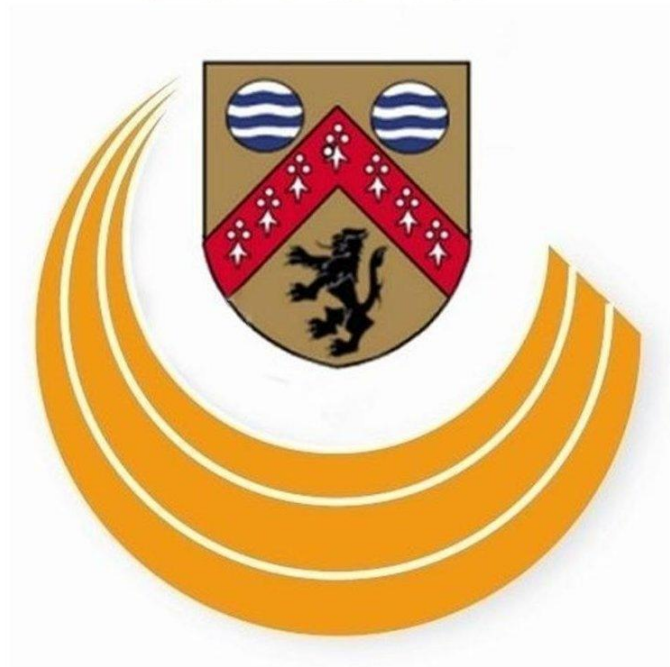


# County Byelaws

# LAOIS



# ATHLETICS

As adopted by Laois County Board at an EGM held in Mountmellick on Wednesday 18<sup>th</sup> September 2013.

**Laois Athletics County Bye Laws**  
**2013**

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<b>Version</b>	<b>Date</b>	<b>Description</b>	<b>Prepared By</b>	<b>Approved By</b>
1.0	23 <sup>rd</sup> Aug 2013	Issued for Consultation	JMW	JMW
1.1	18 <sup>th</sup> Sept 2013	Adopted by Co Board	JMW	DK
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## Foreward

The County Board of Laois Athletics [hereinafter referred to as "The Board"] has, at an E.G.M. of The Board on 01-11-2012 appointed a sub-committee [hereinafter referred to as "the sub-committee"] to prepare a new set of byelaws for the County.

The said byelaws shall be read in conjunction with the rules of Athletics Leinster to which Laois Athletics is affiliated.

In the event of there being no byelaw(s) to the contrary the rules of Athletics Leinster shall apply.

Where a byelaw exists and, to the extent that it modifies, or wholly introduces a new requirement, said byelaw shall, until such time as it may subsequently be withdrawn or modified by way of a motion passed at Board level, remain in existence and shall be implemented by The Board.

Until such time as the sub-committee presents their recommendations and said recommendations are, either in full, part, or with subsequent amendment approved at a sitting of The Board, Laois Athletics will remain governed by the rules of Athletics Leinster and, for the time being, the existing Laois Athletics byelaws [dated 1984] and, any subsequent amendments to those byelaws properly passed at previous sittings of The Board.

The following persons have been appointed by the Board and have been charged with the task of preparing the new byelaws in accordance with the requirements of these terms of reference: -

- Mr. Martin McDonald – Ballyroan Abbeyleix and District A.C.
- Mr. Aidan Mullally – St. Michael's A.C.
- Mr. Joe Walsh – Portlaoise A.C

At the County Board AGM – dated 31st Jan 2013 the following names were added:

- Mr Dick Mullins - St Abbans A. C.
- Mr Paul Keenan - Ballyfin A.C

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## Preambles

The following are, in broad terms, the tasks required of the sub-committee. These may be added to or reduced in content as may be considered appropriate by The Board. The bye-law sub-committee shall decide, at its discretion the order of priority given to the following tasks and shall present The Board with an indicative programme for completing the bye-laws. It is recommended that the programme is based broadly round the tasks listed below. The sub-committee shall appoint a spokesperson to inform the board, at Board meetings of on-going progress, and shall, at its discretion seek clarification or additional guidance, where considered appropriate from The Board.

### **i) Tasks of the sub-committee**

- a) To review the current rules of Athletics Leinster and the current byelaws of Laois Athletics
- b) To prepare and propose new byelaws which best suit the current requirements of Laois Athletics. The proposed byelaws will be presented to The Board, in draft format, for review and commentary, prior to formal presentation. The byelaws may be presented in sections rather than one complete document.
- c) The proposed new byelaws should consider, as far as is reasonable for the sub-committee to do so, each and every aspect of Laois Athletics.

### **ii) The Duties of a County Board (as per AAI Constitution 2012)**

- a) They shall administer athletics in its County, as directed by the Board of Athletic Association of Ireland (AAI) and by the General Congress. It shall have direct responsibility for Championship Competition, Coaching, Finance and Development (including Administration, Equipment, Facilities, Social and Community Development) within the County.
- b) They shall be responsible for the initial affiliation of new clubs to Athletic Association of Ireland within its jurisdiction.
- c) They shall be responsible for reviewing all license applications for non-championship events within its jurisdiction.
- d) They shall be responsible for accepting all Transfer Applications from registered members duly completed, and if all is in order, approve in accordance with the relevant byelaw.
- e) The County Board shall
  - i) Summon a County Convention annually.
  - ii) Determine the number of delegates so that they are not less than two, which each club may send thereto.
- f) They shall be responsible for all championship competitions within the County and shall, as far as possible, ensure that each year, County Championships are held. The Entry fees for such Championships shall be determined by the County Board.
- g) The County Board shall have the power:
  - i) In respect of any competition under its jurisdiction to suspend any club or person found guilty of any offence against the Articles of Competition.
  - ii) In respect of any matters under its jurisdiction to suspend any Club or person found guilty of any offence against the Articles of the Athletic Association of Ireland or of any conduct likely to bring the Athletic Association of Ireland Provincial Council or County Board into disrepute.
- h) No such suspension shall be imposed unless and until the Club or person concerned has been given an opportunity of explanation to the County Board. An appeal shall lie to the Provincial Council from the decision of a

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County Board under this article, except in a Transfer case where the appeal lies with the Appeals Committee.

- i) They shall select the teams to represent the County in Inter-County competitions.
- j) They shall propose Nominees, including the Provincial Representative on the Board of AAI, prepare motions and appoint delegates to attend AAI Congress.
- k) They shall propose Nominees, prepare motions and appoint delegates to attend Provincial Council Convention.
- l) They shall not incur any liability or expense in the name of or on behalf of the Provincial Council or the Board of AAI.
- m) They shall forward to the Board of AAI a copy of the Honorary Secretary's and Honorary Treasurer's Reports within the first three months of each year.
- n) They shall determine the number of delegates;
  - i) Required to constitute a quorum for both General and Annual General Meetings.
  - ii) With voting rights that each club may send to a general meeting.
- o) Shall meet at least six times each year.

## **Laois County Board Byelaws**

**The byelaws will be grouped under the following headings:**

- 1. Administration of Athletics within the County
- 2. Transfers
- 3. Cross-country races
- 4. Roads races
- 5. Track and Field
- 6. Numbering system
- 7. Officials
- 8. Regrading
- 9. Hosting of events
- 10. Appeals process
- 11. Disciplinary matters

When dealing with officers of the Board, all reference to the masculine also includes the feminine.

