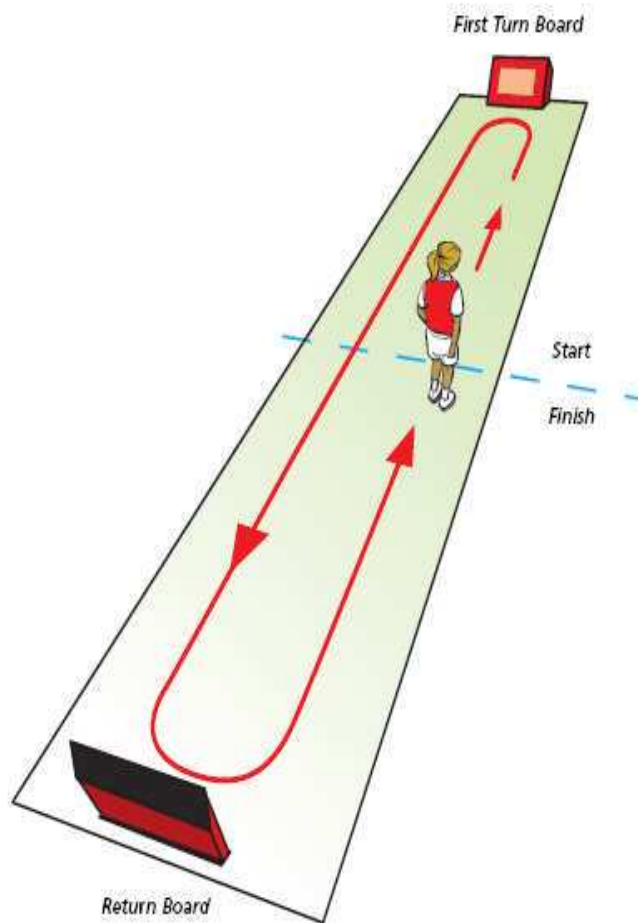


## The Sprints



### Guidance Notes -

#### The Start

Only standing starts are permitted.

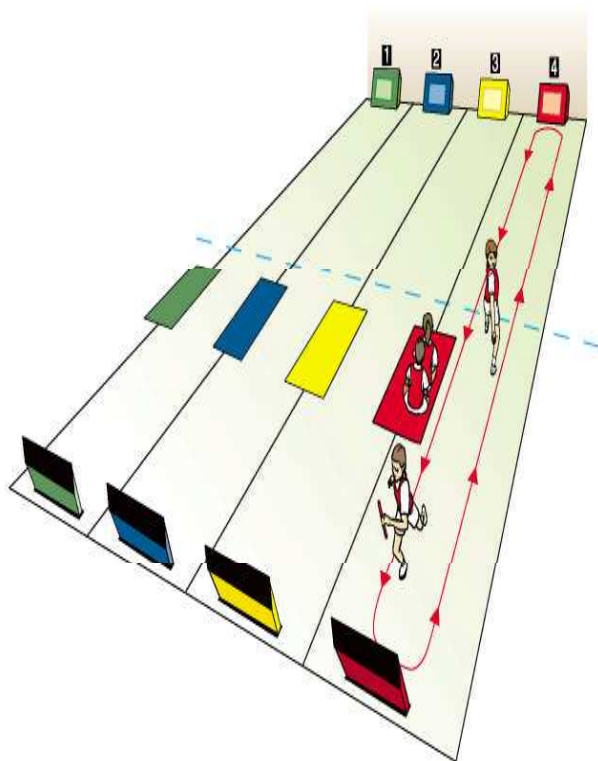
The command "Set" is not used. The starter calls "On Your Marks" and when all athletes are settled, the whistle or gun signals the start of the race.

A whistle should be used in all under 11 competitions

### The Sprints Rules

- The athlete steps up to the start line, with feet behind the line!
- On the whistle the athlete runs to the first turn board, the athlete turns and runs to the return board and back through the finish line to complete one lap, hence one lap is the equivalent of running two laps of the sports hall.
- In the place of an athlete causing obstruction the athlete could be placed in last position by the track referee only. No athlete should be disqualified.
- If an athlete does not complete the desired amount of laps, then the athlete should be declared 'Did not finish (DNF)' and not be placed.

## Relays



### Guidance Notes

1 + 1 lap Relay - Each team member completes one lap each.

2 + 2 lap Relay - Each team member completes 2 laps each. The athlete's laps are completed consecutively.

4 x 1 lap Relay - 4 members of the team run one lap each.

