

## Event Format

The Sportshall Secondary Programme offers an ideal format for competition in which young people may develop their skills ahead of the track and field season.

### Team Information

Each team should consist of a minimum of five athletes (girls or boys), with a maximum of eight athletes being permitted. All athletes are to be selected from school years 7 or 8. They may compete in a maximum of three track and two field events, drawn from the following:

#### On the track

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2 Lap Individual Race	each requiring two athletes
4 Lap Individual Race	
8 Lap Paarlauf	

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6 Lap Individual Race	requiring one athlete
Obstacle Relay	each requiring two athletes
4 x 2 Lap Relay	

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#### ... and in the field

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Shot	each requiring two athletes
Speed Bounce	
Standing Long Jump	
Standing Triple Jump	
Vertical Jump	

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### Additional Information

Please note that athletes will not be permitted to compete in bare feet or unsuitable footwear. The Sportshall handbook incorporates details of all the events, including a full explanation of each event together with some teaching points. Visit [www.sportshall.org](http://www.sportshall.org) for further details along with event and competition rules downloads.

## Event Programme – Boys and Girls - Single Age Group Match

After a short welcome and the introduction of the teams, the action begins!

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### On the track ...

### ... and in the field

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Obstacle Relay – girls  
Obstacle Relay – boys  
(or 4 x 1 Lap Relay)

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2 Lap Individual Race (A+B Heats) – girls  
4 Lap Individual Race (A+B Heats) – girls

Shot, Standing Triple Jump (boys)

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2 Lap Individual Race (A+B Heats) – boys  
4 Lap Individual Race (A+B Heats) – boys

Shot, Standing Triple Jump (girls)

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6 Lap Individual Race – girls  
8 Lap Paarlaf – girls

Speed Bounce, Standing Long Jump, Vertical Jump  
(boys)

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6 Lap Individual Race – boys  
8 Lap Paarlaf – boys

Speed Bounce, Standing Long Jump, Vertical Jump  
(girls)

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4 x 2 Lap Relay – girls  
4 x 2 Lap Relay – boys

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And having had lots of fun, we thank everyone and finish with presentations to all the teams!

**Team Managers** are encouraged to note the running order detailed above and select their team accordingly. It is inappropriate for an athlete to contest both the 2 and 4 lap Individual Races or the 6 lap and 8 lap Paarlaf events since they follow immediately. There are fewer problems associated in contesting field events in the same group and additional time will be permitted for athletes covering two events in the field.

Date: \_\_\_\_\_ Age Group: \_\_\_\_\_

School: \_\_\_\_\_

Event: \_\_\_\_\_

Teacher: \_\_\_\_\_

Girls Teamsheet		Track Events					Field Events					
		Obstacle Relay or 4 x 1 Lap Relay	2 Lap Race	4 Lap Race	6 Lap Race	8 Lap Paarlauf	4 x 2 Lap Relay	Shot	Speed Bounce	St. Long Jump	St. Triple Jump	Vertical Jump
Number of athletes per event:		4	2	2	1	2	4	2	2	2	2	2
1												
2												
3												
4												
5												
6												
7												
8												

1. Please tick the appropriate box for each athlete's events.

2. An athlete is limited to three track events and two field events.

For more information on the **Sportshall** Pathway and competition rules go to [www.sportshall.org](http://www.sportshall.org)

Date: \_\_\_\_\_ Age Group: \_\_\_\_\_

School: \_\_\_\_\_

Event: \_\_\_\_\_

Teacher: \_\_\_\_\_

Boys Teamsheet		Track Events					Field Events					
		Obstacle Relay or 4 x 1 Lap Relay	2 Lap Race	4 Lap Race	6 Lap Race	8 Lap Paarlauf	4 x 2 Lap Relay	Shot	Speed Bounce	St. Long Jump	St. Triple Jump	Vertical Jump
Number of athletes per event:		4	2	2	1	2	4	2	2	2	2	2
1												
2												
3												
4												
5												
6												
7												
8												