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## 1. Administration of Athletics within the County

### 1.1. Members

- 1.1.1. Athletics within the County of Laois will be governed by the County Board.
- 1.1.2. The County board will be made up of representatives of clubs duly affiliated to the Laois County Board. A list of affiliated clubs is attached in Appendix A.
- 1.1.3. The County Board will be run by a committee of officers elected each year at the AGM.

### 1.2. Officers

- 1.1.1. The following shall be the list of officers:

Chairman  
Vice-chairman  
Secretary  
Ass Secretary (minutes secretary)  
Treasurer  
Child welfare officers (1 male & 1 female)  
Competition Secretary  
PRO.

- 1.1.2. The County Board will have the power (at either an AGM or EGM) to propose any additional officer posts. The motion to extend the list of Officers must be passed by a minimum of 66% of the votes cast.
- 1.1.3. The County Board will nominate a minimum of a three-person disciplinary board to resolve any disciplinary matters. The disciplinary board will elect a spokesperson to report back to The Board on behalf of the disciplinary board.

### 1.2. Honorary Officers

- 1.2.1. The post of Honorary Officer shall be conferred on an individual whom the County Board wish to Honour for services to Athletics in Laois.
- 1.2.2. The County Board shall have the power, at an AGM, to elect an Honorary President.
- 1.2.3. The County Board shall have the power, at an AGM, to elect Honorary Vice- Presidents

### 1.3. Terms of office

- 1.3.1. Each officer shall be elected for a one-year term.
- 1.3.2. The maximum times an officer can be re-elected is 4 i.e. max term is 5 years.
- 1.3.3. Officers can only be removed from office following an EGM.

### 1.4. Meetings:

- 1.4.1. The County Board shall meet at least 6 times a year, including the AGM. The time, date and venue for each meeting shall be agreed by the County Board.
- 1.4.2. The Secretary shall inform each club, at least 7 days before the date of the meeting, the time, date and venue for the next meeting. A copy of the minutes and agenda shall be included in this notice.
- 1.4.3. The method of notice shall be at the discretion of the County Board.
- 1.4.4. In order for a meeting to be valid at least 4 (four) clubs must be represented (officers will not count in this incident).
- 1.4.5. Every athlete, of good standing – an affiliated member of AAI and County and not under suspension, will have a right of audience at the County Board meetings. They can participate in discussions and debates, but unless they are a nominated attendee, they will not have voting rights.
- 1.4.6. Any duly authorised official or employee of AAI will have right of audience at these meetings.

### 1.5. Voting rights:

- 1.5.1. Clubs will all have 3 voting rights at each meeting (these must be named at the start of the meeting).
- 1.5.2. Officers (Chairman, Vice-Chairman, Secretary, Treasurer, Competition Secretary and PRO) will all have a voting right as post-holders (however they cannot exercise dual

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voting rights – club delegate and post-holder).

1.5.3. The Chair will have the casting vote in the event of a tie.

### **1.6. Items for consideration at County Board meetings:**

1.6.1. Clubs must submit, at least 10 days before, the County Board meeting any items for consideration.

1.6.2. The Country Secretary shall issue an agenda including any motions no less than 7 days before the meeting.

1.6.3. Motions must receive a simple majority of the cast votes to be deemed passed.

### **1.7. Annual General Meeting**

1.7.1. An Annual General Meeting (AGM) shall be held at least once every 12 months.

1.7.2. Notice for the AGM shall be issued at least 21 days in advance of the date of the meeting.

1.7.3. The Country Secretary shall issue the notice in the manner set out by the County Board.

1.7.4. The quorum for an AGM is that five (5) clubs shall be present. Similar to ordinary meetings, those named officers in 1.5.2 above, do not count as club delegates.

1.7.5. The following Officers will furnish the meeting with a full report on the activities under their control for the preceding year:

1.7.5.1. Chairman

1.7.5.2. Secretary

1.7.5.3. Treasurer

1.7.5.4. Competition Secretary

1.7.5.5. PRO.

1.7.6. The County Board can request from any other officer a report on their activities during the year.

1.7.7. While every affiliated member of Laois Athletics is entitled to attend, and part- take in the AGM, each club will have only 5 individual votes.

1.7.8. Any duly authorised official or employee of AAI will also have right of audience at an AGM.

1.7.9. Outgoing officers with voting rights at County meetings will also have voting rights at the AGM.

1.7.10. In the event of a tie on any vote or motion the Chair or his representative will have the casting vote.

1.7.11. The Country Board will appoint a Returning Officer at the AGM before any elections take place.

1.7.12. Where more than one delegate is going forward for election as an officer of The Board the vote shall be by secret ballot. [This secret ballot will be managed by the returning officer with assistance from two people from neutral clubs].

### **1.8. Motions for AGM:**

1.8.1. Notice for the AGM shall be issued at least 28 days in advance of the date of the meeting.

1.8.2. Clubs must have, at least 21 days before the date of the AGM, submitted any motions for consideration.

1.8.3. Nominations for elected officers must also be with the County Secretary at least 21 days before the AGM.

1.8.4. The Country Sec shall issue an agenda, including a list of all nominations for elected posts, including any motions no less than 14 days before the date of the meeting.

1.8.5. Motions must receive 66% of the cast votes to be deemed passed at an AGM.

1.8.6. Any motion passed at an AGM cannot be challenged or revoked for a minimum period of 12 months.

### **1.9. Extraordinary General Meeting**

1.9.1. An Extraordinary General Meeting (EGM) may be called when supported by 3 (Three) clubs or when the County Board officers call one.

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- 1.9.2. When Clubs call for an EGM they must state in writing (non-electronic writing), the reason why they are calling for the EGM and this letter must be signed by the Chairman and Secretary of each of the clubs supporting the call for the EGM.
  - 1.9.3. Notice for the EGM shall be issued at least 14 days in advance of the date of the meeting.
  - 1.9.4. An EGM can only be called for a singular purpose / motion. It may not be used as a means of by-passing either the AGM or a regular County Board meeting.
  - 1.9.5. The Country Sec shall issue an agenda, including any motions, no less than 7 days before the meeting. This notice will also include the venue, date and time of the meeting. When notifying EGM Notices the Country Secretary will notify all Club Chairmen and Secretaries individually and independently.
  - 1.9.6. The quorum for an EGM is the same as for an AGM.
  - 1.9.7. Any duly authorised official or employee of AAI will have right of audience at these meetings.
  - 1.9.8. Motions must receive 75% of the cast votes to be deemed passed at an EGM.
  - 1.9.9. Voting rights as per ordinary AGM meetings will apply.
  - 1.9.10. In the event of a tie on any vote or motion the Chair or his representative will have the casting vote.
  - 1.9.11. Any motion passed at an EGM cannot be challenged or revoked for a minimum period of 18 months.
- 1.10. Calendar of County Events
- 1.10.1. It shall be the sole responsibility of the County Board to set the dates and venues for all County Championship events.
  - 1.10.2. The County Board shall issue this Calendar of events at least twice (2) a year.
- 1.11. Running of Permitted events
- 1.11.1. Each club shall bring to a full County Board meeting all permit applications they wish to apply for (min of 5 months before the date of such event). A commencement date of 1<sup>st</sup> of May 2014 by which all applications must be in accordance with this byelaw.
  - 1.11.2. Before the Country Secretary returns the signed application form to the applicant, he / she shall consult with neighbouring county boards to ensure that the proposed event does not clash with events already applied for.
  - 1.11.3. The County Secretary shall include in the minutes of the County Board meetings a list of all events applied for.