4 x 2 lap Relay - 4 members of the team run two laps each consecutively.

### Paarlauf 6 lap

Paarlauf races are for teams of two athletes who run in turn; however, it is the baton which must cover the total declared number of laps.

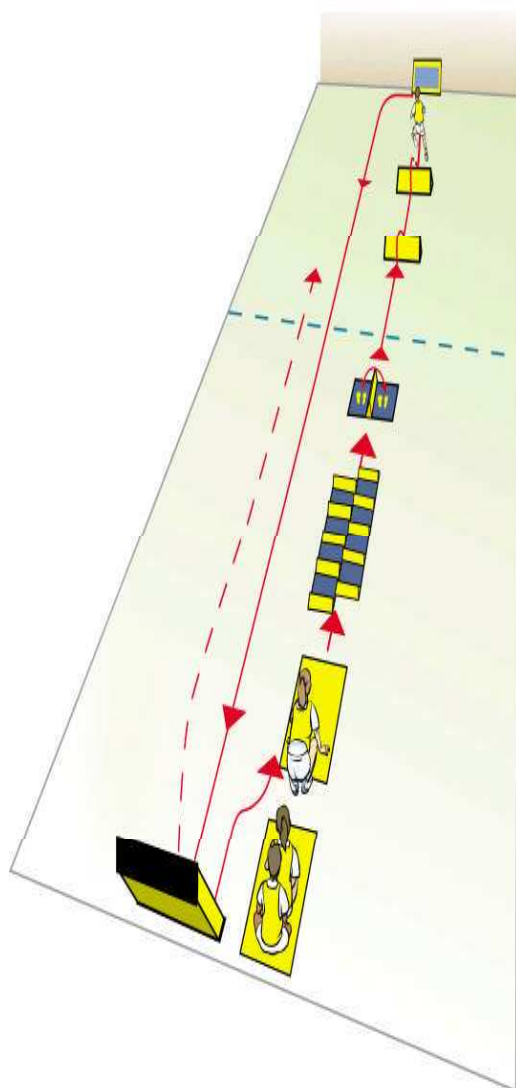
Whilst the two members must cover the total number of laps, they don't have to cover the same amount of laps (e.g. athlete A runs 4 laps and athlete B runs two laps in any

order). Each athlete must cover one lap. The baton can be changed in either direction.

### Relay Rules

- Each team member sits on the relay mat.
- The first athlete from each team steps up to the start line, with feet behind the line. Crouch start is not allowed and hands are not able to touch the floor, starts must be standing!
- On the whistle the athlete runs to the first turn board, then they turn and run onto the second board when turning the second time they run towards their team mat and pass the baton over to the next runner who continues the relay.
- The runner who has just finished returns to their team and sits behind them on the mat.
- The last runner continues as the previous runners, as they come back off the second board they must then run through the finish line in the centre of the hall.
- In the event of a team not completing the event the track referee, can place the team in last position, no team can be disqualified.

## Obstacle Rely



### Guidance Notes

Each lane must have an official to judge jumps and faults.

The judge should stand next to the speed bounce mat and count how many jumps the athlete completes, when 10 is achieved the judge should allow the athlete to move on and stand on the mat so the athlete has a clear run back to the second turn board. Judges should be placed to pick up the hurdle if knocked down but should not jeopardise the safety of the athlete or themselves in picking up the hurdle. Also make sure the athletes do not block the turn boards whilst sitting on the mat.

### Obstacle Relay Rules

The first runner starts in a crouched position on another mat as shown above. Once the whistle blows the first runner must complete a forward or sideways roll on the mat, move through the high steppers, complete 10 speed bounce, clear both hurdles and turn on the first turn board. Then run all the way back missing all the barriers, turn on the second turn board, as they do they tap the next runner

on the shoulder and the next person starts. Once this happens the second runner continues on and the first runner returns to the mat.

