



Athletics Kilkenny

Competition Bye-Laws

Version - FINAL 2022

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Rúnaí/ Secretary

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1. Age Categories

The 31st of December in the competition year is the reference date for all age categories except Masters. For Masters, the reference date is age on the competition date.

2. General

All championship events, organised by the County Board, must have basic first aid onsite.

Entry fees shall be as approved at each County Convention or at the next County Committee Meeting, where the matter arises.

Distance is measured in metres and kilometres except where specified.

At County Board meetings, all race permit applications and race fixtures will be dealt with under correspondence; successful applications and fixtures will be signed off by the County Secretary.

3. Regrading and Transfers

3.1 Regrading

Regrading shall be one grade down only. Twice a year, application forms completed in line with Athletics Ireland regulations shall be submitted to the County Board for consideration at its April and September meetings. Regrading comes into effect from the following month.

Regrading will be considering after 3 years from the time the athlete last became ineligible for the grade.

An athlete who has not competed for 3 years prior to applying for reggrading is entitled to reggrading, but must apply to the County Board first.

3.2 Transfers

Transfers are to be dealt with as per the official Athletics Association Ireland (AAI) guidelines.

4. Cross-Country (XC) Championship

4.1 Juvenile XC

County Championship will be organised for all ages from under 10 to under 19 inclusive, in 1-yearly steps. ('A' Championships).

Non-championship races will be organised for under 7, 8 and 9 age groups.

Athletes may move up one age category in all cases, including allowing under 8s to compete at under 9.

Distances:

Boys		Girls	
Age	Distance	Age	Distance
U-8	200m	U-8	200m
U-9	400m	U-9	400m
U-10	600m	U-10	600m
U-11	1000m	U-11	1000m
U-12	1500m	U-12	1500m
U-13	2000m	U-13	2000m
U-14	2500m	U-14	2500m
U-15	3000m	U-15	3000m
U-16	3500m	U-16	3500m
U-17	4500m	U-17	3500m
U-18	5500m	U-18	3500m
U-19	5500m	U-19	3500m

Teams consist of the first four finishing athletes from each club.

It is 4 to score in all cases, except girls under 19 age group where it is 3 to score.

Medals will be awarded to:

- (i) the scoring members of the first three teams
- (ii) the first three individuals.
- (iii) first ten runners home at under 7, 8 and 9 age groups.

4.1.1 Juvenile Cross- Country Team Selection for Leinster and National

Selection of the County Teams for Leinster Cross-Country Championship will be by participation in the County Championship.

The first twelve finishers will be automatic on the County Team for Leinster; the final three places will be at the discretion of the County Board.

If an athlete is unable to compete in the County Championship, they may declare their interest in selection of the County Team by declaring such interest to the County Secretary prior to the start of the relevant County Cross-Country Championship.

Should a County Juvenile Team qualify for the National Cross-Country, the first ten finishers from the County in the Leinster Cross-Country Championship will make up the team.

4.2 Juvenile 'B' XC

A County 'B' Championship will be held each year for the Under 10, 11, 12, 13, 14, 15, 16 age group categories.

Athletes may move up one age group.

Distances:

Boys		Girls	
Age	Distance	Age	Distance
U-8	200m	U-8	200m
U-9	400m	U-9	400m
U-10	600m	U-10	600m
U-11	800m	U-11	800m
U-12	1000m	U-12	1000m
U-13	1000m	U-13	1000m
U-14	1500m	U-14	1500m
U-15	1500m	U-15	1500m
U-16	2000m	U-16	2000m

In the year of competition, all individual medallists and the first team medallists in any age in any age of the 'A' County Championships will be ineligible for the 'B' Championship.

It is 3 to score in all categories.

Medals will be awarded to:

- (i) the scoring members of the first three teams
- (ii) the first three individuals in each category.
- (iii) the first ten runners home at under 7, 8 and under 9 age groups.

4.3 Juvenile XC Relays

Cross-country relays will be held for under 11, 13, 15 and 17 age groups.

Athletes may move up one age group.

There shall be separate non-championship races for boys and girls in the under 7, 8 and 9 age groups.

Teams will be made up of 3 athletes per team.

Distances:

Age	Distance
U-11	250m
U-13	250m
U-15	500m
U-17	500m

4.4 Senior Short Course Cross- Country

Men's and Ladies' County Championships will be organised each year.