## **2 Transfers**

- 2.1. AAI rules apply in relation to all transfers.
- 2.2. Athletes coming into the county must provide the Laois County Board with a letter from their former County Board outlying what grade they are classified as in:
  - Cross-country
  - Road
- 2.3. If the above is not provided at the time of the athletes' transfer, then the athlete will be graded as a Senior Athlete for the first two years.
- 2.4. It will be the responsibility of the receiving club to get the above information and to advise the incoming athlete of this byelaw and its implications.

## **3 Cross-country races**

- 3.1. Eligibility [Juvenile, Senior & Masters]
  - 3.1.1. Juvenile Ages: Under 9 - 19. A juvenile must be a minimum of 8 years of age in the year of competition.
  - 3.1.2. Junior athletes must be aged 16 years and under 20 years on the 31<sup>st</sup> of

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December in the year of competition.

- 3.1.3. Novice Athletes must be aged 18 years or over on the 31<sup>st</sup> of December in the year of competition.
- 3.1.4. Intermediate Athletes must be aged 19 years or over on the 31<sup>st</sup> of December in the year of competition.
- 3.1.5. Masters commence at O/35 for both men and women. (On your D.o.B.)
- 3.1.6. Master Team events ages: Men – O/35 & O/45, Women – O/35 and O/45
- 3.1.7. Senior Athletes must be aged 16 years and over on 31<sup>st</sup> of December in the year of competition i.e. an athlete must be 16 and over on 31.12.2010 to compete in the 2010 senior championships even if the race is held in Jan 2011.
- 3.1.8. For eligibility to Novice and Intermediate Grades, automatic regarding to take place for Junior athletes, if they finished in the top 3 in a race of a grade above the race in question. **This right to run expires when they are no longer junior athletes.**
- 3.1.9. All athletes be registered with Athletic Association of Ireland.
- 3.1.10. To be eligible to compete in a county event athletes must be a registered member of a Laois Athletic club **or**  
Any senior athlete born in Laois but who is registered with another athletic club outside the county is eligible to compete in the senior county events providing that they have not competed in the equivalent competition within that county.
- 3.1.11. To compete in a County event an athlete must not be serving a suspension handed down by Laois Athletics, Athletics Leinster, Athletic Association of Ireland (AAI), or the International Association of Athletic Federations (IAAF).

## 3.2. Juvenile Cross Country Relays

### 3.2.1. Age groups

- 3.2.1.1. Girls u/10
- 3.2.1.2. Boys u/10
- 3.2.1.3. Girls u/12
- 3.2.1.4. Boys u/12
- 3.2.1.5. Girls u/14 and 16
- 3.2.1.6. Boys u/14 and 16

### 3.2.2. Distances

- 3.2.2.1. Both U/10 races are 4 \* 250m
- 3.2.2.2. All other races are 4 \* 500m

### 3.2.3. Make up of teams

- 3.2.3.1. In both the under 10's and under 12's races athletes are allowed move up one age group.
- 3.2.3.2. In the under 14 and 16 race the team can be made up in any of the following ways:
  - 2 under 14 athletes together with 2 under 16 athletes;
  - 3 under 14 athletes along with 1 under 16 athlete; All athletes under 14.
- 3.2.3.3. These rules apply only to the underage cross-country relays run within the county.
- 3.2.3.4. Girls can compete on a boys' team but limited to one girl in order to make up a team. (Boys can't compete on a girls' team.) The Competition Secretary will have the discretion to allow a team to compete that is made up from more

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than one club. However, if there are more than 3 teams they don't count in medals; if 3 teams then they get bronze & if two teams they get silver [irrespective of their placing].

### 3.3. Distances

3.3.1. Distances for juvenile ages should be in accordance with the distances set out by Leinster Athletics. The County Board has the power to shorten the distance for any age group, but the County distance shall be at least 66% the distance to be run at Provincial Championships: as shown in Appendix B.

3.3.2. Distances for Senior events

	Men	Team	Women	Team
Novice	5K	4	3.5K	4
Intermediate	6K	5	4K	4
Senior	10K	6	5K	4
Masters: O/35	6K	4	3.5K	3
: O/45	6K	4	3.5K	3

3.3.3. The Masters and Juniors cross-country races distances have altered to allow both these categories to run simultaneously.

### 3.4. Development races

3.4.1. The county shall have the power to run development races.

3.4.2. The county shall have the power to decide the age groups at which they will run these races.

3.4.3. The distance shall be no less than 75% of the distance run in the juvenile county championships.

3.4.4. Those in-eligible for the development races shall be:

3.4.4.1. Those who finished in the first 3 individual placing in either of that seasons County Cross-country Championships (odds or evens).

3.4.4.2. Those on Gold winning teams in either of those said championships and finished inside the top 10 in that race.

### 3.5. County Senior, Intermediate and Novice Classifications

3.5.1. Senior Grade Classification.

3.5.1.1. The Senior Cross-country Championships are open to all eligible athletes as defined under general eligibility.

3.5.2. Intermediate Grade Classification.

3.5.2.1. The Intermediate Cross-country Championships are open to all eligible athletes as defined under the general eligibility rules above subject to the following additional criteria:

3.5.2.1.1. In order to be eligible to compete in the Intermediate Championships a male athlete must:

- Not have finished in the top two (2) individual places in any of the previous relevant senior championships **or**
- Not have finished in the top two (2) individual places in any of the previous relevant intermediate championship;

3.5.2.1.2. In order to be eligible to compete in the Intermediate Championships a female athlete must:

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- Not have finished in the top two (2) individual places in any of the previous relevant senior championships **or**
- Not have finished in the top two (2) individual places in any of the previous relevant intermediate championship;

#### 3.5.3. Novice Grade

3.5.3.1. The Novice Cross-country Championships are open to all eligible athletes as defined under the general eligibility rules above subject to the following additional criteria:

3.5.3.1.1. Athletes who are not eligible for the intermediate grade are also not eligible to compete in the corresponding novice event.

3.5.3.1.2. In order to be eligible to compete in the Novice Championships a male athlete must:

- Not have finished in the top two (2) individual places in any of the previous novice championships;

3.5.3.1.3. In order to be eligible to compete in the Novice Championships a female athlete must:

- Not have finished in the top two (2) individual places in any of the previous novice championships.

3.5.4. Clarification on 3.5.3.1.2 and 3.5.3.1.3

3.5.4.1. The top two (2) rule applies from September 2023 onwards. For all previous years it is the top three (3) athletes.

3.5.5. Junior athletes eligibility

3.5.5.1. Refer to 3.1.8 above for special eligibility for junior athletes.

## 4 Roads races

### 4.1. Age eligibility [Senior & Masters] –

4.1.1. Novice Athletes must be aged 18 years or over on the 31<sup>st</sup> of December in the year of competition.

4.1.2. Intermediate Athletes must be aged 19 years or over on the 31<sup>st</sup> of December in the year of competition.

4.1.3. Masters commencing at O/35 for both men and women.

4.1.4. Team events ages: Men – O/35 & O/45, Women – O/35 and O/45.

4.1.5. Senior Athletes must be aged 16 years and over on 31<sup>st</sup> of December in the year of competition i.e. an athlete must be 16 and over on 31.12.2010 to compete in the 2010 senior championships even if the race is held in Jan 2011.

