



Tipperary Athletics



Competition Bye Laws

1. Age Categories
2. General
3. Regrading for Cross Country & Road
4. Juvenile Cross Country
5. Juvenile "B" Cross Country
6. Juvenile Cross-Country Relays
7. Primary Schools Cross Country
8. Secondary Schools Cross Country
9. Junior Cross Country
10. Under 23 Cross Country
11. Novice Cross Country
12. Novice "B" Cross Country
13. Intermediate Cross Country
14. Senior Cross Country
15. Masters Cross Country
16. Junior Road Championships
17. Novice Road Championships
18. Novice "B" Road Championships
19. Intermediate Road Championships
20. Senior Road Championships
21. Masters Road Championships
22. 10 Mile Road Championships
23. Road Relay Championships
24. Indoor Championships

- 25. Track & Field Championships
- 26. Juvenile "B" Track & Field Championships
- 27. Best Cross-Country Championships Club Points System (Non-Juvenile)
- 28. Best Road Championships Club Points System
- 29. Juvenile Overall Trophies
- 30. Open Road Racing
- 31. Unregistered Athletes

Competition Bye Laws For Tipperary A.A.I.

1 Age Categories:

- A** The 31st of December in the Competition Year is the reference date for all age categories except Masters.
- B** For Masters the reference date is the competition date.
- C** Masters Men & Ladies Age Categories Over 35, Over 40 Etc (Entering the Grade on the appropriate Birthday).

2 General

- A** All County Cross Country venues, especially schools, must have toilet facilities.
- B** The County Board honours admission passes issued by host clubs to members who assisted in setting up courses and running the fixture.
- C** All Championship events, organised by the County Board must have first aid, including a defibrillator, on site.

- D** Entry fees will be as approved at each County Convention or in default at the next County Committee Meeting where the matter arises.
- E** Dates of Birth must be provided for all Juvenile Relay Team Members.
- F** At County Board meetings, all race permit applications & race fixtures that come in correspondence are to be dealt with under the heading "Fixtures".
- G** All County Cross Country fixtures begin at 12 noon.
- H** If a Club is not present to speak on a motion proposed by them for Munster or National Congress, then that motion will be automatically withdrawn by the County Board at the relevant Congress.
- I** Transfer Forms not declaring an Inter-County Transfer by the relevant Club/Athlete will be automatically processed as an out of county **Club** Transfer only by the County Administration Secretary.
- J** Perpetual Cups will be presented each year for every County Senior Outdoor, Road & Cross Country Team Championship Competitions & all previous winners from the year 2000 onwards will be engraved on each Cup.
- K** Guest athletes shall be permitted to take part in County U/19 to U/23, Junior, Senior & Masters **Indoor & Track & Field Championships** (see more details in Bye-Laws 24 & 25) but shall not be permitted to take part in any County U/19 to U/23, Junior, Novice, Novice "B", Intermediate, Senior & Masters Cross Country or Road Championships.

3 Regrading For Cross Country & Road

- A** Regrading will be from Senior to Intermediate only.
- B** Regrading will be automatic after 5 Championship races from the time the athlete last became ineligible for the grade.

- C Individual gold medallists in men senior events will not be eligible for regrading at any time.

4 Juvenile Cross Country

- A County Championships will be organised for all ages from under 9 to under 19 inclusive, in one-year steps. ("A" Championships)
- B Athletes may move up on age category in all cases including under 8's competing at under 9.
- C Distances as per the A.A.I programme in any given year unless otherwise decided by the County Board, from time to time. For Girls & Boys U/9, the distance will be 600m & for Girls & Boys U/10, the distance will be 800m.
- D There is no limit on team sizes with a per athlete fee applying.
- E It is 4 to score in all cases except Girls & Boys under 16 to 19 where it is 3 to score. If there are no teams of 4 to score, medals will be awarded to teams of 3.
- H Medals will be awarded to the scoring members of the first three teams.
- I The first ten (10) runners home at under 9 to 13 will be awarded medals.
- J County Development Squads be introduced for Juvenile Cross-Country athletes.