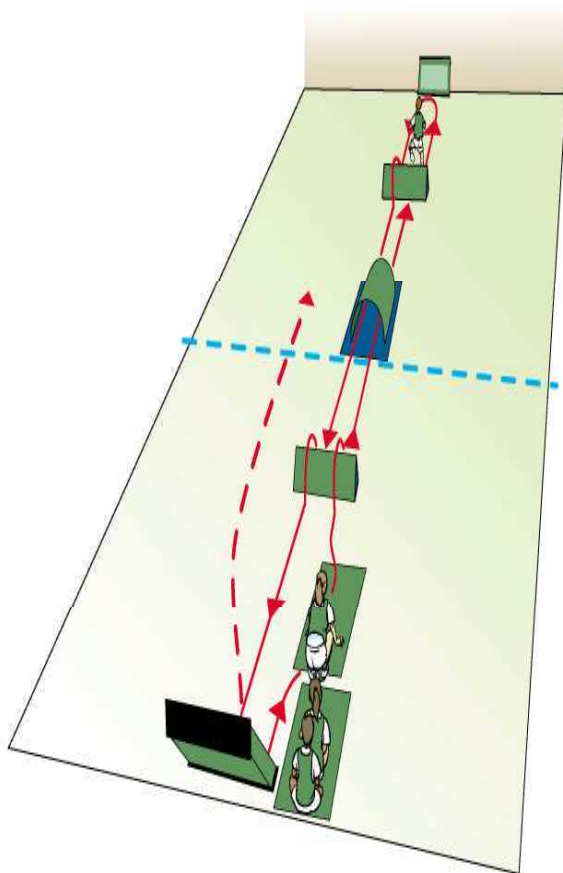
The last runner must complete the course, however when they hit the second turn board they run through the finish line in the centre of the hall.

### Faults

A half second penalty is given by the track referee if one of these faults occurs:

- Fails to complete a forward or sideways roll
- Misses any part of the high stepper or speed bounce
- Misses a hurdle, if a hurdle is knocked over and is not replaced then this is not classed as a fault or starts before the previous runner taps them on the shoulder

## Over / Under Relay



### Guidance Notes

Judges should be placed to pick up the hurdle if knocked down but should not jeopardise the safety of the athlete or themselves in picking up the hurdle. Also make sure the athletes do not block the turn boards whilst sitting on the mat.

### Rules

All four members sit on the mat; there would be a second mat as shown left. The first runner starts on the mat closest to the first hurdle and the rest of the team sit on the last mat as shown left. On the whistle they complete a forward or sideways role on the mat, jump the first hurdle, through the tunnel and over the second hurdle. They turn on the turn about board at the far end and repeat the going back in the opposite direction; finally they will turn on the board and tap the next athlete to run on their shoulder, return to the team base and sit behind the rest of the team. The second and

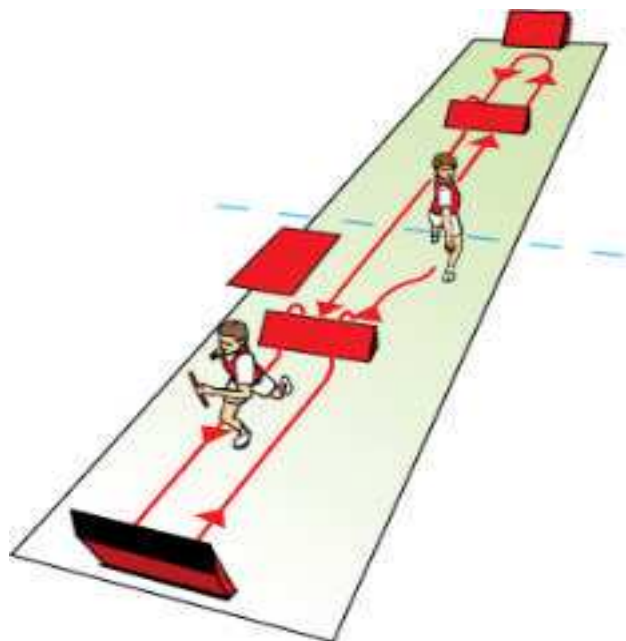
third runner continues on as the first runner. The last runner will run the whole course however when the turn on the last board they will have to run through the finish line in the centre of the hall indicated by the blue line on the diagram.

### Faults

A half a second penalty will be issued if the athlete does not complete these elements of the race:

- Fails to carry out a sideways role
- Fails to jump a hurdle. This ***SHOULD NOT*** be given if an athlete knocks over a hurdle and is not put back in place quickly enough for the athlete to jump it. This should only be given for example if an athlete runs around the hurdle.
- Fails to go through the tunnel
- Starts before the previous runner hits their shoulder or the previous runner has finished their run touched the athlete before hitting the last turn about board

## 1 + 1 Lap Hurdles



### Guidance Notes

Judges should be in place to pick up hurdles if they are knocked over.