1. Please tick the appropriate box for each athlete's events.

2. An athlete is limited to three track events and two field events.

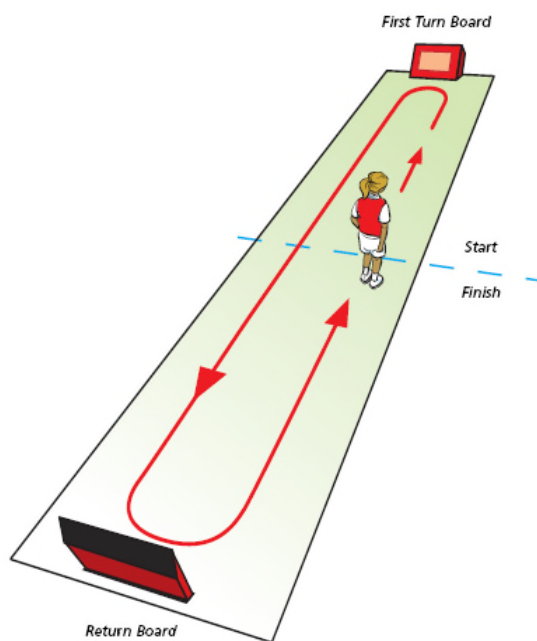
For more information on the **Sportshall** Pathway and competition rules go to [www.sportshall.org](http://www.sportshall.org)



Rules and Guidance Notes  
Sportshall Secondary

[www.sportshall.org](http://www.sportshall.org)

An introduction to the track events.



### 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.

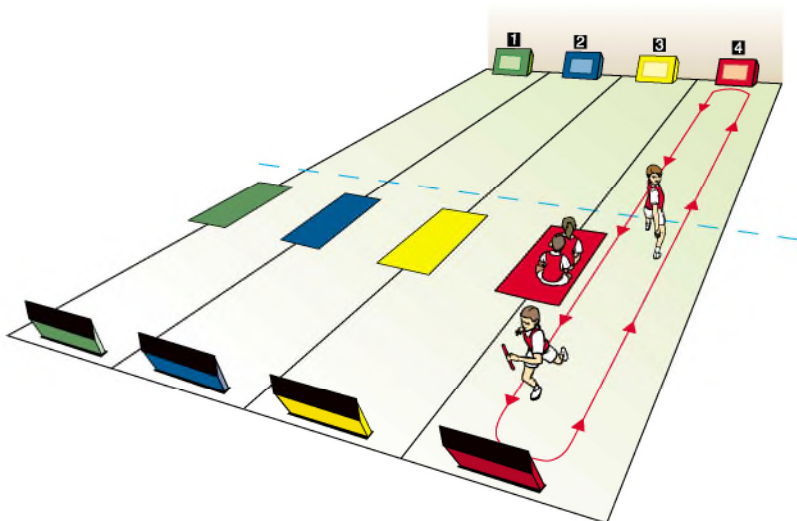
### Rules

- The athlete steps up to the start line, ensuring that their feet remain behind the line.
- On the whistle/gun the athlete runs towards the first Reversaboard. They turn on the Reversaboard and run the return leg, turning on the second Reversaboard. The lap finishes back at the start line with the competitor facing in the same direction as he/she started; hence one lap is the equivalent to running two lengths of the sports hall.
- In the event of an athlete causing an obstruction the athlete may, at the discretion of the track referee, be placed in last position. No athlete should be disqualified.
- In the event of an athlete not completing the prescribed number of laps, the athlete should be declared “Did Not Finish” and not be placed.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

For more details go to [www.sportshall.org](http://www.sportshall.org) © Eveque 2009

A broad range of different relays may be staged on a linear track.



