

2026 NASUWT CUP & PLATE COMPETITOR'S NOTES

AGE GROUPS

UNDER 14 Under 14 years (normally year 7 & year 8 pupils) on August 31st, 2026

UNDER 16 Over 14 and under 16 years (normally year 9 & year 10 pupils) on August 31st, 2026.

NO ATHLETE MAY COMPETE OUT OF AGE GROUP.

THE CUP & PLATE COMPETITIONS

This is a team competition, so no individual medals are awarded. Medals are awarded to the first three teams in both Cup and Plate competitions.

The winning team in each of the four sections of the Cup Final will be awarded the Track and Field Champions School Trophy. The winning team in each of the four sections of the Plate Final will be awarded the appropriate Plate Trophy. The Charlie Hughes Trophy will be awarded to the best overall School Team performance on the Day.

The following further information applies.

- **TEAM REGISTRATION** will be done in the pavilion which is the main building on the home straight. Please allow plenty of time prior to the start of Competition (by midday please if possible).
- All pre event declarations must be declared **by Wednesday 1st July**. On the event day changes may be made for athletes pre declared that are unable to turn up. These alterations must be made on arrival at registration. You will need to complete an alteration form to submit the athlete withdrawing and their events and the new person replacing them, please clearly print these details. ALL school's co-operation will help immensely by submitting on time or early where possible.
- You will be able to collect **TEAM NUMBERS FROM REGISTRATION**. Each Team will be allocated numbers, athletes must wear these numbers back and front in all events except High Jump, Long Jump and Triple Jump where one number is to be worn on the front of the vest. Pins will be provided at registration.
- **All athletes and teachers have their own packed lunches/snacks etc – please note that there are no packed lunches provided by the Association for teachers – so staff must also bring their own food.**
- Districts have been allocated an event to officiate and each school will be required to provide 3 individuals to officiate. Officials will be required to stay on their allocated event. There will be no rotating, as last year, which led to delays as athletes were waiting for officials to arrive from a different event.
- Results will be printed on A4 sheets and displayed around the results area, there will be no online results. Please refrain from interfering with photofinish to find out times and results otherwise disqualification of that athlete may take place.
- Results are recorded via an Excel results programme and not published online.

RULES OF THE COMPETITION

The meeting is conducted under UK Athletics Rules and under the Welsh Schools Athletics Association rules listed here.

1. Each team may enter **ONE** competitor per individual event.
2. Competitors are limited to a maximum of **TWO** individual events, plus the relay. If an athlete competes in two individual events **ONE MUST BE A TRACK EVENT and THE OTHER A FIELD EVENT.**
3. **They may not compete in two track events nor in two field events.**
4. In all throwing events and jumping events for distance, competitors will be allowed **TWO WARM-UP TRIALS** and **THREE TRIALS.**

5. In the event of an athlete competing in a track event programmed at the same time as a field event, the track event will take precedence **BUT** the competitor will be allowed their full quota of trials on returning to the field event **PROVIDED THAT** they have made their involvement in the track event known to the **CHIEF JUDGE** of the field event **PRIOR** to the start of the field event competition **AND** they return to the field event immediately after they have finished competing in the track event.
6. **High Jump** – The officials will negotiate the starting height with the competitors. Competitors are restricted to a maximum of **EIGHT** attempts.
7. 9mm spikes may be used for the High Jump. 6mm is the maximum allowed for all other events.
IN WET WEATHER, ONLY PUPILS WEARING SPIKES WILL BE ALLOWED TO COMPETE IN HURDLES AND HIGH JUMP EVENTS.
8. **Dress** - At all times during the competition, athletes will wear suitable athletic clothing with their individual school vest. In the National round of the competition, athletes will wear the competition numbers as supplied by the Welsh Schools' AA. **NO CLUB OR NATIONAL VESTS TO BE WORN.**
9. 7m, 9m and 11m boards will be in use for Triple Jump competitions. There will be no restriction on run up.
10. In the event of a tie between two or more schools in any section of this competition, the tie break will be the greater number of individual winners. **If the tie remains, the tie break will be the greater number of second places. If the tie remains, lower places than second will be compared, until the tie is broken.**
11. All personal implements used for field events must be weighed on arrival at the stadium.

SCORING

In individual and relay events:

Position	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Points	9	7	6	5	4	3	2	1

TEAM NUMBERS

	Cup Final Red Numbers	Plate Final Green Numbers
Afan Nedd Tawe	1	11
Cardiff & the Vale	2	22
Dyfed	3	33
Eryri	4	44
Glamorgan Valleys	5	55
North East Wales	6	66
Powys	7	77
South East Wales	8	88