



CARIFTA TRIALS 2026

RULES



1. This Meet shall be for athletes Under 17 and Under 20.
2. The competition will accommodate two (2) categories both males and females as follows:

Under 17	Born Jan. 1 st , 2010 – Dec. 31 st 2011 <i>Athletes born in 2012 - turning 14 in 2026 – will be accommodated.</i>
Under 20	Born Jan. 1 st , 2007 – Dec. 31 st 2009

3. Athletes registering for CARIFTA TRIALS are required to use their 2026 NAAATT Registration number for the event.
4. No athlete shall be allowed to participate in an event without his/her registration numbers properly secured on the front and back of his/her vest, except in the case of the jumps where one number may be worn on the front or back of his/her vest only.
5. If an athlete's registration number is lost or misplaced, a request can be made to the Secretariat, before or on the day of the meet, for a replacement number. This will be provided at a cost of \$30.00 a pair. No other replacement will be allowed.
6. Athletes must be properly attired in their Club's uniform to participate in an event, failing which he/she may not be permitted to compete.
7. Athletes will not be permitted to participate in any event wearing the uniform (partly or fully) of the Trinidad and Tobago or any other National Federation except when permitted to do so by the National Governing Body.
8. Athletes must report to the call room before entering the arena.
9. Athletes are not allowed on the track or centre field (infield) except when required to participate in an event.

10. Coaches are not allowed in the arena except in the designated area(s) provided for easier access to their athlete(s) during specific field events or with the permission of the relevant competition official.
11. Protests concerning the result or conduct of an event shall be made within thirty minutes (30 mins) of the official announcement of the result of that event. The person or team making the protest must have a bona fide interest in the event(s) in question. Any protest shall, in the first instance, be made orally to the Referee by an athlete, by someone acting on the athlete's behalf or by a team representative. To arrive at a fair decision, the Referee should consider any available evidence which he/she thinks necessary. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury. Where the Referee is not accessible or available, the protest should be made to him through the Technical Information Centre.
12. The Organising Committee reserves the right to refuse entry, cancel any event or frame a new event should it become necessary to do so.
13. By seeking entry into this meet, each individual commits to hold NAAATT harmless from all liabilities, proceedings, costs, charges or expenses arising out of or in connection with all claims for damages or compensation as a result of any:
 - (a) bodily personal injuries or death; and
 - (b) loss or damage to the athlete's property and that of third parties; except for that which is caused by negligence or willful misconduct of NAAATT.

Subject to the above, where any damage or injury set forth above is caused by the joint or concurrent negligence of the athlete and NAAATT the loss, expense or claim shall be borne by the athlete and NAAATT in proportion to their degree of negligence.