The first, second and third finishers are deemed to be senior.

All athletes are eligible to score on senior teams.

Masters athletes are confined to own age group.

This race is independent of all other races and does not contribute to the County XC Shield.

Ladies		Men	
Categories	<ul style="list-style-type: none"> • Senior • Novice • Over 35s • Over 40s • Over 45s • Over 50s 	Categories	<ul style="list-style-type: none"> • Senior • Novice • Over 35s • Over 40s • Over 45s • Over 50s
Medals	1 st , 2 nd and 3 rd	Medals	1 st , 2 nd and 3 rd
Teams	A & B	Teams	A & B
Score	4	Score	4
Distance	2km	Distance	4km

4.5 Junior XC

Men's and Ladies' County Championships will be organised each year. These will run as combined races with the U18 race.

To be eligible to compete as a Junior, athletes must be in the under 17, 18, 19 or 20 age group categories on 31st December in the competition year.

Ladies		Men	
Medals	1 st , 2 nd and 3 rd	Medals	1 st , 2 nd and 3 rd
Score	4	Score	4
Distance	As per U18 race	Distance	As per U18 race

4.6 Novice XC

Men's and Ladies' County Championships will be organised each year. These will run as combined races with the U19 race.

To be eligible to compete as a Novice, athletes must satisfy all of the following:

- 17 years and over on the 31st December in the competition year.
- Have not finished 1st or 2nd in Novice Cross-Country in County Championship or any other county.
- Have not finished 1st or 2nd in Intermediate Cross-Country in County Championship or any other county.
- Have not finished 1st, 2nd or 3rd in Senior Cross-Country in County Championship or any other county.

- (v) Have not been a scoring member of a winning team in Novice, Intermediate or Senior Cross County in County Championship or any county. Exempted also are those who have been a member of a winning Novice team but who have finished outside the top eight finishers.
- (vi) Have not finished 1st, 2nd or 3rd or been a scoring member for a winning club or county team at Leinster or at National Novice, National Intermediate or National Senior levels.

Ladies		Men	
Medals	1 st , 2 nd and 3 rd	Medals	1 st , 2 nd and 3 rd
Score	3	Score	4
Distance	As per U19 race	Distance	As per U19 race

4.7 Novice 'B' XC

Men's and Ladies' County Championships will be organised each year.

To be eligible to compete as a Novice 'B', athletes must not been winners at a higher grade.

Ladies		Men	
Medals	1 st , 2 nd and 3 rd	Medals	1 st , 2 nd and 3 rd
Score	3	Score	3
Distance	3000m	Distance	6000m

4.8 Intermediate XC

Men's and Ladies County Championships will be organised each year.

To be eligible to compete as an Intermediate, athletes must satisfy all of the following:

- (i) 17 years and over on the 31st December in the competition year.
- (ii) Have not finished 1st in Intermediate County Championship or any other county.
- (iii) Have not finished 1st, 2nd or 3rd in Senior County Championship or any other county.
- (iv) Have not been a scoring member of a winning team in Senior Cross County in County Championship or any county. Exempted also are those who have been a member of a winning Senior team but who have finished outside the top eight finishers.
- (vii) Have not finished 1st, 2nd or 3rd in Leinster or at National Novice, National Intermediate or National Senior levels.
- (viii) Have not been a scoring member for a winning club or county team at Leinster or at National Novice, National Intermediate or National Senior levels.

Ladies		Men	
Medals	1 st , 2 nd and 3 rd	Medals	1 st , 2 nd and 3 rd
Score	4	Score	4
Distance	3000m	Distance	8000m

4.9 Senior XC

Mens' and Ladies County Championships will be organised each year.

To be eligible to compete as a senior, athletes must be 17 years or over on the 31st December in the competition year.

Ladies		Men	
Categories	'A' and 'B'	Categories	'A' and 'B'
Teams	<ul style="list-style-type: none"> • 1st four finishing athletes from a club is a team. • Next 4 finishing athletes from a club is the next team and so on. 	Teams	<ul style="list-style-type: none"> • 1st four finishing athletes from a club is a team. • Next 4 finishing athletes from a club is the next team and so on.
Medals	<ul style="list-style-type: none"> • 1st, 2nd and 3rd individuals • 1st three teams in 'A' category • 1st three teams in 'B' category. 	Medals	<ul style="list-style-type: none"> • 1st, 2nd and 3rd individuals • 1st three teams in 'A' category • 1st three teams in 'B' category.
Score	4	Score	4
Distance	4000m	Distance	10000m

It is the responsibility of each club to enter their athletes in the relevant category.