5. Juvenile "B" Cross Country

- A A County 'B' Championship will be held each year for the Under 9, 11, 13 & 15 age categories with Under 8, 10, 12 & 14 moving up
- B Distances: U/9 500m, U/11 1000m, U/13 1500m & U/15 2500m.

- C** The “B” championship is confined to athletes who competed in the “A” Championships as well as newly registered athletes

- D** All medallists in the “A” County, Munster & National Championships will be ineligible for the “B” Championships. in the year of competition. **New athletes competing in the "B" Championships should be curtailed as Clubs are holding back the registration of athletes so they can compete in the "B" Championships.**

- E** It is 3 to score in all categories

- F** Medals will be awarded to the scoring members of the first three teams

- G** The first ten (10) runners home at under 10 &12 will be awarded medals

6. Juvenile Cross-Country Relays

- A** Cross Country Relays will be held for the Under 10, 12, 14 & 16 Age Groups.

- B** Athletes may move up 2 age groups in all cases except where a club is entering more than one team in any one race. Athletes may only be a member of one team per day (i.e. Under 10 cannot be on an under 10 & Under 12 team).

- C** There shall be separate races for Boys & Girls under 10, 12 & 14.

- D** At Under 16 there shall be mixed teams of four with each team to include at least 2 girls

- E** Distances: As per the Munster Athletics programme in any given Year, unless otherwise decided by the County Board, from time to time.

- F** County Cross Country Relay teams to be selected from County Trials (relay specific distances).

7 Primary Schools Cross Country

- A** A Primary Schools Cross Country Championships will be organised each year.
- B** School Categories: To be decided by the County Board, as required from time to time.
- C** Class Groupings & Distances: 3rd & 4th Class Boys 800m, 3rd & 4th Class Girls 800m, 5th & 6th Class Boys 1000m, 5th & 6th Class Girls 1000m.
- D** Scoring: 4 to Score in all cases except Small Schools where it will be 3 to score.

8 Secondary Schools Cross Country

- A** A Secondary Schools Cross Country Championships will be organised each year.
- B** Age Categories: As per The Irish Schools Athletics Association.
- C** Scoring: Boys 4 to score. Girls 3. to score.
- D** Distances: 1200m For Minor Girls & Boys & Junior Girls
 1500m For Junior Boys & Intermediate Girls,
 2000m For Intermediate Boys & Senior Girls
 3000m Senior Boys

9 Junior Cross Country

- A** Men & Ladies County Championship will be organised each year.

B Age Eligibility: Over 16 and Under 20 on the 31st of December in the Competition Year.

C Distances: Women 4km, Men 6km.

D Scoring: Men 3 to score. Ladies 3 to score.

10 Under 23 Cross Country

A Men & Ladies County Championship will be organised each year.

B Age Eligibility: Over 20 and Under 23 on the 31st of December in the Competition Year.

C Distances: Women 4km, Men 7km.

D Scoring: Men 3 to score. Ladies 3 to score.

11 Novice Cross Country

A Men & Ladies County Novice Championship will be organised each year.

B Age Eligibility: 19 years and over on the 31st of December in the Competition Year.

C General Eligibility: All Athletes except previous individual winner of this or any higher championship **IN ANY COUNTY** and the first three individual medallists at senior level are eligible. Also, any athlete from outside the Country of Ireland, who has not competed at senior level in Ireland, for at least one year is ineligible.

D Distances: Women 4km, Men 6km.

- E** Scoring: Men 4 to score. If there are no teams of 4 to score, medals will be awarded to teams of 3.
- Ladies 3 to score.

12 Novice "B" Cross Country

- A** Men & Ladies County Novice "B" Championship will be organised each year.
- B** Eligibility: Confined to Athletes who **completed** the "A" Championships with the first eight men and the first five* ladies in those championships excluded as well as previous individual winners, both male & female. (* First five ladies excluded if entry level in the "A" Championships is over twenty athletes. If entry level is lower than twenty athletes, the exclusion limit will be lowered to the first three athletes).
- C** Distances: Men 6000m Ladies 3000m
- D** Scoring: Men 3 to score. Ladies 3 to Score.