### Rules

The two team members sit on the team base mat

The first athlete of each team stands on the start line, making sure their feet are placed behind the line, the athlete's hands are not allowed to be placed in the start position. On the whistle they start and run over the first hurdle, they turn on the turn about board and complete the course in the opposite direction, then moving onto the

second turn about board returning to the centre of the hall after clearing the hurdle.

The next runner should be ready awaiting to receive the baton, the first runner returns to the base and the second runner completes the same course then sprinting back through the finish line after turning on the second turn about board.

### Faults

A half a second penalty is placed on the athlete if a child runs around or skips a hurdle, it is not a fault if a hurdle is knocked over or a hurdle is not replaced in time by the track judge.

## Vertical Jump



### Guidance Notes

Talcum powder is usually used to mark the scale, however care must be taken to prevent any spillage on the floor as it could become slippery which would make the area unsafe. It is also recommended that two judges are used.

### Rules

The athlete is stood up straight with their back against the wall, both arms should be stretched upwards and push the sliding scale until the arms are fully extended. Feet must stay flat on the floor. Younger athletes may need assisting with this and a judge can help the athlete by pulling the slide up and then bringing it down to the point of where the athletes finger tips meet the slide. The following practise before jumping is as follows: -

- The judge should encourage the athlete to stretch to their full extent and then, to stretch again. Usually the second stretch will set the slide a little higher.
- If the judge is not satisfied that the athlete has achieved a full stretch, the athlete should be advised of this and given a further opportunity to set the slide.
- If the judge remains dissatisfied with the stretch, the athlete should ask their team manager to accompany them for one further stretch.
- A two centimetre penalty may be applied at the judge's discretion.

The athlete must dip their fingers into powder before they jump so that a reading can be recorded on the scale, the athlete needs to stand sideways on to the wall with the nominated arm closest to the wall. Then the athlete jumps from a standing position to touch the scale at the highest point possible. An athlete may bend their knees and swing their arms in preparation for the event but their feet must not leave the ground until they attempt their jump. It is deemed a no jump if an athlete's "free" hand touches the wall during the jump. Measurement should be taken to the nearest centimetre below the highest point of the chalk mark on the scale.

## Speed Bounce



### Guidance Notes

One official should be available to time the 20seconds and one other should be counting the successful jumps.

Another official or a fellow athlete can place one foot on the corner of the mat so it does not slide. Participants must wear suitable footwear - athletes are not allowed to take part in this activity barefooted. The speed bounce is a two footed activity where the athlete should jump from one side of the mat to the other.

The athlete must jump over the wedge as many times as possible, for years 5 and 6 they must do as many as can be achieved in 20seconds. If an athlete lands on the wedge it should not be counted however if the wedge is brushed then that can be counted if the athlete lands on the other side.

## Chest Push



the throw to the nearest 25cm.

### Guidance Notes

It is recommended that the two judges are used, one to record the throw and one to watch it land

### Rules

The athlete holds the ball against their chest and pushes with both hands to throw the ball forward

