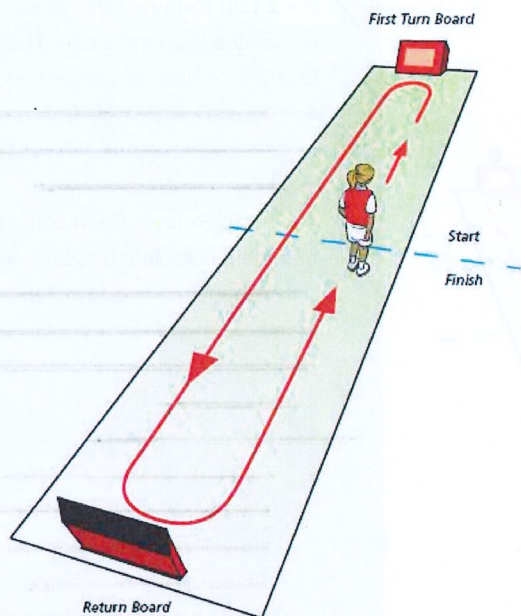


An introduction to the track events.



**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

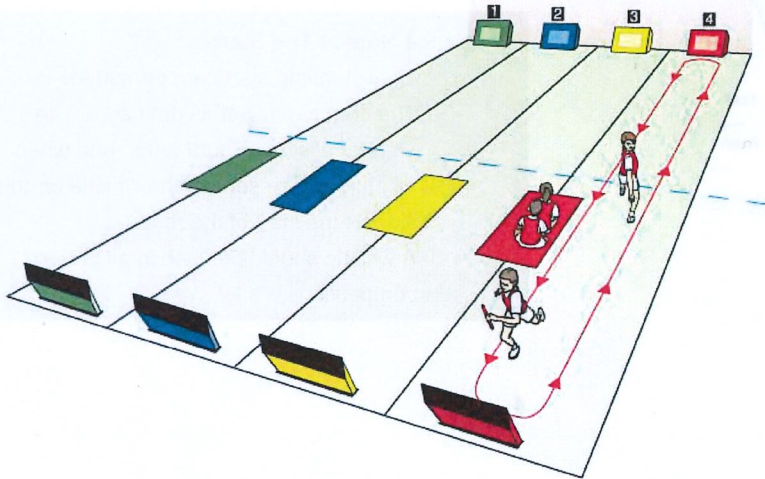
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**BRITISH  
ATHLETICS**



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



### 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.~~

### Paarlaufe (6 Lap or 8 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 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.~~

### 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.

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

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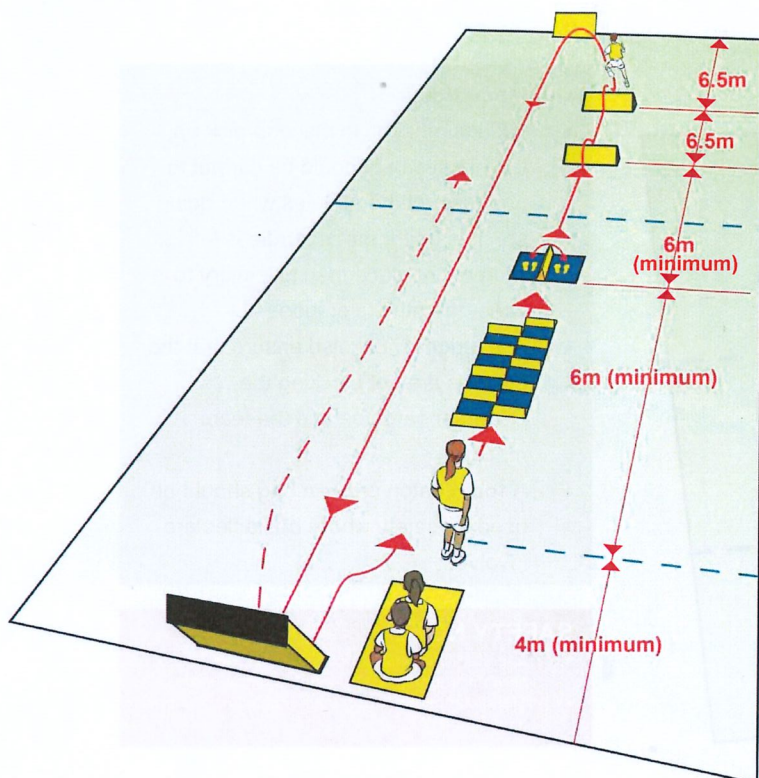


