28. In the high jump the minimum starting heights and progression shall be in accordance with the following table, unless the referee decides otherwise

High Jump	Opening Height	2 <sup>nd</sup> Height	3 <sup>rd</sup> Height	4 <sup>th</sup> Height	Progression
Women	1.30m	1.40m	1.45m	1.50m	5cms
Men	1.50m	1.60m	1.65m	1.70m	5cms

28.1 Subsequent fixture starting heights shall be in accordance with the following table.

High Jump	Fixture 2	Fixture 3	Fixture 4
Women	1.31m	1.32m	1.33m
Men	1.51m	1.52m	1.53m

28.2 If a single competitor is left the height may be raised as agreed by the referee.

29. In the Pole Vault the minimum starting heights and progressions shall be in accordance with the following table, unless the referee decides otherwise,

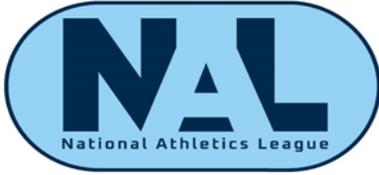
Pole Vault	Opening Height	2 <sup>nd</sup> Height	Intervals	Until	Then Intervals of
Women	2.00m	2.20m	20cms	3.00m	10cms
Men	2.10m	2.50m	40cms	3.30m	20cms

29.1 Subsequent fixture starting heights shall be in accordance with the following table.

Pole Vault	Fixture 2	Fixture 3	Fixture 4
Women	2.01m	2.02m	2.03m
Men	2.11m	2.12m	2.13m

29.2 Progression to continue until there are five or fewer competitors left in, then the competition will continue with 10cm (men) and 5cm (women) increments. If a single competitor is left the height may be raised as agreed by the referee.

30. The minimum board for Triple Jump will be 7m for Women and 9m for Men.



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## Team Declarations

31. Clubs must declare their teams of athletes and officials through the NAL Team Managers portal, at least 24 hours before the commencement of the match.
  - 31.1 Any subsequent changes to athlete names must be made through the NAL Team Managers Portal, no changes are permitted after 48 hours following the completion of the match.

## Relegation and Promotion

32. There will be no relegation or promotion at the end of the 2021 season.

## Officials

33. For the purposes of this section Officials are defined as UKA graded/licensed officials including Trainees who have already started on their official's qualification pathway.
34. All participating clubs, including the host club, must provide the following officials - 1 Track Judge, 1 Timekeeper, 5 Field Judges of whom one must be qualified at Level 2.
  - 34.1 As Officials are regarded as part of each Club's team, clubs will be awarded 5 points for each of the officials listed above that they bring to the fixture.
  - 34.2 Clubs providing all 7 officials listed above including the Level 2 (or above) Field Judge will earn an extra bonus of 15 points bringing the club's total points contribution from Officials to 50.

## Disqualification

35. If an athlete is disqualified for any reason after the match is completed, the match shall be re-scored as though the athlete had not taken part.

## Guests and non-scoring events [changed for 2021]

36. The NAL recognises two categories of guest athletes.
  - 36.1 Guest athletes from NAL member club (**MCA**) who are unable to gain selection as scoring athletes in the A and B string events.
  - 36.2 Senior or U20 only, Guest Athletes from non NAL member club (**NMCA**). These athletes must have attained the standard shown below, since 1<sup>st</sup> January 2019. An unattached athlete cannot be an **NMCA** guest.
37. If a NAL member club opts out of the League in 2021 because of covid-19 related issues, any athletes from that club still wishing to compete may do so as a member club athlete (**MCA**).
38. The numbers of guests to be allowed will be as follows:
  - 38.1 One **MCA** per club per track event, excluding the Relays and the Non-Scoring events.
  - 38.2 Four **NMCAs** per track event, excluding the Relays and the Non-Scoring events
  - 38.3 Only **NMCA** guest per field event. Names of **NMCAs** wishing to compete in a field event, having achieved the event standard, need to be declared on the NAL TM Portal at least 9 days in advance of the fixture. The Operations Officer on behalf of the Board can invite guests off the list to compete at fixtures determined by the Operations Officer, provided he is satisfied that the meeting concerned can accommodate field event guests. The Operations Officer's decision will be final.
  - 38.4 At fixtures where there are field events without an **NMCA** guest attending, the guest space may be offered to an **MCA** guest who has achieved the standard for that event since 1<sup>st</sup> January 2019



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and who has registered their interest via the NAL TM Portal at least 9 days in advance of the competition.

39. The following events which apply for both men and women athletes are included within the timetable, four 100m non-scoring events, one 200m non-scoring event and one 400m non-scoring event.
- 39.1 The 100m will be before the start of the programme whereas the 200m and 400m will be immediately after the last scoring 200m and 400m event respectively.
- 39.2 Competing clubs may nominate as of right up to four female and four male 100m competitors, one female and male competitor for the 200m and 400m non-scoring races.
- 39.3 Non-scoring athletes may be allocated track places within the scoring track timetable where and when appropriate.
- 39.4 Where there is a "cut" in the course of the event, the "cut" should be made based on the performances of the NAL athletes only. If the guest's performance is equal to or above the performance of the lowest placed NAL competitor who makes the "cut", the guest will be allowed further trials.