4.1.6. For eligibility to Novice and Intermediate Grades, automatic regarding to take place for Junior athletes, if they finished in the top 3 in a race of a grade above the race in question. **This right to run expires when they are no longer junior athletes.**

4.1.7. All athletes must be registered with both Athletic Association of Ireland and Laois Athletics

4.1.8. To be eligible to compete in a county event athletes must be a registered member of a Laois Athletic club **or**

Any senior athlete born in Laois but who is registered with another athletic club outside the county is eligible to compete in the senior county events providing that they have not competed in the equivalent competition within that county.

4.1.9. To compete in a County event an athlete must not be serving a suspension handed down by Laois Athletics, Athletics Leinster, Athletic Association of Ireland (AAI), or the International Association of Athletic Federations (IAAF).

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## 4.2. Distances

### 4.2.1. Distances for Senior events

	Men	Team	Women	Team
Novice	6K	4	3K	4
Intermediate	6K	4	3K	4
Senior	8K	4	4K	4
Masters: O/35	6K	4	3K	3
: O/45	6K	4	3K	3

## 4.3. County Senior and Novice Grade Classifications

### 4.3.1. Senior Grade Classification

4.3.1.1. The Senior Road Championships are open to all eligible athletes as defined under general eligibility.

### 4.3.2. Intermediate Grade Classification.

4.3.2.1. The Intermediate Road Championships are open to all eligible athletes as defined under the general eligibility rules above subject to the following additional criteria:

4.3.2.1.1. In order to be eligible to compete in the Intermediate Championships a male athlete must:

- Not have finished in the top two (2) individual places in any of the previous relevant senior championships **or**
- Not have finished in the top two (2) individual places in any of the previous relevant intermediate championship;

4.3.2.1.2. In order to be eligible to compete in the Intermediate Championships a female athlete must:

- Not have finished in the top two (2) individual places in any of the previous relevant senior championships **or**
- Not have finished in the top two (2) individual places in any of the previous relevant intermediate championship;

### 4.3.3. Novice Grade Classification

4.3.3.1. The Novice Road Championships are open to all eligible athletes as defined under the general eligibility rules above subject to the following additional criteria:

4.3.3.1.1. In order to be eligible to compete in the Novice Championships a male athlete must:

- Not have finished in the top two (2) individual places in any previous senior road championships **or**
- Not have finished in the top two (2) individual places in any previous novice road championships.

4.3.3.1.2. In order to be eligible to compete in the Novice Championships a female athlete must:

- Not have finished in the top two (2) individual places in any previous senior road championships **or**
- Not have finished in the top two (2) individual places in any previous novice road championships.

### 4.3.4. Clarification on 4.3.2.1.1 and 4.3.2.1.2

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- 4.3.4.1. The top two (2) rule applies from September 2023 onwards. For all previous years it is the top three (3) athletes.
- 4.3.5. Junior athletes eligibility
  - 4.3.5.1. Refer to 4.1.6 above for special eligibility for junior athletes.

## **5 Track and Field**

### 5.1. County Track and Field Championships

- 5.1.1. The County Board will by the end of March set out the programme of events for the seasons Track and Field Championships.
- 5.1.2. Any changes to this programme are to be agreed by the full County Board and they are to be recorded in the minutes of the County Board.
- 5.1.3. All age eligibilities will refer to the year of competition i.e. if the 2010 County Championships are run in 2011 then the 2010 age categories hold and the age for the master's eligibility is as if run in 2010.
- 5.1.4. In County Track & Field events The Board will, subject to prior agreement [majority vote] at a meeting of The Board have the power to
  - In the Field throwing events - to alter the weight of the implement thrown by a juvenile athlete,
  - In Hurdles events - to alter any or all of the following - the height, approach, interval and finishing distances.

### 5.2. Development County Championships

- 5.2.1. The County Board has the power to run an event called the Development County Championships.
- 5.2.2. The County Board will by the end of March set out the programme of events for the season's development Championships
- 5.2.3. Only those athletes who have not won an individual medal in the County championships are eligible to compete in the Development Competition.

### 5.3. JK Malone Trophy

- 5.3.1. This is a special interclub competition run by the County Board in memory of JK Malone.
- 5.3.2. It is a team event with points awarded to the first 4 finishers in each event in descending order.
- 5.3.3. Each team is limited to 2 athletes per event.

### 5.4. Scheduling of events

- 5.4.1. The County Board shall set the programme of events and they have the power to run events over a number of days either individually or in conjunction with another event.

## **6 Numbering system**

- 6.1. All athletes competing in County Championships will be required to be entered and issued with a number.
- 6.2. The following shall be, until further notice, the numbers carried by club athletes in

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County Competitions:

Reserved for County Board – to be issued to individual athletes or guests	001 - 50
Blue Wave A. C.	51 - 100
Ballyfin A. C.	101 - 200
St Abbans A. C	201 - 300
Portlaoise A. C	301 – 400
Mountmellick A. C	401 – 500
Oughaval A. C	501 – 600
Emo / Rath A.C.	601 – 700
Rosenallis A. C	701 – 800
St Michaels A.C.	801 - 900
Ballyroan / Abbeyleix & Dist. A. C	901 - 999

- 6.3. Entries must be made, in writing, with the County Competition Secretary at least 7 days before the event including email.

## 7 Officials

- 7.1. It is a requirement for clubs to provide officials to assist at all events.
- 7.2. These officials must be available to officiate for the majority of the event.
- 7.3. The Board will have the right to exclude from a County Event any club failing to provide official(s) at that County event, without genuine cause.
- 7.4. In all cases officials are to report to the finish area in good time and not less than 20 minutes before the start of the first event.

## 8 Re-grading

- 8.1. The rules for eligibility as defined above do not allow for an athlete who has moved up from either the Intermediate or Novice grade to return to that grade. However, it was felt that there may be circumstances where being re-graded should be allowed such as -
- 8.1.1. Returning to the sport after a long-term absence (min 5 years).
- 8.1.2. Long term injury / Illness.
- 8.1.3. Low numbers competing in the race that got the athlete upgraded in the first place.
- 8.1.4. An application can be made for re-grading under exceptional circumstances.
- 8.2. Each case will be looked at individually and the decisions arrived at cannot be used in other cases.
- 8.3. An application for re-grading is to be made in writing by the athlete themselves, countersigned by the club secretary, to the county board. This application should outline why the athlete believe that they should be re-graded.
- 8.4. All applications for athletes to be re-graded are to be heard at a County Board meeting preceding the event.
- 8.5. The athlete may make a personal statement to the County Board in support of their application.
- 8.6. A simple majority vote will apply. However, the athlete him/herself will not be eligible to vote even if they are a club delegate.
- 8.7. An athlete must apply for re-grading in both cross-country and road at the same time.
- 8.8. There will be no retrospective regarding of athletes.

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- 8.9. The decision of the County Board is final, and no further application can be made for 12 months.

## **9 Hosting of events**

### **9.1 General matters**

#### 9.1.1. Gate Receipts

- 9.1.1.1. It shall be the responsibility of the County Treasurer (or their representative) to collect the Gate Receipts.
- 9.1.1.2. Each host club shall forward to the Country Treasurer a statement of all receipted expenses incurred in hosting a county event (a 2 week time frame is envisaged).
- 9.1.1.3. The Hon Treasurer will generate a Profit and Loss statement for the event they have just held showing all expenses incurred by both the County Board and the Host Club.
- 9.1.1.4. This Profit and Loss statement shall be presented to the next County Board meeting. This statement shall also show the split of profits between the host club and the County Boards – (a 50% / 50% divide).