13 Intermediate Cross Country

- A** Men & Ladies County Championship will be organised each year.
- B** Age Eligibility: 20 years and over on the 31st of December in the Competition Year.
- C** General Eligibility: All Athletes except previous individual winner of this or any higher championship. Also, any athlete from outside the Country of Ireland, who has not competed at senior level in Ireland, for at least one years is ineligible
- D** Distances: Women 5km, Men 8km.
- E** Scoring: Men 4 to score. If there are no teams of 4 to score, medals will be awarded to teams of 3.

Ladies 3 to score.

14 Senior Cross Country

- A** Men & Ladies County Championship will be organised each year.
- B** Age Eligibility: 20 years and over on the 31st of December in the Competition Year.
- C** Distances: Women 6km, Men 10km.
- D** Scoring: Men 4 to score. If there are no teams of 4 to score, medals will be awarded to teams of 3. Ladies 3 to score.
- E** For Senior Men there is "A" & "B" team competition in the one race as follows. The 1st 4 will score as the "A" team and the 5th to 7th will score as the "B" team. Medals will be awarded to the first 3 teams in both the "A" & "B". The number of team prizes at "B" will be one less than the number of "B" teams finishing.
- F** No team (Club) can win two sets of medals in the "A" Championships unless there is only one B team. In that case any such team "B" team can compete for "A" medals.

15 Masters Cross Country

- A** Men & Ladies County Championship will be organised each year with two team categories for both men and women, namely Men O/35 & O.50 and Ladies O/35 and O/45.
- B** Distances: Women 4km, Men up to O/60 7km, Men O/65+ 4km.
- C** Scoring: Men O/35 4 to score. If there are no teams of 4 to score, medals will be awarded to teams of 3.
Ladies O/35 3 to score.

Men O/50 3 to Score

Ladies O/45 3 to score

- D** One Cup will be awarded for each of the following categories: Master Ladies O/35 (3 to score), Master Ladies O/45+ (3 to score), Master Men O/35 (4 to score), and Master Men O/50+ (3 to score).

16 Junior Road Championships

- A** Men & Ladies Road Championship will be organised each year.
- B** Age Eligibility: Over 16 and Under 20 on the 31st of December in the Competition Year.
- C** Distances: Men 3000m Ladies 3000m
- D** Scoring: Men 3 to score. Ladies 3 to score.
- E** The host Club shall designate an "Event Control Steward" whose duties shall include liaison between mobile first aid cover & all course stewards in the event of an emergency. He/She will be expected to have a list of contact numbers for stewards for this purpose.

17 Novice Road Championships

- A** Men & Ladies County Championship will be organised each year.
- B** Age Eligibility: 19 years and over on the 31st of December in the Competition Year.
- C** General Eligibility: All Athletes except previous individual winner of this or any higher championship **IN ANY COUNTY** and the first three individual medallists at senior level are eligible. Also, any athlete from outside the Country of Ireland, who has not competed at senior level in Ireland, for at least one year is ineligible

D Distances: Men 6000m Ladies 3000m

E Scoring: Men 4 to score. Ladies 3 to score.

F The host Club shall designate an "Event Control Steward" whose duties shall include liaison between mobile first aid cover & all course stewards in the event of an emergency. He/She will be expected to have a list of contact numbers for stewards for this purpose.

18 Novice "B" Road Championships

A Men & Ladies "B" County Championship will be organised each year.

B Eligibility: Confined to Athletes who **completed** the "A" Championships with the first eight men and the first five* ladies in those championships excluded as well as previous individual winners, both male & female. (* First five ladies excluded if entry level in the "A" Championships is over twenty athletes. If entry level is lower than twenty athletes, the exclusion limit will be lowered to the first three athletes).

C Distance: Men 6000m Ladies 3000m.

D Scoring: 3 to score. Both Men & Ladies.

E The host Club shall designate an "Event Control Steward" whose duties shall include liaison between mobile first aid cover & all course stewards in the event of an emergency. He/She will be expected to have a list of contact numbers for stewards for this purpose.