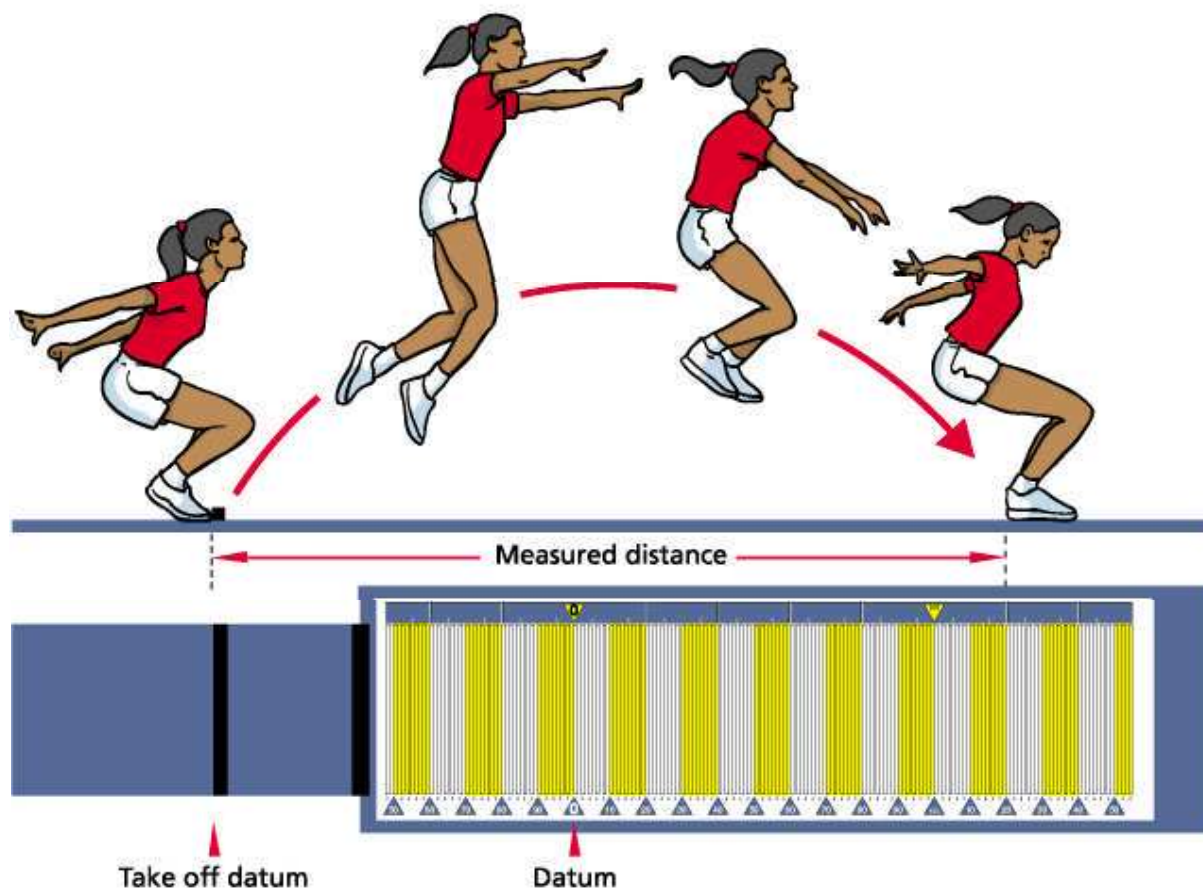
The athlete's chest must be facing forwards and there should be no rotation in the torso during the throw

The athlete's feet must be behind the line and they must stay on the ground. They are not allowed to have a run up or sideways movement.

The athlete must not pass the throwing line during the throw

The ball does not have to land on the mat; it is a guide to measure the distance as the ball comes into contact with the floor for the first time. Always mark the distance of

## Standing Long Jump



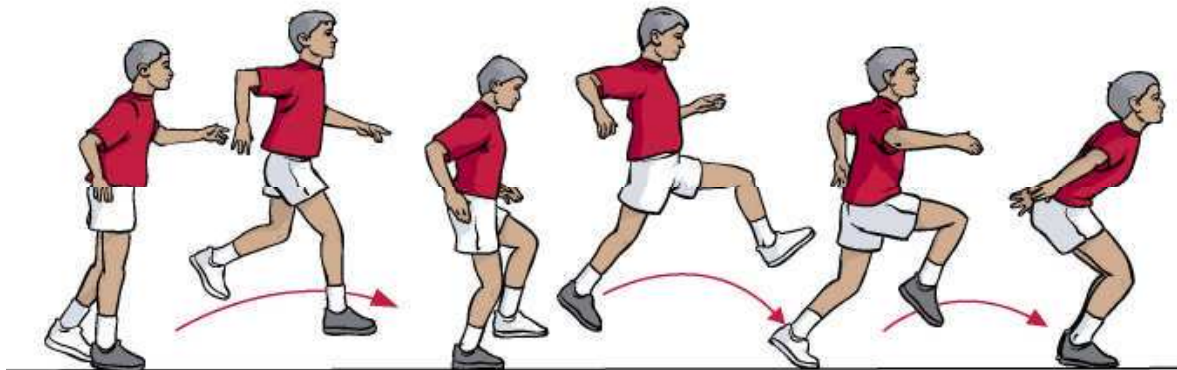
### Guidance Notes

It is recommended that there are two judges available one watching the take off and one recording the landing. For mats with two take off areas as stated above, the less experienced can use the datum and the more experienced of this event can start at the take off datum.

### Rules

The athlete must stand behind either datum to take off. For more accurate readings the take off datum is best. Take off's involving rocking or crouching are allowed as long as the feet stay in contact with the ground until the start of the jump, however one footed take offs are illegal. No part of the athlete is allowed over the datum before take off. The athlete must land two footed on the mat, the lines printed can help with measurement but are for guidance only. The athlete does not have to stand after landing and should walk forward after landing. If however they step backwards, fall backwards the jump should be recorded from their last point of contact behind their heel. The measurement should be taken from take off point to the back of the closest heel on landing.