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Guest Standards MUST have been achieved since 1<sup>st</sup> January 2019

Event	Non NAL Member Athletes (NMCA)		NAL Member Club Athletes (MCA)	
	Male	Female	Male	Female
100m	10.65	11.85		
200m	21.40	23.95		
400m	47.75	54.25		
800m	1:50.00	2:07.00		
1500m	3:47.00	4:25.00		
3000m	8:27.00	9:30.00		
5000m	14:31.00			
Steeplechase	9:20.00	8:20.00		
110mh/100mh	14.35	13.85		
400mh	53.00	60.00		
Long jump	7.40	6.10	6.78	5.73
Triple Jump	15.40	12.80	13.78	11.71
Pole Vault	4.80	3.80	3.80	3.60
High Jump	2.10	1.75	1.90	1.70
Shot	16.75	13.80	13.89	12.93
Discus	52.20	47.00	41.01	45.16
Hammer	65.00	56.00	49.52	52.56
Javelin	63.30	45.00	52.11	43.45

## Seeding and Lane Allocations [new for 2021]

40. Where covid-19 restrictions allow, MCA & NMCA guests may run together, in the laned track events, with the nominated club athletes on the following basis:
  - 40.1 Declared Club A string athletes are seeded into Race A with the 4 maximum NMCA guests.
  - 40.2 Declared Club B string athletes will compete in Race B together with their MCA club colleagues.
41. The club A and B string athletes will occupy lanes 3, 4, 5 and 6, in accordance with the published lane draws.
42. The NMCA & MCAs will occupy lanes 1, 2, 7 and 8 drawn at random.



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## Under 17 athletes

43. Under 17's shall be confined to competitors who are aged 15 or 16 on 31<sup>st</sup> August within the Competition Year, as defined in UKA Rule 107.
44. Those athletes who are under 17 may only take part in a maximum of two events as defined in Clauses 7.1 and 7.2. Under 17 athletes must have attained the event and qualifications standards set out in Paragraph 42 and verified by Power of 10, prior to the competition to be eligible to compete.
45. Male and female under 17 athletes are not allowed to compete in the Steeplechase, 5000m, Hurdles events or throwing events (except female discus).
46. Qualification Standards for Under 17 athletes. Table A.

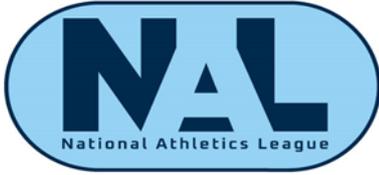
NAL Standards 2021		
Table A	Male	Female
100m	11.10	12.50
200m	22.40	25.40
400m	50.50	59.20
800m	1:56.80	2:16.0
1500m	4:00.50	4:40.0
3000m	8:48.00	10:21.0
Long Jump	6.45	5.40
Triple Jump	13.10	10.80
Pole Vault	3.85	3.00
High Jump	1.90	1.62
Discus		32.00

## Protests and Appeals

47. The NAL will not consider any protests or appeals which are the responsibility of UKA under IAAF rule 146, UKA Rule 21 S1 and the associated UKA supplements.

## General Conduct & Equality Statement

48. The NAL considers that all those participating in its competition are equal and deserve mutual respect at all levels. Any behaviour to the contrary undermines the essence of the League. We expect everyone to act in a respectful and polite manner towards one another. We will neither condone nor tolerate behaviour that undermines the dignity or self-esteem of any individual or creates an intimidating, hostile or offensive environment. Assault, spitting and discriminatory speech or conduct which is racist, sexist, transphobic or homophobic are NOT acceptable in any circumstances, and are **unlawful**. All other forms of harassment and discrimination based on ability, age, class, religion, language, and ethnic origin are also regarded as highly offensive.



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49. Breaches of this Statement and any issues involving any athletes, officials, team managers or officials of member clubs who conduct themselves in a manner which may bring discredit to the League, will be considered by the Board in the first instance. Proportionate sanctions may be applied at the sole discretion of the Board to the individual concerned and his/her club. This can include reporting the matter to UK Athletics, and other authorities for further action, particularly when the offence is likely to bring the sport into disrepute or breaks the law.

April 2021



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## APPENDIX 1

Item	Reference in NAL Rules	UKA Rules Number
Age Groups (UKA)	5 & 39 (U17)	T3 S2
Athlete Bibs	14	T5.7-9; T5 S1
Bona fide effort		T4.4.3 and Note; T17.2; C31.1
Clothing: UKA Competitions		T5.1; T5 S1
Club Vests	24	T5.1; T5 S1
Disqualification from Competition		
<ul style="list-style-type: none"> <li>Offensive Language</li> </ul>	49	T7 S1 (2) and Note
<ul style="list-style-type: none"> <li>Unsporting or improper manner/conduct</li> </ul>	49	C18.5; T7.2; T16.5
Eligibility to Compete: UKA Competition		G2 S1
<ul style="list-style-type: none"> <li>Athletes</li> </ul>	4.3	G1 (20); G2 (21) S1 (1)
<ul style="list-style-type: none"> <li>Clubs</li> </ul>	1; 7.1	G2 S2
<ul style="list-style-type: none"> <li>Composite Teams</li> </ul>	7.2	G2 S4 (4)
<ul style="list-style-type: none"> <li>First Claim Status</li> </ul>	4.1.1	G2 S5
<ul style="list-style-type: none"> <li>Foreign Athletes</li> </ul>	4.4	G2 S5
<ul style="list-style-type: none"> <li>Higher Competition Clubs &amp; Members</li> </ul>	2; 4.1.2	G2 S3
<ul style="list-style-type: none"> <li>Ineligibility to Compete</li> </ul>	4.1	G3 S1
Protests and Appeals	43	T8.2-6, T8.4; T8.10
Second Claim Status	3	G2 (21) S3 (3)
Unattached Athletes	36.2	C1 S2; G2 S1; G2 S3