19 Intermediate Road Championships

A Men & Ladies County Championship will be organised each year.

- B** Age Eligibility: 19 years and over on the 31st of December in the Competition Year.
- C** General Eligibility: All Athletes except previous individual winner of this or any higher championship. Also, any athlete from outside the Country of Ireland, who has not competed at senior level in Ireland, for at least one year is ineligible
- D** Distances: Men 8000m Ladies 4000m
- E** Scoring: Men 4 to score. Ladies 3 to score
- F** The host Club shall designate an "Event Control Steward" whose duties shall include liaison between mobile first aid cover & all course stewards in the event of an emergency. He/She will be expected to have a list of contact numbers for stewards for this purpose.

20 Senior Road Championships

- A** Men & Ladies County Championship will be organised each year.
- B** Age Eligibility: 20 years and over on the 31st of December in the Competition Year.
- C** Distances: Men 10000m Ladies 5000m
- D** Scoring: Men 4 to score. Ladies 3 to score.
- E** For Senior Men there is "A" & "B" team competition in the one race as follows. The 1st 4 will score as the "A" team and the 5th to 7th will score as the "B" team. Medals will be awarded to the first 3 teams in both the "A" & "B". The number of team prizes at "B" will be one less than the number of "B" teams finishing.
- F** No team can win two sets of medals in the "A" Championships unless there is only one B team. In that case any such team "B" team can compete for "A" medals.

- G** The host Club shall designate an "Event Control Steward" whose duties shall include liaison between mobile first aid cover & all course stewards in the event of an emergency. He/She will be expected to have a list of contact numbers for stewards for this purpose.

21 Masters Road Championships

- A** Men & Ladies County Championship will be organised each year with 2 team categories for both men and women, namely Men O/35 & O.50 and Ladies O/35 and O/45.
- B** Distances: Men 6000m. Women 6000m.
- C** Scoring: Men 4 to score. Ladies 3 to score.
- D** The host Club shall designate an "Event Control Steward" whose duties shall include liaison between mobile first aid cover & all course stewards in the event of an emergency. He/She will be expected to have a list of contact numbers for stewards for this purpose.
- E** One Cup will be awarded for each of the following categories: Master Ladies O/35 (3 to score), Master Ladies O/45+ (3 to score), Master Men O/35 (4 to score), and Master Men O/50+ (3 to score).

22 10 Mile Road Championship

- A** Men's & Ladies County Championship will be organised each year.
- B** Age Eligibility: 20 years and over on the 31st of December in the Competition Year.
- C** Scoring: Men 4 to score. & Ladies 3 to score.
- D** For Senior Men & Ladies there is "A" & "B" team competition in the one race as follows. The 1st 4 Men & 1st 3 Ladies will score as the "A" team and the 5th to 7th men & 4 to 6 Ladies will score as the "B" team. Medals will be awarded to the first 3 teams in both

the "A" & "B". The number of team prizes at "B" will be one less than the number of "B" teams finishing.

- F** No team can win two sets of medals in the "A" Championships unless there is only one B team. In that case any such team "B" team can compete for "A" medals.
- G** Individual medals will be awarded to the 1st 3 athletes in the various masters age groupings.
- H** The host Club shall designate an "Event Control Steward" whose duties shall include liaison between mobile first aid cover & all course stewards in the event of an emergency. He/She will be expected to have a list of contact numbers for stewards for this purpose.

23 Road Relays

- A** Men & Ladies Road Relay Championship will be organised each year.
- B** Clubs can enter as many teams as they wish. The County Road Relays will be run as one division with the first 3 teams across the line being awarded 1st, 2nd and 3rd in the "A" Section even if from the same Club. The 4th, 5th and 6th teams across the line will be awarded "B" medals. The 7th, 8th and 9th team across the line will be awarded "C" medals. *Note: If there are 10 teams or less, there is no "C" section.*
- C** Ladies and men's cups are to be presented to the fastest team on the day in each category.
- D** Men Distances 800m, 1500m, 800m, & 3000m.
- E** Ladies Distances 800m, 1500m 800m & 3000.
- F** Age Eligibility 18 years and over on the 31st of December in the Competition Year for the 3000m leg. 16 years and over (Junior athletes) on the 31st December in the Competition Year for the 800m & 1500m legs. A maximum of **TWO** Juniors allowed on each team.

