



Dublin Juvenile Indoor Championships 2023 Regulations

All clubs **MUST** provide officials, should prioritise these Championships and advise their athletes that these are qualifiers for the National Championships for age groups aged U12 –

U19.

3 athletes in each individual event qualify for Nationals.

U9/10/11 are Dublin only competition.

Relays - 3 teams in each age group qualify for Nationals.

Please find below Indoor regulations, most of which are extracted from the National Juvenile Indoor regulations with some changes to suit our competition.

Juvenile Indoor Championships Regulations

NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.

- 1. IAAF Rules apply**
- 2. Individual Track & Field Championships for Boys and Girls ages 10-19. (Nationals U12 – U19)**
- 3. Club Singlet's must be worn.**
- 4. The first three (4) from the Dublin region *qualify* for the National Championships, except for the 600m where 3 qualify.**
- 5. Athletes may ONLY compete in 3 individual events plus the relay(s) in Dublin and the same applies for Nationals.**
- 6. Athletes are confined to their own age group.**
- 7. In Relays an athlete may move up one age group.**
- 8. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age.**
- 9. In 17,18,19 age groups for relays, all athletes may move up one age group.**
- 10. Field events may be called 15 minutes prior to start time**
- 11. ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.**
- 12. Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used. Starting blocks are optional for U12 and U13**
- 13. IAAF False Start Rules apply. U16 upwards - first false start leads to disqualification.**
- 14. U12, 13,14, 15. One false start and all are on warning of next false start leading to disqualification.**

15. An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where;

a) A final confirmation was given that the athlete would start in an event but then failed to participate.

b) An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4)

c) An athlete fails to provide a bona fide effort to compete in an event

16. An athlete must inform the Chief Judge when leaving the competition area.

17. Athlete must leave the arena when their event is complete.

18. Winning athletes must report for medal presentation when called

19. Coaches and parents are **not allowed** on the track at any time.

20. Any parent or unauthorised club official (those without approved wrist arm band) found on the track or warm up areas risk the possibility of their athlete and club being disqualified.

21. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**

22. Warm up marks for field events should be completed where possible before the time schedule.

23. Where a heat is listed if insufficient competitors check in a FINAL will be held at **heat time**.

24. **600, 800m and 1500m. If 12 or less** check in, at the discretion of the track referee, a FINAL will be held at heat time. **1500m heats and finals can be scheduled for the same day of competition**

25. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Dublin Championships, **entries must be submitted through the Dublin Regional Secretary by closing date. Clubs/Coaches/athletes are advised that these Championships should be prioritised as they are qualifiers for the National Championships. Athletes competing in other jurisdictions on these dates or who do not have a legitimate or an acceptable reason for not competing will not be entered for Nationals.**

26. Please have respect for the stadium and its environs and adhere to all rules of the arena.

27. Please show due respect at all times to our voluntary officials, their directions, instructions and decisions.

28. Please do not leave your personal belongings unattended

29. No photos/video recording permitted in the competition or warm up areas.