## Rules

- All athletes contesting the relay sit on the team base mat.
- The first athlete from each team steps up to the start line, ensuring that their feet remain behind the line. A crouched start is not permitted and hands may not be placed on the floor.
- On the whistle/gun the first athlete runs towards the first Reversaboard. They turn on the Reversaboard and run the return leg, turning on the second Reversaboard behind the team mat. They must return to the centre of the hall and hand the baton to the next runner, who proceeds as the previous runner.
- The retiring runner returns to the team base mat and sits behind the rest of the team.
- The last runner proceeds as the previous runners but, after turning on the second Reversaboard behind the team, this runner must run through the finish line in the centre of the hall.
- The athletes that are not running must sit on their team mat to ensure a clear view for the judges.
- Mats should be set back from the start line and offset to the left as shown above.
- In most events a take-over box is not stipulated. Where a box is required, eg UK Championships, the outgoing runner may start from a position 10 metres back from the start/finish line. This line should be marked across the track and the baton must be passed between this line and the first Reversaboard.
- In the event of a team/athlete causing an obstruction or failing to complete the relay in the prescribed format, the team may, at the discretion of the track referee, be placed in last position. No team should be disqualified.

## Guidance Notes

- **1 + 1 Lap Relay** – Each team member completes one lap each.
- **2 + 2 Lap Relay** – Each team member completes two laps each. The athlete's two laps are completed consecutively.
- **1 + 2 Lap Relay** – The first team member completes one lap and the second team member completes two laps.
- **4 x 1 Lap Relay** – Each of the four team members complete one lap each.
- **4 x 2 Lap Relay** – Each of the four team members complete two laps each. Each athlete should complete their two laps consecutively.

## Paarlaufs (6 Lap or 8 Lap)

- Paarlau 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 between them they do not necessarily have to run the same distance. Each athlete must cover at least one lap.
- The baton can be exchanged when running in either direction.

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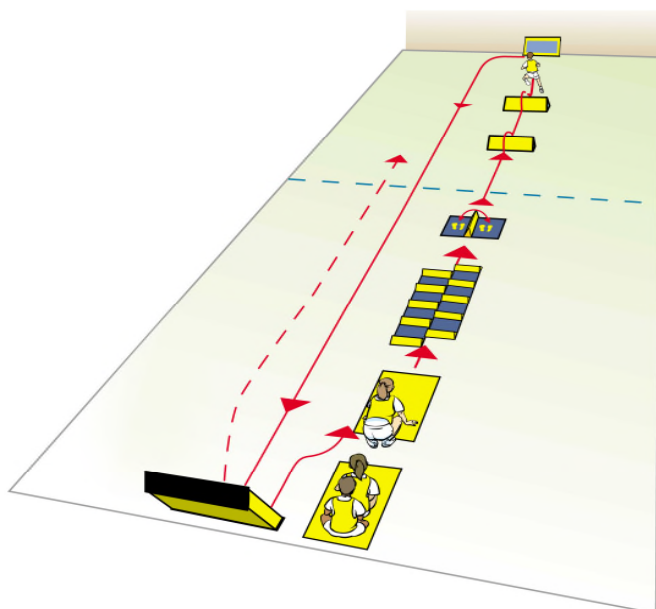
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BRITISH  
ATHLETICS



A fun relay event for teams of four incorporating a series of obstacles along a linear track.



### Guidance Notes

- Each lane must have a judge to count bounces and faults. This judge should stand next to the Speed Bounce mat in the return lane of the team they are judging. When the athlete has completed their bounces the judge should stand on the Speed Bounce mat to ensure that the return lane is clear.
- Judges should count the number of bounces aloud, taking particular care to ensure that both feet complete each bounce.
- Judges must be in place to pick up the hurdles but should be careful to not obstruct the athletes when doing so. It is better that a hurdle is left lying out of place than risk injury to either athlete or judge.
- Do ensure that the athletes are not blocking the Reversaboard behind the team mats.