- G** The host Club shall designate an "Event Control Steward" whose duties shall include liaison between mobile first aid cover & all course stewards in the event of an emergency. He/She will be expected to have a list of contact numbers for stewards for this purpose.

24 Indoor Championships

- A** County Indoor Championships will be organised each year.
- B** Events and Age categories to be decided by the County Board, as required from time to time.
- C** Athletes confined to their own age category in individual events. For individual events & relays, Under 8s may compete at Under 9. For Relays, athletes may move up 2 individual years (i.e. an U/13 athlete may move up to an U/15 team) in all cases & may be a member of two teams on the day as per Munster & AAI Rules **EXCEPT** where a club is entering more than one team in any one race.
- D** The following rules should be observed in relation to "Guest" Athletes in County Indoor U/19 to U/23, Junior, Senior & Masters competitions: -
- A guest is defined as: -
1. an AAI Registered Club Member or
 2. an AAI Non-Club Registered Athlete (unattached)
- Guest Athletes should submit their entries to the relevant Competition Secretary through correspondence/e-mail at least one week before competition.
 - Guest Athletes shall wear their Club Singlet if a Club Member or a White Vest if unattached.
 - Guest athletes should wear numbers that are not different to normal competing athletes.
 - Guest athletes are not eligible for Tipperary County medals.
 - Results of the County competitions should include performances of Guest Athletes.

25 Track & Field Championships

- A** County Track & Field Championships will be organised each year.

- B** Events: As decided by the board from time to time but must include walks for Senior Men 3000m & Senior Ladies 1500m.
- C** Athletes confined to their own age category in individual events. For individual events & relays, under 8's may compete at under 9. For Relays, athletes may move up 2 age groups in all cases & may be a member of two teams on the day as per Munster & AAI Rules EXCEPT where a club is entering more than one team in any one race.
- D** A County Secondary Schools Track & Field Championships be held each Year. Events to be decided by the County Board, as required from time to time.
- E** Age categories as per the ISAA programme in any given year.
- F** The following rules should be observed in relation to "Guest" Athletes in County Track & Field U/19 to U/23, Junior, Senior & Masters competitions: -
- A guest is defined as
 - 1 an AAI Registered Club Member or
 2. an AAI Non-Club Registered Athlete (unattached)
 - Guest Athletes should submit their entries to the relevant Competition Secretary through correspondence/e-mail at least one week before competition.
 - Guest Athletes shall wear their Club Singlet if a Club Member or a White Vest if unattached.
 - Guest athletes should wear numbers that are not different to normal competing athletes.
 - Guest athletes are not eligible for Tipperary County medals.
 - Results of the County competitions should include performances of Guest Athletes.

26 Juvenile "B" Track & Field Championships

- A** A Juvenile "B" Track & Field Championship will be held each year.
- B** Age Categories Under 9 to 14 in one-year steps

C Eligibility: Confined to Athletes who entered the “A” Championships. Newly registered athletes may also compete.

D Athletes may compete in two events only

E Eligibility: All Athletes except those who won individual medals in the County, Munster or National championship in the competition year

27 Overall Best Cross-Country Club Points system (Non-Juvenile)

There is a trophy for the best overall Cross-Country Club (Non-Juvenile).

A presentation shall also be made to the 3 best overall Clubs each year.

The following points system will apply to all categories. 1st 18pts, 2nd 16 pts, 3rd 14 Points 4th 13 pts, 5th 12pts, 6th 11pts, 7th 10 pts 8th 9pts, 9th 8 pts, 10th 7pts, 11th 6pts, 12th 5pts, 13th 4pts, 14th 3pts, 15th 2pts, 16th to last place 1pt each, (The same points will be awarded for individual & team placing).

28 Overall Best Club in Road Championships Points system (Non-Juvenile)

There is a trophy for the best overall Club in the Road Championships (Non-Juvenile).