#### 9.1.2. Re-routing of a course

- 9.1.2.1. In the event of the need for a course change during a championship competition the following people shall determine the changes needed:
- 9.1.2.1.1. A senior representative from the host club
- 9.1.2.1.2. The County Chairman
- 9.1.2.1.3. The County Secretary
- 9.1.2.1.4. The County Competition Secretary
- Should any of the above not be available the alternatives as outlined in the Appeals process below can be used.
- 9.1.2.2. The County Chairman or in his absence the next most senior officer shall inform all clubs of the change in the course and the reason why.

#### 9.1.3. Cancelling / abandonment of a County Event

- 9.1.3.1. Should the need arise for the postponement / cancellation or abandonment of a County Event then the following shall first meet to discuss the matter:
- 9.1.3.1.1. A senior representative from the host club
- 9.1.3.1.2. The County Chairman
- 9.1.3.1.3. The County Secretary
- 9.1.3.1.4. The County Competition Secretary
- Should any of the above not be available the alternatives as outlined in the Appeals process below can be used.
- 9.1.3.2. Following this initial decision all clubs shall be called together to be informed and their approval sought. A simple majority will determine the outcome of the vote. Each club shall have one vote only with the County Chairman having the deciding vote.

## **10 Appeals process**

### 10.1 Track and Field.

- 10.1.1. Any appeals, accompanied by a fee of €40.00 (refundable in the case of a successful appeal) must be submitted in writing within 30 minutes of the finish

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of the event to which they refer (this sub section relates to Technical issues only). Only Officers of the Club(s) concerned may submit appeals. All appeals will be dealt with on the day. The ruling of the Appeals Committee shall be final.

- 10.1.2. Any other appeal, accompanied by a fee of €40.00 (refundable in the case of a successful appeal) must be submitted in writing within 48 hrs of the finish of the event to which they refer (this sub section relates to ineligibility only). Only Officers of the Club(s) concerned may submit appeals. The ruling of the Appeals Committee shall be final.
- 10.1.3. The Appeals Committee shall, in the first instance, be composed of the County Chairman, the County Secretary and the County Competition Secretary. In the case of a conflict of interest on any particular matter an alternate shall replace the conflicted member(s) for the determination of that issue. The alternate(s) shall be either the Track Referee at the competition or the Field Referee at the competition, as appropriate. In the event that any member / alternate of first instance is unavailable on the day of competition they may be substituted by any other county officers as are present on the day, as appropriate.
- 10.1.4. The appeals committee shall advise at the next sitting of The Board, the nature of the appeal and the decision reached by the Appeals Committee.

#### **10.2 Cross – Country**

- 10.2.1. Any appeals, accompanied by a fee of €40.00 (refundable in the case of a successful appeal) must be submitted in writing within 30 minutes of the finish of the event to which they refer (this sub section relates to Technical issues only). Only Officers of the Club(s) concerned may submit appeals. All appeals will be dealt with on the day. The ruling of the Appeals Committee shall be final.
- 10.2.2. Any other appeal, accompanied by a fee of €40.00 (refundable in the case of a successful appeal) must be submitted in writing within 48 hrs of the finish of the event to which they refer (this sub section relates to ineligibility only). Only Officers of the Club(s) concerned may submit appeals. The ruling of the Appeals Committee shall be final.
- 10.2.3. All appeals will be dealt with on the day. The ruling of the Appeals Committee shall be final.
- 10.2.4. The Appeals Committee shall be as outlined in 10.1 above.

#### **10.3 Road Race**

- 10.3.1. Any appeals, accompanied by a fee of €40.00 (refundable in the case of a successful appeal) must be submitted in writing within 30 minutes of the finish of the event to which they refer (this sub section relates to Technical issues only). Only Officers of the Club(s) concerned may submit appeals. All appeals will be dealt with on the day. The ruling of the Appeals Committee shall be final.
- 10.3.2. Any other appeal, accompanied by a fee of €40.00 (refundable in the case of a successful appeal) must be submitted in writing within 48 hrs of the finish of the event to which they refer (this sub section relates to ineligibility only). Only Officers of the Club(s) concerned may submit appeals. The ruling of the Appeals Committee shall be final.
- 10.3.3. All appeals will be dealt with on the day. The ruling of the Appeals Committee shall be final.
- 10.3.4. The Appeals Committee shall be as outlined in 10.1 above.

## **11 Disciplinary matters**

### 11.1. Respect towards Athletes

- 11.1.1. Any athlete not showing respect for their fellow athletes may be liable for disqualification.
- 11.1.2. Any official not showing respect towards athletes will be removed from their post and requested to remain outside the competition area.
- 11.1.3. Each of the above is subject to appeal as outlined in Section 10 above.

### 11.2. Respect for Officials

- 11.2.1. Any athlete not showing respect for Officials may be liable for disqualification from the competition.
- 11.2.2. Any official not showing respect towards fellow officials will be removed from their post and requested to remain outside the competition area.
- 11.2.3. Any spectator not showing respect towards the officials will be requested to leave the area and to remain outside the competition area.
- 11.2.4. Each of the above is subject to appeal as outlined in Section 10 above.

### 11.3. Respect for Athletes

- 11.3.1. Any spectator / coach or parent showing disrespect towards athletes shall be asked to leave the event.

### 11.4. Suspension of athlete

- 11.4.1. Any athlete who brings athletics into disrepute can be charged with this.
- 11.4.2. Any athlete who runs in an event which does not have an AAI permit may be subject to discipline.

## **12 Revision History**

<b><i>Version No and Date</i></b>	<b><i>Section No and Reason for Change</i></b>
Version 1.1, 18/09/2013	First issue. These new byelaws replace the 1984 set of byelaws which have been withdrawn.
Version 1.2, 04/04/2019	Revised following 2019 AGM
Version 1.3, 05/02/2024	Revised following a number of EGM's in 2023

## Appendix A

### List of Clubs affiliated to Laois Athletics

List as of September 2013

Ballyfin A. C.	Senior & Juvenile
St Abbans A. C	Senior & Juvenile
Portlaoise A. C	Senior & Juvenile
Mountmellick A. C	Senior & Juvenile
Oughaval A. C	Senior & Juvenile
Emo / Rath A.C.	Senior & Juvenile
Rosenallis A. C	Senior & Juvenile
St Michaels A.C.	Senior & Juvenile
Ballyroan / Abbeyleix & Dist. A. C	Senior & Juvenile

A new club based in Portlaoise, called Blue Wave AC, is in the process of getting registered with AAI as a Senior Club only. This club will be limited in membership to the Prison Staff in Portlaoise.