BRITISH  
ATHLETICS





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.
- A **foam** baton or bean bag should be used for safety where obstacles are involved.

### SAFETY NOTE

- Distances indicated are provided for safety and to ensure space for a good changeover.
- The position of the hurdles are **FIXED** at the distances that are outlined.
- The Hi-Stepper must be placed half way between the start line and the Speed Bounce
- The start line can be moved forward but **MUST** be a minimum of 4m from the reversaboard and there must be a minimum of 6m between the start line and the end of the Hi-Stepper

### Rules

- All four team members sit on the team base mat.
- The first runner from each team steps forward to the start line in front of the team base mat with their foam baton / bean bag, 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 they must 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.
- Finally they turn on the Reversaboard next to the team base mat, pass the baton / bean bag on to the next runner, who will be standing waiting to receive it and then 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 next to 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:

- Misses a segment of the hi-stepper (maximum two faults per athlete 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.
- Passes the baton / bean bag before turning on the Reversaboard.

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

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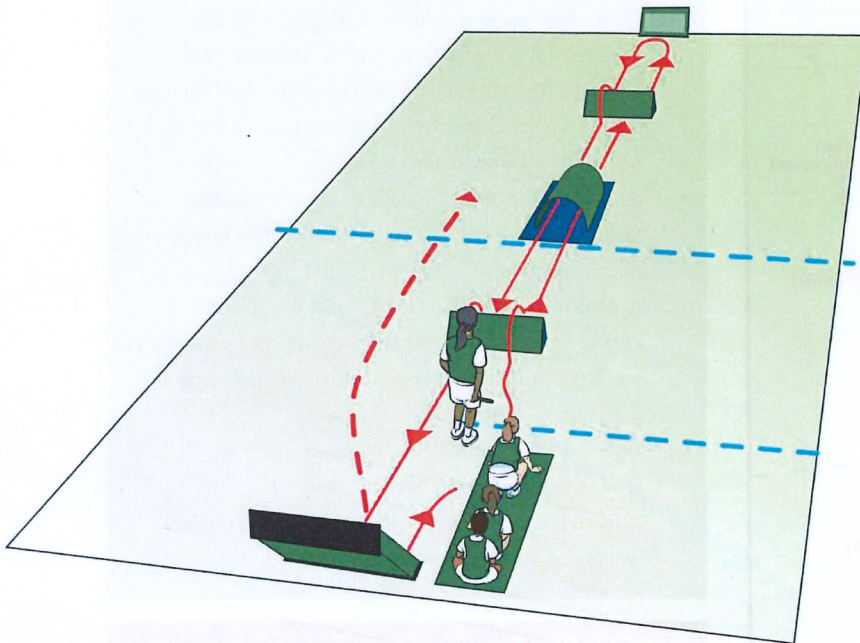


BRITISH  
ATHLETICS





A fun relay race for teams of four along a linear track with hurdles and a tunnel.



### Guidance Notes

- 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 the athlete or judge.
- The judges must also ensure that the athletes are not blocking the Reversaboard behind the team mats.
- A **foam** baton or bean bag should be used for safety where obstacles are involved.

### SAFETY NOTE

- The start line can be moved forward but **MUST** be a minimum of 4m from the reversaboard
- The distances between each obstacle should be a minimum of 6.5m.

