EUROPEAN MASTERS ATHLETICS

E.M.A. LEAGUE 2025

European Masters Athletics organizes the first edition of the EMA League, a Circuit of Track and Field (indoor and outdoor) meetings dedicated to the Master athletes, with the following objectives: providing optimal conditions for achieving outstanding performances, offering increased opportunities for competition in a stimulating environment, fostering greater interaction among athletes, implementing a diverse participation plan throughout the season, and promoting cultural exchange and diversity among participants. The organizational focus is on ensuring efficient and well-structured meetings that provide participants with the best possible conditions to achieve exceptional results.

PARTICIPATION

All athletes meeting the masters criteria (age 35+ and licensed for their Federation) set by WMA rules are eligible to participate.
The EMA League meetings are not a championship, so the athletes will not officially represent their Countries.
The participation to the meetings is open to the non europeans athletes. These athletes are entitled to compete for individual meeting prizes and for the final awards.

Participants shall be exclusively liable for their participation to any meeting. The Organizer shall not be held liable for any kind of damage sustained by the Participant as a result of the event, unless the damage is a direct consequence of the Organizer's intent. This waiver also applies to cases of any possible damages generated by situations such as, but not limited to, accidents or death.
Should the Organizer's insurance policy cover it and should the insurer deem that it has to pay any amount in order to cover certain damage sustained by the Participant, the Organizer's responsibility will be limited to the amount paid by the insurance company. The Participant is the only one responsible for taking insurance to cover any damage caused by accidents, diseases or death due to the participation at the Event. With the registration the Participant declares being aware that their participation requires very good physical and mental health and declares being properly trained to attend the Event, having been through an appropriate training for such participation. Each participant is suggested to undergo any medical exam that is needed in order to certify to their fitness to participate at the Event. The Participant remains liable before the Organizer for any damage they may inflict on a third party, including on another Participant, volunteer etc, as a result of any act or omission that is attributable to the Participant.

RANKINGS

There will be a single meeting ranking and a final ranking of the Circuit.
In every single meeting the athletes will be awarded following the regulations of each event (every meeting will have a special dedicated section on EMA website).

For the final ranking, calculated basing on the performance, the WMA 2023 one-year age factors and the WA 2022 scoring, the athletes must take part at least to two different meetings.

EMA then will take into consideration the best two performances of each athlete, obtained in two different meetings, and award the first three men and first three women of each of the following specialty groups:
Sprints (60m 100m, 200m, 400m, short and long hurdles)
Middle Distance (800m, 1500m, 3000m, 5000m and Steeplechase)
Throws (Shot put, Discus, Javelin, Hammer, Weight Throw, Throwing Pentathlon)
Jumps (Long Jump, Triple Jump, High Jump, Pole Vault)
Combined Events (Decathlon, Heptathlon)
Race Walk (3000m, 5000m, 10k, 20k)

A special prize will be awarded, regardless of the results, to all athletes who participate in at least four meetings.

The official public award ceremony will be held during the 2026 EMA Indoor Championship. If not present at the above Championship, the Participant will be contacted to agree the delivery method.

OTHER
Each LOC will set and publish the single meeting Regulation. These Regulations are the official single meeting regulations, unless they conflict with these rules and the WMA Technical Rules.

CALENDAR

January, 18 – Tartu (Estonia) - indoor
February, 15 - Nantes (France) – indoor
April, 26 Catania (ITA)
May, 15-18 Skhoder (ALB)
August, 22-24 Samorin (SVK)
August, 31 London – Kingston Upon Thames (GB&NI)
September, 20 Bellinzona (SUI)