## Appendix B

### Schedule of Revised Juvenile Cross Country Distances

National v County (as set out on 02.09.2010)

Age Category	National Distances	Laois CC
Girls U\9	N/A	600M
Boys U\9	N/A	600M
Girls U\10	N/A	800M
Boys U\10	N/A	800M
Girls U\11	1500M	1000M
Boys U\11	1500M	1000M
Girls U\12	2000M	1400M
Boys U\12	2000M	1400M
Girls U\13	2500M	1600M
Boys U\13	2500M	1600M
Girls U\14	3000M	2000M
Boys U\14	3000M	2000M
Girls U\15	3500M	2500M
Boys U\15	3500M	2500M
Girls U\16	4000M	3000M
Boys U\16	4000M	3000M
Girls U\17	4500M	3500M
Boys U\17	5000M	4000M
Girls U\18	5000M	4000M
Boys U\18	6000M	5000M
Girls U\19	5000M	4000M
Boys U\19	7000M	6000M

## Appendix C

### Who is responsible for what at each event?

#### Cross Country Race Events

<u>Organising Club</u>		<u>County Board</u>
Course Selection and securing relevant permissions		Providing officials at finish
Secure Insurance		Provide race starter
Secure First Aid Services		Medal Presentations
Organise \ Secure toilet facilities [if not already on site]		Photography
Mark out course		Remuneration for Host Club
Erect course map in prominent location		Provide and issue athletes numbers
Assist with the collection at the gate		Collate results
Organise car parking		Issue report to Press
Provide course stewards		Provision of a Competition Referee
Provide P.A.		Collect at gate

#### Road Race Events

<u>Organising Club</u>		<u>County Board</u>
Course Selection and securing relevant permissions incl. Gardi		Providing officials at finish
Secure Insurance		Provide race starter
Secure First Aid Services		Providing race programme
Organise \ Secure toilet facilities [if not already on site]		Medal Presentations
Mark out course (Course to be measured and certified by measurement official – County Board to advise who <b>is certified</b> .)		Collect entry subscriptions [Co. Treasurer \ Competition Secretary may assist with the carrying out this role where available]
Erect course map in prominent location		Remuneration of Host Club
Assist the Co. Treasurer \ Competition Secretary with the collection of entry subscriptions		Provide and issue numbers
Organise car parking		Collate results
Provide course stewards		Issue report to Press
Provide P.A.		Provision of a Competition Referee
		Photograph

**Laois Athletics County Bye Laws****2013****Track & Field meetings**

<b><u>Organising Club</u></b>		<b><u>County Board</u></b>
Ensure that the track meets current requirements preferably 400m		Providing officials at the Finish and at Field Events
Ensure that all events can be held safely		Provide race starter
Have all equipment required to run each event		Providing lap counter
Assist the Co. Treasurer with the collection of gate receipts		Providing race programme
Secure First Aid Services		Provide Medals
Organise \ Secure toilet facilities [if not already on site]		Photography
Organise car parking		Collect entry subscriptions [if not: all to pay at gate]
Provide P.A.		Remuneration of Host Club
		Collate results
		Issue report to Press
		Provision of a Competition Referee

**Laois Athletics County Bye Laws****2013****Appendix D**

Proposed height of juvenile hurdles (outdoor)

<i>Age Group</i>	<i>Distance</i>	<i>Height - Leinster and National</i>	<i>Height - Laois</i>	<i>Number of Hurdles</i>	<i>Approach</i>	<i>Interval</i>	<i>Finish</i>
<i>Girls U-13</i>	<i>60m</i>	<i>68.6cm / 2' 3"</i>	<i>2' 0"</i>	<i>5</i>	<i>11.00m</i>	<i>7.25m</i>	<i>20.00m</i>
<i>Girls U-15</i>	<i>80m</i>	<i>76.2cm / 2' 6"</i>	<i>2' 3"</i>	<i>8</i>	<i>12.00m</i>	<i>8.00m</i>	<i>12.00m</i>
<i>Girls U-17</i>	<i>100m</i>	<i>76.2cm / 2' 6"</i>	<i>2' 3"</i>	<i>10</i>	<i>13.00m</i>	<i>8.50m</i>	<i>10.50m</i>
<i>Boys U-13</i>	<i>60m</i>	<i>68.6cm / 2' 3"</i>	<i>2' 0"</i>	<i>5</i>	<i>11.00m</i>	<i>7.25m</i>	<i>20.00m</i>
<i>Boys U-15</i>	<i>80m</i>	<i>84.0cm / 2' 9"</i>	<i>2' 6"</i>	<i>8</i>	<i>12.00m</i>	<i>8.00m</i>	<i>12.00m</i>
<i>Boys U-17</i>	<i>100m</i>	<i>91.4cm / 3' 0"</i>	<i>2' 9"</i>	<i>10</i>	<i>13.00m</i>	<i>8.50m</i>	<i>10.50m</i>

## **Appendix E**

### **Laois Athletics Officer Roles and Responsibilities:**

#### **Laois Athletics - County Board President(s):**

The President is primarily an honorary position within the Laois Athletics county board and acts as the County Boards representative at all internal and external functions.

He/she will:

- Be a member of the committee and contribute to policy creation.
- Provide advice and assistance to any of the officers of the committee as required.
- Provide liaison and communication between the various sections of the county board.
- Act as a member of any sub-committee if required and where suitable.
- Contribute to the general standard of Laois Athletics county board and provide an understanding of the ethos and codes of conduct required for Laois Athletics meetings and events.

#### **Laois Athletics Chairman**

The Laois Athletics County Board Chairman is responsible for the ultimate achievement of the strategic ambitions of the county board as well as the overall management of its operational activities.

He/she will:

- Chair meetings and act as senior Laois athletics officer throughout the year, by making decisions whenever the need arises, in consultation with other board officers when appropriate.
- Attend meetings in a neutral and uncommitted capacity and enable the group to have a meaningful discussion with a neutral person in the chair.
- Provide direction for the county board by effective leadership and management.
- Monitor and evaluate the progress of agreed actions – both short term and strategic.
- Ensure that succession and forward planning are integral and ongoing in the county board.
- Constitute and resource any special working groups and ensure that their activities are reported to the Executive.
- Manage other County board Officers to ensure the delivery of their roles and responsibilities.

## **Laois Athletics County Bye Laws**

**2013**

- Ensure that the County board structure and responsibilities are transparent and available to the membership.
- The County Chairman must work in close liaison with the Executive Committee and elected officers from other clubs within the county.
- The Chairman must also set the agenda for meetings and ensure it is in line with the County, provincial and national AAI policies.
- Act as a mediator in the event that disagreements arise between particular sub committees or sections.
- Ensure that all registered Clubs affiliated to the Laois county board hold an Annual General Meeting.
- Adequate resources are made available so that the Safety Policy can be carried out efficiently at all Laois athletics events.
- Ensure that all members of the General Committee are fully aware of their responsibilities in relation to occupational safety and health.
- All members are accountable for their performance in relation to occupational safety and health.
- The Safety Statement is available, reviewed regularly and its operation monitored.

### **Laois Athletics Secretary**

The Laois Athletics Secretary manages, processes and maintains a record of all incoming and outgoing correspondence and county board documents. In addition, he/she records the deliberations and decisions of the county board committee and county board meetings. The county secretary provides all administration support for the preparation and organising of county board meetings including communications with club contacts.

He/she will:

- Be Responsible for the day to day business and administration of the County Board.
- Maintain records of all membership and former members of the county board.
- Provide such club details as required by the County Board, Leinster Athletics and AAI.
- Manage and ensure action on County Board correspondence including legal and insurance matters.
- Organise AGM, Executive Committee and county meetings.
- Be Responsible for the accurate record keeping and circulation of the minutes from meetings.
- Record and deal with disciplinary matters.
- Ensure all relevant forms and publications are with the responsible club officers and make the system available to members.