### Rules

- All four team members sit on the team base mat.
- The first runner from each team steps to the left of the mat and forward to the start line, ensuring that their feet remain behind the line directly facing the first hurdle. A crouched start is not permitted and hands may not be placed on the floor.
- On the whistle they clear the first hurdle, run through the tunnel and clear the second hurdle. They then turn on the Reversaboard at the far end of the hall and repeat the course in the opposite direction.
- Finally they turn on the Reversaboard next to the team base mat, pass the baton / bean bag on to the next runner, who will be standing waiting to receive it and then 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 next to the team base mat they should pass on the left hand side of the hurdle before they 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:

- Omits a hurdle. Faults should NOT be given if an athlete knocks over a hurdle or if it has not been replaced.
- Fails to go through the tunnel.
- Passes the baton / bean bag before turning on the Reversaboard.

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

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BRITISH  
ATHLETICS

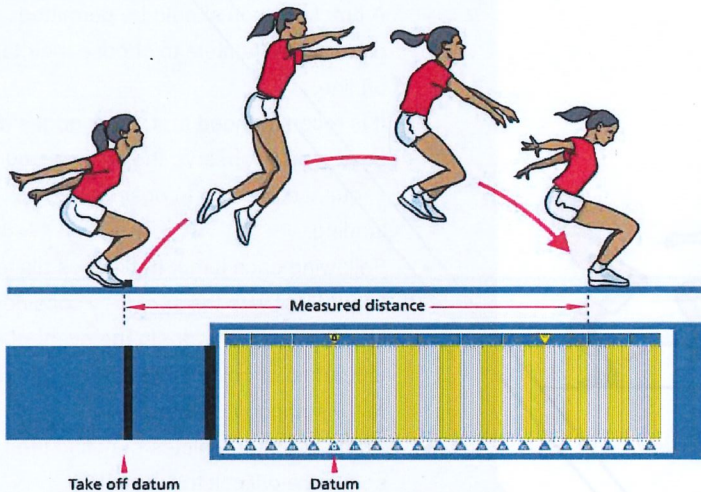


SCHOOL  
GAMES

EVEQUE



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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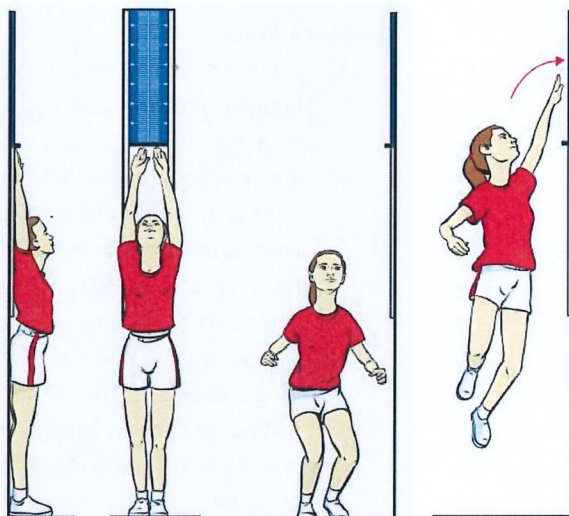


**BRITISH  
ATHLETICS**





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

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BRITISH  
ATHLETICS

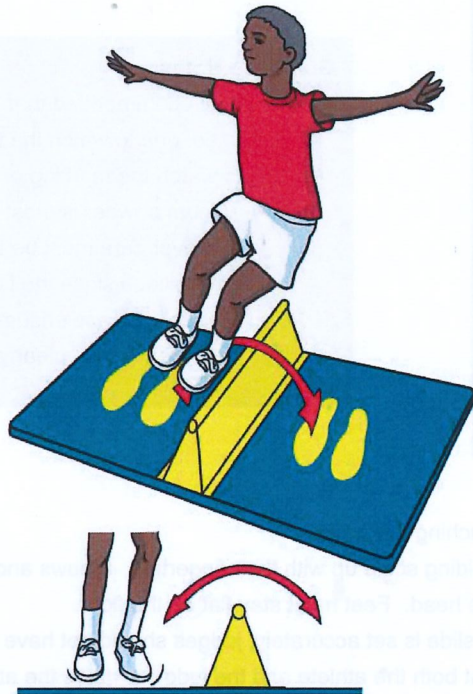


SCHOOL  
GAMES





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.