The following points system will apply to all categories.

1st 18pts, 2nd 16 pts, 3rd 14 Points 4th 13 pts, 5th 12pts, 6th 11pts, 7th 10 pts 8th 9pts, 9th 8 pts, 10th 7pts, 11th 6pts, 12th 5pts, 13th 4pts, 14th 3pts, 15th 2pts, 16th to last place 1pt each, (The same points will be awarded for individual & team placing).

29 Juvenile Overall Trophies

Indoor

That the following Club Awards be made each year for Juvenile Indoor Championships: -

- **Best Overall Club**
- **Most Improved Club (based on the difference in points from the previous year)**

The points system used will be as follows 1st place 4pts, 2nd Place 2pts & 3rd Place 1 point, in individual events and double points for relays.

Track & Field

That the following Club Awards be made each year for Juvenile Track & Field Championships: -

- Best Overall Club
- Most Improved Club (based on the difference in points from the previous year)

A points system be used as follows 1st place 4pts, 2nd Place 2pts 3rd Place 1 point, in individual events and double points for relays.

"B" Track & Field

That a best club award be made, each year, for Juvenile "A" Track & Field Championships.

A points system be used as follows 1st place 4pts, 2nd Place 2pts 3rd Place 1 point.

Cross Country

That the following Club Awards be made each year for Juvenile Cross-Country Championships: -

- Best Overall Club
- Most Improved Club (based on difference in points from previous year)

The points system used will be as follows: - 1st place 4pts, 2nd Place 2pts 3rd Place 1 point, in individual events and double points for teams.

"B" Cross Country

That a best club award be made, each year. For Juvenile "B" Cross Country.

A points system be used as follows 1st place 4pts, 2nd Place 2pts 3rd Place 1 point, in individual events and double points for teams.

30 Open Road Racing

- A** County Tipperary Championship races are to have their dates and venues agreed before any permits for any open race is agreed upon, within the period from the 1st January to the 31st August, each year.
- B** All permits for open road races are to come before the Tipperary County Board for a hearing at a meeting.
- C** All permits should be with the Tipperary County Board 4 months before the race date.
- D** No Club can object to a road race that is at least 4 clear days either side of their own race.
- E** No Club can object to a road race on behalf of another Club or organisation.

- F** A Club can only have **3** Friday evening races in a calendar year.
- G** A Club can only have **5** races on either a Saturday or a Sunday or a combination of both, in a calendar year.
- H** A Club can only have **1** Bank Holiday race in a calendar year.
- I** Any Club cannot have more than **25** races in a calendar year and this includes any other organisation seeking a permit, through that Club.
- J** No charity, school, sports organisation other than an affiliated AAI Club can object to an AAI affiliated Club or Championship event.
- K** Any Club or organisation running a race within **5km** of an affiliated AAI Club area, must get a letter of acceptance from that Club.
- L** A restriction of **50 miles** on races on the same day be upheld, unless an agreement can be obtained in writing from both Clubs and put before the County Board at a meeting.
- M** All permits must be applied for on the National AAI Road Race form and be accompanied by a Medical Plan and Safety/Risk/Method Statement and include the required fee.
- N** Any charity or organisation other than an AAI affiliated Club must supply accounts to the Tipperary County Board within **one month** after the race showing where all funds raised were spent and also showing all income from the race including entries, donations, grants, sponsorship etc.
- O** All permits for any race in the County of Tipperary must come under the current rules laid down by National AAI.

31 Unregistered Athletes

- A** Any Club whose un-registered athlete competes in any County Tipperary Championships will be fined €100 for each athlete in each event that they compete in.
- B** Any Club that enters an athlete in a competition for which the athlete is not eligible for will be fined €100 for each offence.
- C** If an un-registered athlete competes in a County Tipperary Championships and does not register within ONE month of said Championships with any County Tipperary Club, this Club will be fined a further €100.
- D** Any Club who is found in breach of any of 1 - 3 above more than once in any calendar year will be charged double for the second breach, triple for the third breach and so on (i.e. a second offence will cost the Club €200 and a third €300 etc.)