## Standing Triple Jump



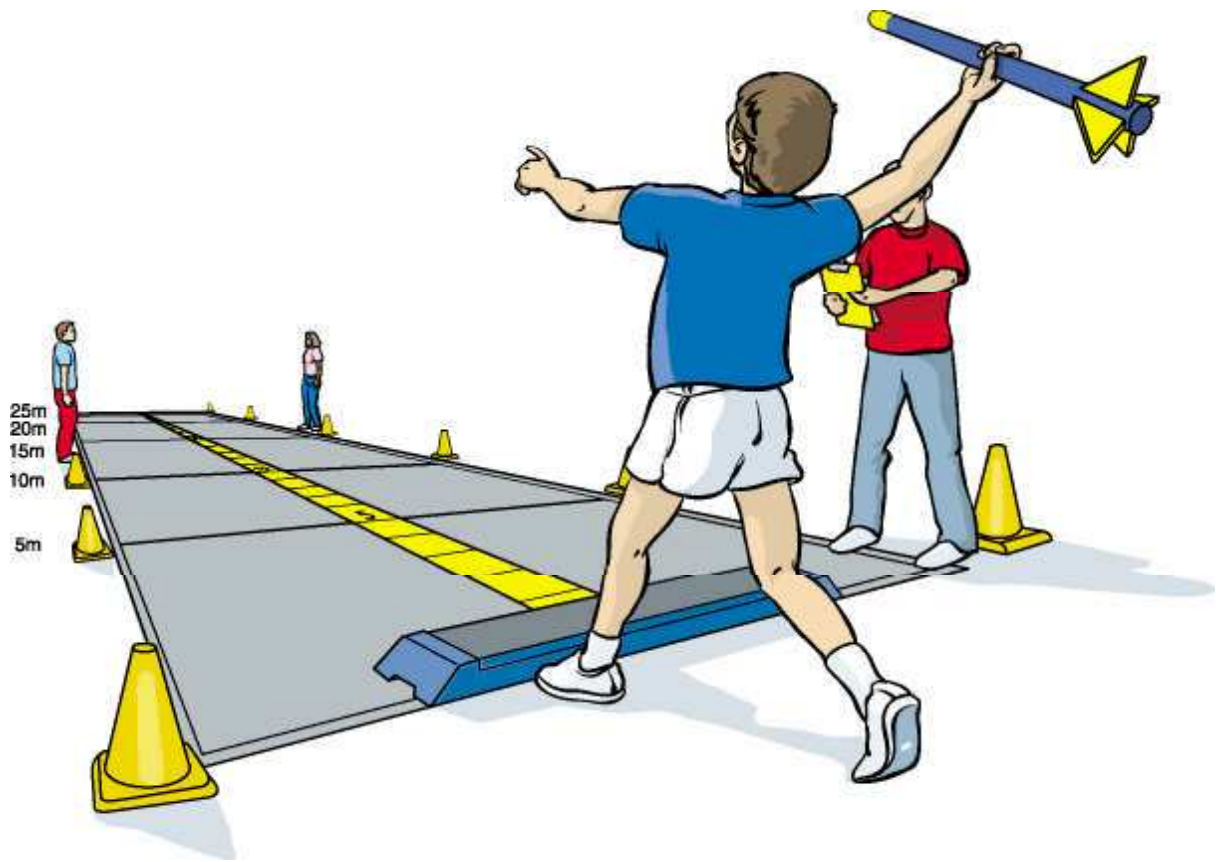
### Guidance Notes

It is recommended that there are two judges available one watching the take off and one recording the landing. Some younger athletes or less experienced jumpers may find the chain of hop, step and jump difficult so they can hold their free leg when performing the hop and releasing it for the step.

### Rules

The athlete must stand behind the take off line. Their feet do not have to be stuck next to each other. Take off's involving rocking leading into the jump are allowed, the free leg does not need to be in contact with the floor and may be used in terms of momentum

## Javelin



### Guidance Notes

One judge is needed to record the throws and one to see how far it's landed, the area should be clearly marked so spectators do not walk through. The competition should be supervised at all times.

### Rules

The javelin should be thrown from behind the line, the throw should also be measured from the front of the throwing line to where the tip of the javelin comes into contact the first time it hits the floor.

The distance is measured always to the nearest metre. It is only safe to allow athletes to collect javelins once all of them have been thrown. The athletes are not allowed to throw back javelins to athletes waiting.