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



**BRITISH  
ATHLETICS**



A standing throw where the participant pushes a weighted ball from the chest.



### Guidance Notes

- It is recommended that two judges are used, one to watch the throw and one to watch and record the landing.
- It is appropriate to use a waiting athlete to roll the ball back.

### Rules

- The athlete holds the ball against their chest and pushes with both hands.
- The athlete's chest must face forward and there must be no rotation in the trunk.
- Both feet must be behind the throwing line and remain on the floor at all times. One foot may be in front of the other but no run ups or steps are permitted.
- The athlete must not pass the throwing line during their throw.
- Once thrown, the ball doesn't have to land on the mat.
- The distance thrown is measured from the throwing line to the point where the ball first lands. Always mark down to the nearest 25cm.

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

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ATHLETICS

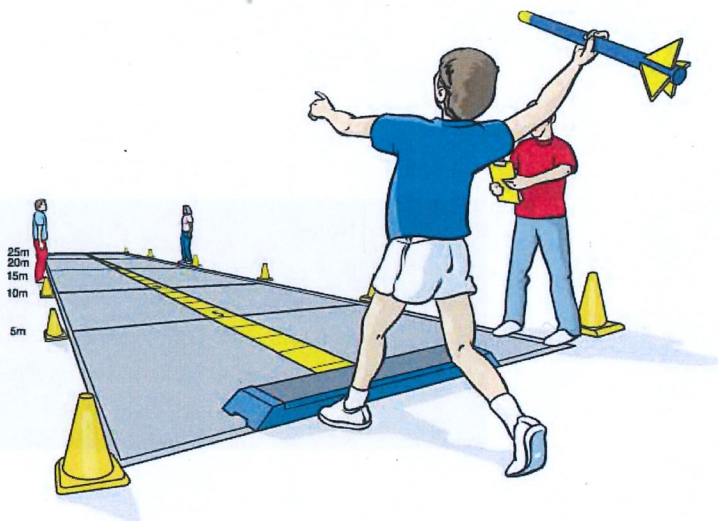


SCHOOL  
GAMES

EVEQUE



A standing throw using a foam javelin.



### Guidance Notes

- It is recommended that two judges are used. One judge to watch the throw and one to watch and record the landing.
- The throwing area should be clearly marked to prevent spectators walking through.
- The javelin competition should be supervised at all times.

### Rules

- The javelin is thrown from a standing position with both feet behind the throwing line and in contact with the floor.
- The throw is measured from the front of the throwing line to where the tip of the javelin first makes contact with the ground.
- The distance is measured in metres and always down to the nearest metre.
- It is safe to allow the athletes to collect their own javelins once all competitors have had their turn.
- DO NOT allow the javelins to be thrown back to waiting athletes.

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

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BRITISH  
ATHLETICS



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The participant takes five bounding strides from a standing position, the total distance covered is read from a Graduated Measuring Mat. This event is a good introduction to the bounding technique which is essential for all the horizontal jumps. Bounding helps to increase stride length and improve movement control. Five strides is a good introduction to the Triple Jump.



### Guidance Notes

- A practice jump should be permitted.
- 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.

### Rules

- The participant begins from a standing position behind the start line takes five bounding strides in a continuous forward motion.
- The competitor may crouch or rock before the jump but the leading front foot must not break contact with the ground before the start of the jump (this does not apply to the back foot).
- The distance is measured to the nearest 25cm band cleared.
- This should be read from the back of the heel at the landing position of the foot on the final stride.
- Each competitor is allowed three trials.

~~Vertical Jump~~

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

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