### Rules

- All four team members sit behind the team base mat. A second mat may be provided for this as shown above.
- The first runner starts in a crouched position with both hands on the edge of the mat and both knees off the floor. On the whistle they must complete a forward or sideways roll on the mat, run through the hi-stepper ensuring a foot is placed in each segment, complete 10 Speed Bounces, clear both hurdles and turn on the Reversaboard at the far end of the hall. They must run the return leg avoiding all the obstacles and turn on the Reversaboard behind the team base mat. Finally they turn on the Reversaboard behind the team base mat, turn and touch the shoulder of the next runner, return to the team base mat and sit behind the rest of the team. The second and third runners proceed as the first runner.
- The last runner must also complete the course as above, having turned on the Reversaboard behind the team base mat they must run through the finish line in the centre of the hall.

### Faults

A half second time penalty is given for each fault noted. One fault will be given for each occasion an athlete:

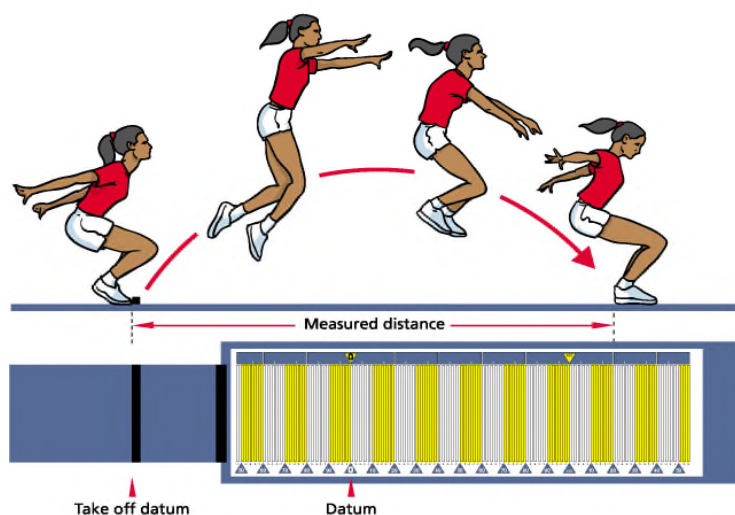
- Fails to complete a forward or sideways roll.
- Misses a segment of the hi-stepper (maximum two faults to be awarded).
- Omits a bounce, e.g. an athlete who completes just seven bounces should receive three faults.
- Omits a hurdle. Faults should NOT be given if an athlete knocks over a hurdle or if it's not been replaced.
- Starts before the previous runner has touched their shoulder or when the previous runner touches the shoulder before completing the return leg and turning on the Reversaboard.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

For more details go to [www.sportshall.org](http://www.sportshall.org) © Eveque 2009



This two-footed jump from a standing position is a test of co-ordination and leg strength. A special calibrated landing mat is used which enable jumps to be recorded easily.



### Guidance Notes

- It is recommended that three judges are used, one to watch the take off and two to observe the landing.
- Following each jump, the judges place a finger level with the spot they consider to be the shortest mark. In the event of a difference of opinion, the shorter of the two distances is recorded.
- Where a mat has two take off datum lines, an athlete may start from either mark. For those less familiar with the event, it is recommended that an under 11 athlete starts from the 1m datum line with an under 13 or under 15 athlete starting from the 2m datum line.