Any club wishing to enter a team in the 'B' section must declare the team by submitting the team names in writing to the County Secretary before the start of the race. Any athlete not entered as 'B' section will be categorised in the 'A' section.

It is the responsibility of each club to ensure that their athletes understand this ruling.

4.10 Masters XC

Mens' and Ladies County Championship will be organised each year.

Ladies			Men		
Categories	<ul style="list-style-type: none"> • Over 35s • Over 40s • Over 45s • Over 50s 		Categories	<ul style="list-style-type: none"> • Over 35s • Over 40s • Over 45s • Over 50s 	
Medals	1 st , 2 nd and 3 rd in each category		Medals	1 st , 2 nd and 3 rd in each category	
Score	3		Score	3	
Distance	Over 35	3000m	Distance	Over 35	6000m
	Over 40	3000m		Over 40	6000m
	Over 45	3000m		Over 45	3000m
	Over 50	3000m		Over 50	3000m

5. Road Championship

Please note that all athletes competing in the County Road Championship at Novice, Senior 10k, Senior 10 Mile, Half-marathon or Marathon events must have declared their participation; this must be done by the individual themselves or their club. Failure to declare will exclude that athlete from the County Championship section of those races. It is the responsibility of Clubs to ensure that their athletes are aware of the need to declare their participation. It is the responsibility of the County Board to facilitate the declaration of athletes.

5.1 Road Championship: Novice 6k

Mens' and Ladies' County Novice Road Race Championships will be organised each year.

To be eligible to compete, athletes must be 17 years or over on the 31st December in the competition year.

Ladies		Men	
Medals	1 st , 2 nd and 3 rd	Medals	1 st , 2 nd and 3 rd
Score	3	Score	4
Distance	6000m	Distance	6000m

A Novice athlete for County Road Championships is defined as:

- (i) An athlete who, in a previous season, has not finished 1st or 2nd individual in novice road race in Kilkenny or any other county.
- (ii) An athlete who, in a previous season, has not been a scoring member of a winning team in novice, intermediate or senior road race in Kilkenny or any other county with the exception of athletes on a winning team who have finished outside the top eight individuals.
- (iii) An athlete who, in a previous season, has not finished 1st, 2nd or 3rd individual or been a scoring member on a winning club or county team at Leinster or National Novice, Intermediate or Senior.

5.2 Road Championship: Senior 10k

Mens' and Ladies' County 10k Championships will be organised each year.

To be eligible to compete, athletes must be 17 years or over on the 31st December in the competition year.

Ladies		Men	
Medals	1 st , 2 nd and 3 rd	Medals	1 st , 2 nd and 3 rd
Score	4	Score	4
Distance	10km	Distance	10km

5.3 Road Championship: Senior 10 Mile

Mens' and Ladies' County 10 mile Championships will be organised each year.

To be eligible to compete, athletes must be 17 years or over on the 31st December in the competition year.

Ladies		Men	
Medals	1 st , 2 nd and 3 rd	Medals	1 st , 2 nd and 3 rd
Score	3	Score	4
Distance	10 miles	Distance	10 miles

5.4 Road Championship: Half-Marathon

Mens' and Ladies' Half-marathon County Championship will be organised each year.

The first three individual athletes from County Kilkenny will be awarded medals.

The first three club teams from County Kilkenny will be awarded medals. There must be 3 in a team to score in team events.

5.5 Road Championship: Marathon

The County Marathon will normally be run within the National Marathon. The County Executive may put alternative arrangements in place.

The first three individual athletes from County Kilkenny will be awarded medals.

The first three club teams from County Kilkenny will be awarded medals. There must be 3 in a team to score in team events.

6. Road Walks

Road Walking Championships will be organised each year for girls, boys, ladies and men.

Girls / Ladies		Boys / Men	
Category	Distance	Age	Distance
U-12	1000m	U-12	1000m
U-14	1500m	U-14	1500m
U-16	2000m	U-16	2000m
U-18	3000m	U-18	4000m
Junior	3000m	Junior	4000m
Senior & Masters	3000m	Senior & Masters	6000m

Under 18, Junior, Senior and Masters races will be run together. Junior men have the option of dropping out of the race after 4000m or continuing to compete up to 6000m.

