

Sportshall Athletics – Competition Rules & Guidelines

Age Groups and Events for LEAGUE and CHAMPIONSHIPS

The League is a team event and the Championships individual

LEAGUE

Under 11 – School Years 4, 5 & 6 – must be at least 8 years on the day of competition (aged 9 for regional competition)

Team event – separate boys and girls teams – maximum of 6 competitors in each team – if more than this number then additional team/s, even if incomplete

Events: 1 Lap, 2 Lap, 6 Lap Paarlauf, Standing Long Jump, Vertical Jump, Standing Triple Jump, Speed Bounce, Chest Push, Javelin, Obstacle Relay and 4 x 1Lap Relay. Each athlete may take part in up to a maximum of 4 individual events and 3 Relays

Under 13 – School Years 7 & 8

Team event – separate boys and girls teams – maximum of 6 athletes in each team – if more than this number then additional team/s, even if incomplete

Events: 2 Lap, 4 Lap, 6 Lap, 8 Lap Paarlauf, Standing Long Jump, Vertical Jump, Standing Triple Jump, Speed Bounce, Shot, Obstacle Relay and 4 x 2 Lap Relay. Each athlete may take part in up to a maximum of 4 individual events and 3 Relays

Under 15 – School Years 9 & 10

Individual event – separate boys and girls – due to lower numbers and to encourage continued participation in this age group, within reason, no specific restriction on numbers

Events: 2 Lap, 4 Lap, Standing Long Jump, Vertical Jump (girls only), Standing Triple Jump (boys only), Speed Bounce, Shot and the opportunity to do a non-scoring Relay. As the scoring system is based on individual performance, in order to maximise overall score each athlete would take part in all scoring events, but not necessarily do all 3 attempts in the field events

CHAMPIONSHIPS

The age groups are as for the League above and the events as follows:

Under 11 Boys & Girls: 1 Lap, 2 Lap, Long Jump, Speed Bounce, Chest Push

Under 13 Boys & Girls: 1 Lap, 2 Lap, 4 Lap, Long Jump, Speed Bounce, Shot

Under 15 Boys & Girls: 1 Lap, 2 Lap, 4 Lap, Long Jump, Speed Bounce, Shot

General notes for Team Managers

- The entry fee for all age groups is £4 per athlete, payable on the day

- Team sheets, which will be circulated by Email in advance, should be completed and Emailed to Deana Richards by the Wednesday prior to the competition at deana.richards@btinternet.com
- Team changes may be made up to 15 minutes before the start of the competition
- Where there is a clash, track events take priority over field events although the athlete or team manager should let the field officials know. Every reasonable effort will be made to ensure that all athletes complete their scheduled field events
- All starts will be from standing with the starter calling "on your marks" and then start with a pistol or whistle as appropriate (there is no "set" call)
- Athletes will wear letters which are double sided (e.g. F & FF) with the single letter for the A competitor and the double letter as the B athlete. This may mean switching letters if used as an A competitor in one event and then as the B competitor in another event. The letters will be supplied to team managers when they report on the day
- The Speed Bounce will be 20 seconds for U11 and 30 seconds for U13 and U15 – competitors taking off and landing with the whole of both feet simultaneously on the mat
- The Chest Push will use a 1 kg medicine ball with the push from the centre of the chest and both feet on the floor on release
- Shot weights: U13 girls 2.72 kg; U13 boys 3.25kg; U15 girls 3.00kg; U15 boys 4.00kg
- Recognising that the league is a team competition there may be a number of athletes who will not have the opportunity to represent their team in the scoring relays. As such every effort will be made to provide an opportunity for anyone who isn't part of their club's relay team to be part of a non-scoring team in the relays
- Remember the rules are there for the benefit of all but will operate in the spirit where a problem may be discussed with the relevant official for an amicable solution.
- Every reasonable effort will be made to spot any technical transgression at the earliest opportunity and provide support towards registering a valid performance but at the same time maintaining the integrity of the event
- Sportshall Athletics, although competitive should take place in a fun, friendly and positive atmosphere – an introduction to run, jump, throw and in the process developing basic technique but importantly through a culture of respect for other competitors and officials e.g. encouraging athletes to shake hands with other competitors at the end of races and thanking officials in particular at the end of field events

COUNTY TEAM SELECTION

- Selection for the county team for the Regional Sportshall competition will be made by the selection committee at the end of the season
- An athlete will gain automatic selection to the county team if they have recorded the best performance in an event across all league meetings and the county championships. Thus winning the county championships may not result in automatic selection
- Any remaining places will be decided by the selection committee after considering all league and championship performances