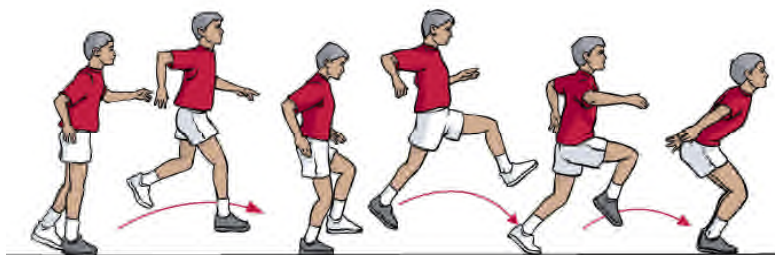
### Rules

- The athlete must stand on the mat with both feet behind the take off datum line.
- Techniques involving a crouch or rocking motion prior to the jump are permitted provided that both feet are alongside each other and retain contact with the mat until the start of the jump.
- No part of the athlete must touch the mat in front of the start line prior to take off.
- The athlete should jump as far as possible from a standing position, with a two footed take off. One footed take offs are not permitted.
- The athlete must land on both feet, with both feet being placed on the mat. The measurement lines printed on the mat are for guidance only. If an athlete's foot lands outside the graduated area and the judges are able to measure the jump, it should be recorded as a good trial.
- The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.
- Measurement is taken from the take off line to the back of the closest heel on landing.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

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A hop, step and jump from a standing position, testing leg strength and co-ordination. The triple jump mat has a number of take off lines at metre intervals allowing for users of all ages and abilities. The landing section is calibrated, which allows for the easy measuring of jumps.



### Guidance Notes

- A practice jump should be permitted, enabling the athlete to choose their take off line.
- It is recommended that three judges are used, one to observe the take off and sequence and two to observe the landing.
- Following each jump, the judges place a finger level with the spot they consider to be the shortest mark. In the event of a difference of opinion, the shorter of the two distances is recorded.
- Some younger athletes may find the sequence difficult to learn. It is acceptable that a younger athlete may hold their free leg when performing the hop and release it for the step.

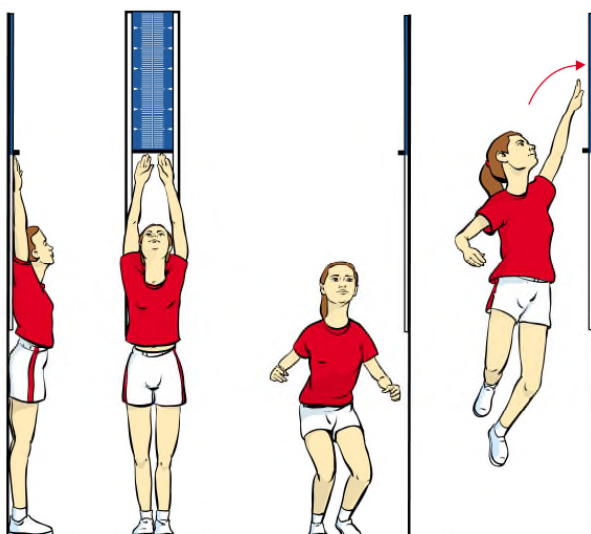
### Rules

- The athlete must stand with both feet behind the selected take off line. Their feet do not need to be next to each other.
- Techniques involving a crouch or rocking motion leading up to the jump are permitted; the free leg does not have to be in contact with the mat and may be used to generate momentum by raising the knee up and down. The take off foot can be rocked from heel to toe as long as some part of the foot remains in contact with the mat before the start of the jump.
- No part of the athlete must touch the mat in front of the start line prior to take off.
- A one footed take off starts the hop with the athlete landing onto the same foot, the step is taken onto the other foot after which the jump is performed by landing on both feet.
- The athlete must land on both feet, with both feet being placed on the mat. The measurement lines printed on the mat are for guidance only. If an athlete's foot lands outside the graduated area and the judges are able to measure the jump, it should be recorded as a good trial.
- The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.
- Measurement is taken from the take off line to the back of the closest heel on landing.

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A jump from a standing position in which the participant competes against their own height and weight.



### Guidance Notes

- It is recommended that two judges are used, one to watch the take off and one to watch the marking of the scale.
- Talcum powder is most commonly used. However care must be taken to prevent any spillage since the floor may become slippery. Please ensure the surrounding floor area is kept clean and clear.

