New England Mutual Super Series Rules and Procedures

1. **Meet Format**
   - In order to help progress through all events on a Super Series afternoon, the event order will be conducted in the following format:
     - 5:10pm – Club Announcements
     - 5:15pm – First Field Event
     - Approx 5:50pm – Sprint Event
     - Approx 6:10pm – Second Field Event
     - Approx 6:45pm – Middle Distance Event

2. **Late arrivals to events**
   - If an athlete arrives late to a field event, they may enter the competition during the current round, and participate in however many rounds are left - maximum 3 rounds (excluding high jump).
   - In order to enter the competition, the athlete must inform the official recording the results of their intent to compete, prior to the end of currently scheduled attempts.
   - Attempts from earlier rounds are forfeited and cannot be made up at the end.
   - In the case of high jump, the bar may never be lowered during the course of the competition. A late athlete must enter the competition either at the current height or a subsequent height.
   - If an athlete arrives late to a track event, they may enter the competition in either the current, or a subsequent heat, provided there is a lane available.

3. **Conducting Field events**
   - A field event may only be conducted if there are at least five (5) total people at the event location.
   - The five people can be made up from a combination of participants and officials.
   - If there are less than five people, events will need to be combined, delayed until five people are available, or abandoned.

4. **High Jump Event**
   - The High Jump takes longer than any other event.
   - To help speed up this event, any athlete with a prior result in the high jump this season will not be able to enter the competition until the bar is within 15cm of their seasons best result.
   - For example if an athlete has a seasons best of 1.20m, they may enter the competition at 1.05m or afterward, but not before.
   - If an athlete is carrying an injury which would prevent them from jumping what they would normally be capable of, they may request an exception to enter the competition earlier.
   - The last remaining athlete in the high jump does not get to choose whatever height they would like to attempt, as in an age/sex graded pointscore this could give them an unfair advantage. The bar must always be raised in multiples of 5cm increments.

5. **False Start Rule & Heat Seeding**
   - In the case of track events, a modified ‘No false start’ rule will be enforced for ‘seeded’ Super Series heats where there is a random lane draw.
- The modified no false start rule will mean any athlete deemed to make a false start will have their result ineligible for the Super Series pointscore.
- The athlete may however choose to still participate in the race and run a time, the result will just not count for the pointscore.
- Seeded heats with a random lane draw will occur for the final two sprint heats, and at least the final middle distance heat (sometimes two, depending on numbers)
- At the time of the lane draw, all competitors in seeded heats will be reminded that the modified no false start rule is in effect for their heat.
- For all other heats, each athlete will be afforded one false start, and any athlete will only have their result ruled ineligible for the Super Series pointscore if they break a second time. In this case, as above the athlete may still participate in the race to run a time.

6. **End of Competition**
- The competition convenor may, upon discussion with present committee members choose to end the Super Series competition early if there are safety concerns over continuing (fading light, inclement weather etc).
- The ‘30/30’ rule will be enforced with regard to lightning strikes. Any strike of lighting which is followed by thunder less than 30 seconds afterward will necessitate a pause in events for at least 30 minutes. Whether the competition will continue can be re-evaluated during that time.
- A course of action for any events missed due to an early finish will be determined on a case by case basis, as it will depend at what point during the event the Competition was halted.
- A general theme of attempting to include as many results as possible, and allowing athletes the opportunity to record a result in all scheduled events, will be encouraged.