## **Laois Athletics County Bye Laws**

**2013**

- Attend such meetings as required by the Executive Committee.
- Ensure the Athletics Safety Statement is circulated to the appropriate personnel and that it is widely available to the clubs through written communications or via web based communications etc.
- Update the county board committee and club delegates of amendments to the Athletics Safety Statement / Child Protection policy, County bye laws, policies and other relevant procedures as may be made from time to time are included in an updated version as soon as possible.
- Committee Meetings are recorded and actioned.
- Any Accident Reports, Hazard I.D. Reports, H&S Audits, etc are retained as club records and reported outside the club as decided by the General Committee.
- Any correspondence relating to Health and Safety is brought to the attention of the General Committee and any subsequent actions are recorded.

### **Laois Athletics Treasurer**

The Treasurer is the Chief financial manager of the county board – the treasurer maintains the integrity and accurate recording of the Laois Athletics financial position. The Laois athletics treasurer is responsible for the safety of the money received by Laois Athletics at Laois Athletics events.

He/she will:

- Responsible for the management of the Laois Athletics finances in accordance with the decisions of the executive committee.
- Recommend action on financial matters to the committee.
- Collect subscriptions and all money due to the county board and relevant athletics associations.
- Pay bills on behalf of county board and record the information.
- Keep up to date records of all financial transactions.
- Ensure all cash and cheques are promptly lodged to County Board account(s).
- Ensure funds are spent properly as agreed / approved.
- Report regularly to the committee and county board delegates on the financial position of the county board.
- Prepare and present accounts for the end-of-year financial report and audit.
- Financial planning including producing an annual budget and monitoring it throughout the year.
- To help prepare and submit any statutory documents that are required (e.g. Insurance etc).
- Issue receipts and promptly deposit all monies received in the Laois County Board bank account.
- Make all approved payments and invoice groups/ members promptly.

## **Laois Athletics County Bye Laws**

**2013**

- Act as a signatory to the county board's bank accounts, cheque accounts, investments and loan facilities (with at least one other management committee member).
- Manage the County Board's cash flow and be accountable for the organisations petty cash.
- Ensure that Laois Athletics pays all affiliation and competition fees.
- The treasurer, as custodian for the County Board should budget carefully to ensure there is always sufficient cash at the bank to cover cheques issued.
- The Treasurer must ensure that all monies collected are banked and receipts filed so that the County Board and associated related club can gain maximum benefit from any deposit or investment.

### **Laois Athletics PRO: Public Relations Officer**

To raise the profile of Laois Athletics in the community through information, publicity and promotion of club, county, provincial, national and international events, developments and achievements.

He/she will:

- Ensure the submission and distribution of press releases, articles, newsletters and reports internally and externally.
- Liaise with all club PRO's to ensure equal opportunity for each club to provide weekly updates via the county PRO
- Responsible for advertising the club, its activities and to highlight the work of volunteers.
- Create a local media contact list.
- Co-ordinate with all Club PROs weekly to ensure Athletics reports for all Clubs are forwarded to local press.
- Invite local press and media to events.
- Prioritise reports, in the event of an athlete winning Regional / National or International recognition, to ensure that this gets coverage in the local press; where possible with photograph.

Appendix F



# MOTIONS

# 2019

## Motion 1 (Withdrawn)

~~The Laois Masters / Juniors Cross Country to be deferred until February, 1, 2, or 3 weeks after the National Intermediate/Masters Juvenile Grade B Cross Country.~~

~~This will then mark the end of the Cross Country Season.~~

~~The exact date to be decided, based on the Indoors T&F Calendar.~~

~~The age category will reflect the previous year. If the race is in February 2020, the age-eligibility will be based on 2019, because the season is the 2019/2020 season.~~

~~In addition, the Laois Juvenile Cross Country Relays to be deferred to this new date in February.~~

~~The Juvenile Development Races (Grade B) to be paired with the Senior Cross Country, held before Christmas.~~

~~Road Race dates to be decided, to work around the new Cross Country Dates.~~

~~Reason:~~

~~Currently, the County Cross Country Calendar (with 4 county events) is being compressed into a 10 week period (last weekend in September until first weekend in December), alongside 2 Leinster events, 2 All-Ireland Events, the selection race for the Home Countries International, and the Home Countries International event itself.~~

~~In addition, moving the 2 x 500 relays to February is more aligned with Indoor T&F, where the distances are also relatively short.~~

~~Appropriate Byelaws and Competition Programmes to be amended accordingly.~~

## Motion 2

The distance for the Junior Ladies Cross Country to be adjusted downwards, and the Master Ladies Cross Country distance to be adjusted upwards, and the Junior Ladies and Master Ladies be run as one race.

The exact distance can be the subject of a separate discussion, this motion is to agree the principle of merging the two events into one race.

This proposal applies to cross country.

The Junior Men and Master Men to continue to be run as one race, for Cross-country Championship.

In both Men and Women Races, the team scoring to be calculated based on the relative placings in the race – both are then treated as separate races e.g. if a Junior athlete finishes in 10<sup>th</sup> place in the race, but is 5<sup>th</sup> Junior, 5 will be used for the Junior team calculation

**Or** if a Master athlete finishes in 10<sup>th</sup> place in the race, but is 8<sup>th</sup> Master, 8 will be used for the Master team calculation.

## Laois Athletics County Bye Laws

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Appropriate Byelaws and Competition Programmes to be amended accordingly.

**Junior Ladies/Master Ladies distance of 3.5km  
AGREED**

**PROPOSED: John Scully  
MOTION 2 CARRIED**

**SECONDED: Bernard Graham**

### Motion 2(a)

The distance for the Junior Ladies Road Races to be adjusted downwards, and the Master Ladies Road Race distance to be adjusted upwards, and the Junior Ladies and Master Ladies be run as one race.

The exact distance can be the subject of a separate discussion, this motion is to agree the principle of merging the two events into one race.

This proposal applies to Road Race Championships.

The Junior Men and Master Men to continue to be run as one race, for Road Race Championship.

In both Junior Ladies / Master Ladies, and Junior Men / Master Men races – junior and masters to be treated separately for the purposes of Team Scoring

Appropriate Byelaws and Competition Programmes to be amended accordingly.

**Ratification of what is currently being done.**

**PROPOSED: John Scully  
MOTION 2(a) CARRIED**

**SECONDED: Bernard Graham**

### Motion 3

The age-eligibility for Laois Novice Men and Women Cross-country be reduced to U-19. In addition, the Novice (which is run on Day 1 of the cross-country season along with the even ages) and U-18 to be run as one race, but with both Novice and U18 Categories treated separately, for team calculations.

The distance for the Novice Men Cross-country race to have its distance adjusted to 5k, to match the new distance guidelines for U-18's

The Novice Women and U-18 Girls are already the same distance, at 3,500m

This motion will have the following impacts:

- A lesser number of races on the Day 1 Programme – 2 less
- U-19's will now have a race on Day 1

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Appropriate Byelaws and Competition Programmes to be amended accordingly.

**AMENDMENT: Clarification U19 ie; 18 years or over on the 31<sup>st</sup> of December in year of competition**

**PROPOSED:** John Scully  
**MOTION 3 CARRIED**

**SECONDED:** Bernard Graham

### Motion 4

The age-eligibility for Laois Intermediate Men's and Women's Cross Country be reduced to U-20.

In addition, The Intermediate (which is run on Day 2 of the cross-country season along with the un-even ages) and U-19 to be run as one race, but with both Intermediate and U19 Categories treated separately, for team calculations.

The distance for the Intermediate Men's CC race to have its distance adjusted to 6k, to match the new distance guidelines for U-19's

The Intermediate Women's and U-19 Girls are already the same distance, at 4,000m

This motion will have the following impacts

- A lesser number of races on the Day 2 Programme – 2 less
- U-20's will now have a race on Day 2

Appropriate Byelaws and Competition Programmes to be amended accordingly.