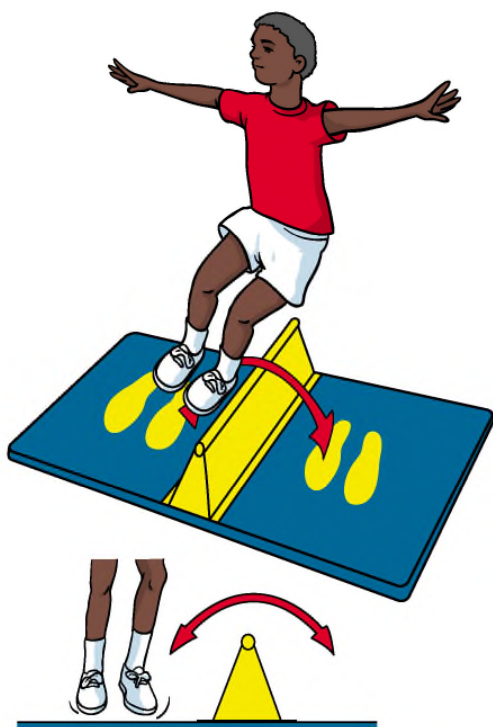
### Rules

- The athlete stands with their back, head and heels touching the wall.
- Both arms should be stretched upwards to push the sliding scale up with their fingertips. Elbows and fingers must be straight and arms should touch the side of the head. Feet must stay flat on the floor.
- Setting the slide - whilst it is clearly important that the slide is set accurately, judges should not have cause to handle the athlete, with the exception that it may assist both the athlete and the judge to guide the athlete's fingers under the base of the slide. Younger athletes can find it difficult to push the slide up and the judge may assist by raising the slide first and then bringing it down to meet the athlete's fingertips. The practice of "straightening" an athlete's arms cannot be permitted. The following practice is recommended:
  - 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.
  - Any further concerns should be referred to the Field Referee.
- The recording of an athlete's starting height, reading from the scale on the back plate, will remove the need to repeat the initial stretch for each further trial. The slide can be reset according to this reading. This eliminates further issues over the setting of the scale and saves time.
- The athlete must dip their fingertips in powder and stand sideways on to the wall with the nominated jumping arm closest to the wall. They then jump from a standing position and touch the scale at the highest possible point.
- 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 take 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. The judges may pull down the sliding scale to record the exact height of the jump

This sheet should be read in conjunction with the appropriate Competition Rules Overview

For more details go to [www.sportshall.org](http://www.sportshall.org) © Eveque 2009

Speed Bounce is an exciting test of speed, rhythm and coordination.



### Guidance Notes

- A practice trial of between 5 and 10 bounces provides ideal opportunity to spot potential problems with technique.
- Judges should remind athletes of the rules prior to their trial starting making specific reference to the importance of retaining a two footed jump as identified in the second rule.
- At least two officials should count the “good” bounces. They should then liaise and agree on the number completed. It is **not** a fault if the wedge is clipped or brushed!
- A third official should monitor the stopwatch/clock and provide a verbal time check with 10 seconds remaining. They are also ideally placed to check technique.
- Judges and or other athletes may place a foot on the corner of the mat to prevent it slipping. The same support should be afforded to all athletes.