Teams of 3 in all juvenile categories will be awarded. Teams of 3 in the senior section will include junior, senior and masters.

Medals will be awarded to the first three individuals in each race and the first three teams in each category.

7. Track and Field Championships

7.1 General

Track and Field Championships will be organised each year.

Events cannot be dropped unless by means of motion at a County AGM.

Athletes in the Under 10, 11, 12, 13, 14, 15, 16, 17 and 18/19 groups constitute a juvenile athlete. U18/U19 are one category.

Athletes in the under 17, 18, 19 and 20 age groups constitute a junior athlete.

Athletes are confined to their own specific age group with the following exceptions:

- (i) Race walking: Under 13 age group athletes can move up an age group
- (ii) Relay: all age groups can move up an age group.

Where a track referee deems that there are too many competitors entered into a particular field event, the track referee may limit the number of attempts allowed in that event from 3 to 2 per athlete.

All athletes must wear club singlets.

All athletes competing at Junior, Senior, Masters must declare what category they wish to compete in.

7.2 Juvenile 'B' Track and Field Championship

Juvenile 'B' Track and Field Championships will be organised each year.

Athletes can compete in the following categories: under 8, under 9, under 10, under 11, under 12, under 13, under 14, under 15 in one year steps.

Individual track medallists are not eligible to compete.

Individual field medallists are not eligible to compete with the exception of medal winners in relays, walks and hurdles.

All competing athletes are eligible to participate in the relay events.

7.3 Indoor Track and Field Championship

An Indoor Track and Field Championship will be organised every year.

8. Overall Juvenile and Senior Trophies

Points system to apply to all trophies will be based on 3,2,1 points for 1st, 2nd and 3rd respectively.

Category	Trophies (If equal points are achieved, then the award will be shared)					
Track and Field	<u>Juvenile Shield:</u> Best juvenile club. Based on accumulative points achieved within a club.	<u>Senior Cup:</u> Best senior club. Based on accumulative points achieved within a club.	<u>Fr Nicholas Flavin Shield:</u> Best overall club in County Indoor T&F Championships Based on accumulative points achieved within a club	<u>Eamon Costello Shield:</u> Best overall male athlete over 100, 200 and 400 metres. No requirement to compete in all three events. Based on the accumulation of points achieved by an athlete. If athletes accumulate equal points, award will be shared.	<u>Sean Kelly Shield:</u> Best overall female athlete over 100, 200 and 400 metres. No requirement to compete in all three events. Based on the accumulation of points achieved by an athlete. If athletes accumulate equal points, award will be shared.	
Walks	<u>Walking Shield:</u> Best overall walking club. Covers both road and track walking. Awarded on an individual and team basis including adult and juvenile.					
Road	<u>Road Shield:</u> Best overall road championship club. Based on cumulative points achieved by teams within a club. Includes novice, 10km, 10 mile, half-marathon and marathon.					
Cross County	<u>Novice Mens' Cup</u>		<u>Intermediate Mens' Shield</u>		<u>Senior Mens' Shield</u>	
	<u>Over 35s Mens' Shield</u>		<u>Over 40s Mens' Shield</u>		<u>Over 45s Mens' Shield</u> <u>Over 50s Mens' Shield</u>	
	<u>Novice Ladies' Shield</u>		<u>Intermediate Ladies' Shield</u>		<u>Senior Ladies' Cup</u>	
	<u>Over 35s Ladies' Shield</u>		<u>Over 40s Ladies' Shield</u>		<u>Over 45s Ladies' Shield</u> <u>Over 50s Ladies' Shield</u>	
	<u>Juvenile Shield (The Bishop's Shield):</u> Based on cumulative points achieved by juvenile teams within a club in Cross Country Championship. Cross-country relays will count with a weighting of 0.5.					
	<u>Overall Cross Country Cup</u> Based on cumulative points achieved by adult teams within a club in Cross Country Championship. The following events will attract the following weighting: Senior (x3); Junior, Novice and Intermediate (x2). Masters events carry a weighting of 1. Senior 'B', Novice 'B' and Short Course do not count for shield.					