**A black text on a white background

AI-generated content may be incorrect.**

GENERAL RULES / TRACK & FIELD

1. Athletes must wear official team singlet. A plain white singlet may be worn in certain circumstances. National gear should only be worn at international events.
2. Athletes must wear a number on their front.
3. It is the responsibility of clubs to ensure that athletes are entered in the correct age group. However, as mistakes do happen, ***starters and event judges are advised*** to announce at check in the Age group and age that athlete will be in the year of competition e.g. U11 - athlete will be 10 in 2023.
4. Any protest must be made within 30 minutes of event completion, in writing, by a club official. This must be accompanied by a fee of €20. (This will be refunded if appeal is successful) The Track Referee may rule on the appeal or may call on an appeals committee to adjudicate. (This committee to be agreed in advance.)
5. Starting blocks are available to be used but are not compulsory at County events. No blocks for athletes U12.
6. An athlete shall be excluded from participation in all further events in a case where an athlete qualified in heats but does not participate further.
7. Athletes must be technically proficient for all events.
8. Athletes are only allowed on the track area while competing.
9. Parents and Coaches are not allowed on the track at any time.
10. Only 5mm spikes may be used.
11. Athletes may move up one age group in Relays.
12. The programmes are subject to change if necessary.
13. Personal throwing implements must be submitted to the Chief Throws Judge prior to the competition for inspection. An athlete may have exclusive use of personal implements.
14. Photographs may only be taken from outside the arena unless permission is applied for and given by the meet organiser.
15. All competitors, coaches and spectators are requested to respect the officials. All of them are volunteers.