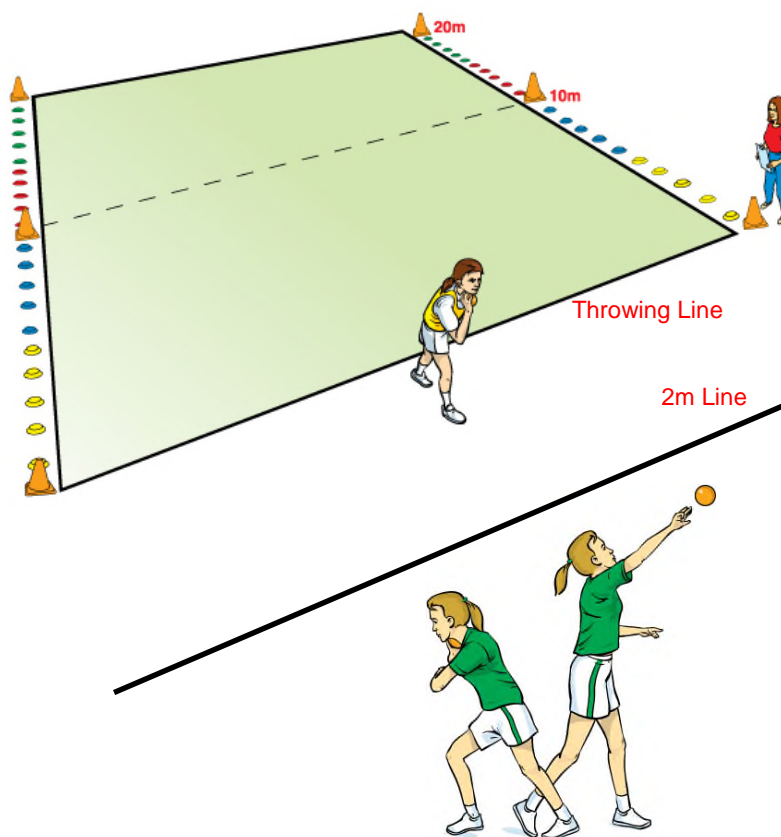
### Rules

- Participants must wear suitable footwear. An athlete is not permitted to compete in bare feet.
- Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet – the athlete’s feet should leave the mat simultaneously and land on the mat simultaneously.
- The athlete should cross the wedge as many times as possible within the allocated time period as follows:  
Under 11’s (years 5 & 6) – 20 seconds, Under 13’s and Under 15’s (years 7, 8, 9 & 10) – 30 seconds.
- Any athlete undertaking a trial and considered to be using an incorrect technique should be stopped. They should be offered an explanation as to the correct technique and permitted a fresh trial after an adequate period of rest.
- The number of “good” bounces should be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge.

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For more details go to [www.sportshall.org](http://www.sportshall.org) © Eveque 2009

The Sportshall Athletics shot put event uses indoor shots that are designed not to damage surfaces. Linear shot enables the event to be accommodated easily within a typical sports hall.



### Guidance Notes

- Three judges are recommended, one to watch the technique and record the performance, one to observe the landing and the third to assist with measuring.
- The throwing area should be clearly marked to prevent people walking through. Cones and hurdles are often used for this.
- Athletes should not be allowed to throw or practice unless the area is supervised by a judge.
- To promote good practice it is appropriate to ask the athlete to step back over the two metre line once they have completed their put. This will imitate the action of walking out of the back of a shot circle.

### Rules

- Two parallel lines are to be marked out. The first of these represents the throwing line, with the second being placed two metres behind this. It is within this area that the athlete may take steps into their throw.
- Judges should ensure that an athlete throws an indoor shot of the correct weight as follows:  
Under 13 girls (years 7 & 8) – 2.72kg      Under 13 boys (years 7 & 8) – 3.25kg  
Under 15 girls (years 9 & 10) – 3.25kg      Under 15 boys (years 9 & 10) – 4.00kg
- The shot should be placed at the base of the first three fingers of the hand, ensuring it does not rest on the palm. The thumb and little finger should provide support for the shot.
- The glide technique is permitted, whilst rotational techniques are strictly forbidden within a Sportshall competition.
- The shot must be put from the shoulder with one hand only. The shot should touch or be in close contact with the neck or chin. The hand should not drop below this position during the act of putting.
- The athlete must ensure that no part of their body touches the ground beyond the throwing line. If so, it is deemed a no throw.
- The throw should be measured to the nearest cm, being rounded down as necessary. The measuring tape should be taken from the landing point, back at a right angle to the throwing line. The tape should not be pulled back to a central point as with the standard event.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

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