**AMENDMENT: Clarification U20 ie; 19 years or over on the 31<sup>st</sup> of December in year of competition**

**PROPOSED:** John Scully  
**MOTION 4 CARRIED**

**SECONDED:** Bernard Graham

### Motion 5 (withdrawn)

~~For **Novice Road Race** only, both Men and Women— team sizes be reduced to 3, and only 1 team per club be allowed to win medals.~~

~~Recommended Distance for Novice Road Race to be set at 5,000m for men and 3,000 for Women.~~

~~However, the distance can be discussed and agreed by the Road Race Competition Committee.~~

~~Age Eligibility for Novice Road to be set at U-17, for both Men and Womens Races.~~

## Laois Athletics County Bye Laws

2013

~~Appropriate Byelaws and Competition Programmes to be amended accordingly.~~

### Reason:

~~This will make it easier for the smaller clubs to have adult teams, and encourage them to work towards building adult membership.~~

~~The Intermediate Road Race is a relatively new competition, and can if necessary be viewed as the “Old Novice” — with 4 to score, and no limit on teams per club.~~

## Motion 6

The age-eligibility for Laois Novice Road Race be reduced to U-19, to match the age-eligibility at Novice Cross Country

**AMENDMENT: Clarification U19 ie; 18 years or over on the 31<sup>st</sup> of December in year of competition**

**PROPOSED: John Scully  
MOTION 6 CARRIED**

**SECONDED: Bernard Graham**

## Motion 6 (a)

The age-eligibility for Laois Intermediate Road Race be reduced to U-20, to match the age-eligibility at Intermediate Cross Country

~~Appropriate Byelaws and Competition Programmes to be amended accordingly.~~

**AMENDMENT: Clarification U20 ie; 19 years or over on the 31<sup>st</sup> of December in year of competition**

**PROPOSED: John Scully  
MOTION 6(a) CARRIED**

**SECONDED: Bernard Graham**

## Motion 7 (withdrawn)

~~Age eligibility for Senior Cross Country and Senior Road Races to be U19 and above — so an U18 is not eligible to participate.~~

~~Appropriate Byelaws and Competition Programmes to be amended accordingly.~~

## **Motion 8**

**For eligibility to Novice and Intermediate Grades, automatic regarding to take place for U20 (Junior) Athletes, if they finished in the top 3 in a race of a grade above the race in question.**

Currently if an U17, U18, U19 or U20 (Junior) athlete finishes in the first 3 in a Senior Race, the athlete loses their Novice and Intermediate Status.

Currently if the U20 (Junior) athlete finishes in the first 3 in an Intermediate Race, the athlete loses their Novice Status.

The aim of this motion is to prevent an athlete losing his/her Novice or Intermediate status, by competing in a higher grade, while this athlete is still a junior (his/her 20<sup>th</sup> year).

For example, if an U18 athlete finishes in the top 3 in a senior race, they are still eligible in the following years to compete in Novice or Intermediate.

If an U20 athlete finishes in the top 3 in an Intermediate Race, they are still eligible in the following years to compete in Novice.

An U19 or U20 athlete is no longer eligible for Novice, when he/she finishes in the first 3 in that Novice Grade, or when the automatic regarding referred to above is age-expired.

An U20 athlete is no longer eligible for Intermediate, when he/she finishes in the first 3 in that Intermediate Grade, or when the automatic regarding referred to above is age-expired.

This motion applies jointly to both Cross Country and Road Races.

Therefore, automatic regarding applies at Cross Country when assessing Road Race results, and automatic regarding applies for Road Races, when assessing Cross Country results.

Once an athlete passes U20, this automatic re-grading no longer applies.

Therefore, if an U19 finishes in the top 3 in a Senior Race, the automatic regarding only applies the following year.

Article 3.1.8 inserted

**PROPOSED: John Scully**  
**MOTION 8 CARRIED**

**SECONDED: Bernard Graham**

**CARRIED - With Immediate Effect**

## **Motion 9**

The County Intermediate Road Championship to be combined with a club open race to free

**PROPOSED: Martin McDonald**  
**CARRIED UNDER CLARIFICATION**

**SECONDED: Tom Dunne**

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up the race Calendar. The Ladies and Men's races to be equal in length in this championship race. The distance of this combined "men's and women's race" to be no longer than 7k.

### Motion 10

The Laois Senior Cross Country and the associated Juvenile Relays programme to be held in early January. Reason for this motion we feel it's hard for athletes to peak twice as our senior county championships are held in early November and the National Intermediate in February. Number of County athletes are dropping for the Leinster Masters/Intermediate and National Masters/Intermediate. Ballyroan Abbeyleix & District believe that having the Laois Senior in early January will increase club and county numbers for cross country events in provincial and national events that are held in January and February.

**PROPOSED:** Martin McDonald  
**LOST**

**SECONDED:** Tom Dunne

### Motion 11

When Track & Field championship races are run concurrently eligible athletes can complete in all categories, i.e. a Junior can win both Junior and Senior race.

**PROPOSED:** Bernard Graham  
**CARRIED**

**SECONDED:**

**AMENDMENT:** i.e; Junior can win both Junior and Senior Race and a Master can win both Master and Senior.

**CARRIED - With Immediate Effect**

### Motion 12

~~Withdrawn~~

~~All runners 18 in year of competition can compete in Senior, Intermediate, Novice Road and Cross County.~~

### Motion 13

~~Remove Intermediate Road from the programme.~~

## Appendix G



# EGM's MOTIONS 2023

6<sup>th</sup> September 2023

### Motion 1

Any athlete that finishes 3<sup>rd</sup> in a Novice Cross-country or Road race (from September 2023 onwards) is eligible to compete in future novice races until they break their status by finishing 1<sup>st</sup> or 2<sup>nd</sup> in future Novice races, or a higher-level race. This byelaw applies to both men and women.

**PROPOSED:** County Board  
**MOTION 8 CARRIED**

**SECONDED:** County Board

### Motion 2

Any athlete that finishes 3<sup>rd</sup> in an Intermediate Cross-country or Road race (from September 2023 onwards) is eligible to compete in future novice races until they break their status by finishing 1<sup>st</sup> or 2<sup>nd</sup> in future Intermediate races, or a higher-level race. This byelaw applies to both men and women.

**PROPOSED:** County Board  
**MOTION 8 CARRIED**

**SECONDED:** County Board

### Motion 3

If a Junior athlete finishes in the top 3 in a Laois Senior Cross-country or Road race (from

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September 2023 onwards) they are automatically out of Novice and Intermediate grades at County Level. This byelaw applies to both men and women.

Rational:

To promote the development races of Novice and Intermediate.

PROPOSED: County Board

SECONDED: County Board

MOTION 3 Failed

# 16th November 2023

## Motion 1

~~Laois Athletics Proposal.~~

~~The proposed reduction of Laois County senior men's cross-country distance from the current 10k to 8k.~~

~~Rational:~~

~~This change will bring Laois Senior cross-country distance in line with Leinster and National Senior distances.~~

~~It is also the belief the reduction in distance may increase participation in the race as the distance will be more manageable.~~

PROPOSED: County Board

SECONDED: County Board

MOTION 1 Deemed withdrawn as there was confusion about who was proposing it. There was also a question about the legality of the motion and notice time given.