

NOTTINGHAMSHIRE SPORTSHALL ATHLETICS

2009 / 2010 REGULATIONS.

ELIGIBILITY

- 1) Ages are as at 31st August 2009. For age groups U11/U13/U15.

An athlete may compete if they are aged 9 or over on the day of the competition.

- 2) Athletes eligible to score must be members of one of the following athletics clubs:

Mansfield AC - Retford AC
Rushcliffe AC - Sutton AC
Newark AC - Notts AC
Worksop AC

- 3) Competitors must wear their athletics club's colours (vests to be tucked in) together with suitable footwear.
- 4) It is team manager's responsibility to ensure that all competitors who are called away from field events to track races return immediately for their outstanding trials.
- 5) Each scoring competitor will be allowed three trials in field events. Guests will be allowed two trials, time permitting. In the speed bounce each competitor will be allowed one trial over 20 seconds for under 11s and 30 seconds for U13s and U15's.

SCORING

1st	7pts	2nd	6pts	3rd	5pts	4th	4pts
5th	3pts	6th	2pts	7th	1pts		

EVENTS

Sportshall Competitions

- The Sportshall Competitions will take place at the Grove Sports Centre, London Rd, Newark as listed on the web site
- 6) Each Sportshall Competition will commence as the published programme
 - 7) The teams representing Nottinghamshire will be selected by the County Team Managers.
 - 8) The U11 Regional Final will be held on a date to be fixed (see the fixtures list)
 - 9) The teams representing Nottinghamshire will be selected by the County Team managers. Selection will be based only on Sportshall performances by all athletes (scorer's or guests) throughout the season of the Final.
 - 10) The Regional Finals for U13 and U15 competitions will take place on a date to be fixed. (see the fixtures list)
 - 11) The U13 and U15's, National Finals (if Notts qualify) will be held on a date to be fixed.

INDIVIDUAL EVENTS

12) The Sportshall Competitions and Finals will comprise a selection of the following events:

Individual track events

- 1 lap U11
- 2 lap U11, U13, U15
- 3 lap U11
- 4 lap U13, U15
- 6 lap U13

Individual field events

- Vertical High Jump U11, U13, U15
- Standing Long Jump U11, U13, U15
- Sitting Throw U11 (size 4 basket ball; weight 425 - 500 grams ;Circumference 650 - 700 mm)
Chest push U11 (1 kg medicine ball)
- Shot Put U13, U15 (girls U13-2.72kg U15-3.25kg Boys U13- 3.25kg U15- 4kg)
- Standing Triple Jump U11, U13, U15
- Speed Bounce U11 (20 sec), U13 (30 sec), U15 (30 sec)

Relay events and Paarlauf events.

- 4 x 1 lap obstacle relay U11, U13
- 6 lap paarlauf U11
- 4 x 1 lap over under relay U11
- 8 lap paarlauf U13, U15
- 4 x 2 lap relay U13, U15
- 4 x 1 lap relay U11

Obstacle Relay (team of Four)

- Forward Roll
- Hi Stepper
- 10 speed bounces
- hurdle (50cm)
- hurdle (50cm)
- return board
- run straight to other end
- return board
- tag next runner
- Last Runner returns to directly to the Finish Line

Over and under Relay (team of four)

- Forward roll
- hurdle (50cm)
- tunnel
- hurdle (50cm)
- return board
- hurdle (50cm)
- tunnel
- return board
- tag next runner
- Last Runner returns to directly to the Finish Line

13) Tracksuit bottoms MUST NOT be worn during the U/O relay.

- 14) In addition there will be 1-lap guest races for U9's
- 15) At the beginning of all the matches prior to the "Fun in Athletics" regional event there will be a non scoring "Taster session" of 30 mins for all the U11 Athletes. This will be run as a continuous flowing circuit involving the following activities
- Balance test
 - Target Throw
 - Chest Push
 - Standing long jump
 - High Stepper
 - Vertical high jump
 - Foam Javelin
 - Standing triple jump
 - Speed bounce

From the above and the main scoring events the regional team will be selected

Format of Sportshall Competitions

- 16) One child from each athletic club will be eligible to score in each individual event and one team from each athletic club will be eligible to score in each relay event. Additional 'Guest' competitors will be allowed to compete at the discretion of the organisers in all events, but will not score.
- 17) Track events will be run in one or more races dependent on the number of scoring and guest competitors. Positions will be established on scoring events based on times.
- 18) Each child (scoring or guest) can compete in a maximum of four events, one of which **MUST** be a relay. This rule applies to all age groups.
- 19) All competitors **must** wear a club vest and a **number** relevant to the club as listed below this number can be used by the athlete all season or changed each event. In either case prior to each match the results compiler must be informed.
- Mansfield 01 – 99
 - Newark 101 – 199
 - Notts 201 – 299
 - Rushcliffe 301 – 399
 - Worksop 401 – 499
 - Sutton 501 – 599
 - Retford 601 - 699

AWARDS

The following awards will be presented:

- 1) A trophy for the first team overall at each Sportshall competition.
- 2) An award for breaking a Sportshall record at our events or at regional finals

End of season awards

- 3) A trophy for the first team overall.

- 4) A trophy for the best overall boys and girls team of the season. (All ages)
- 5) A trophy for the outstanding girl and boy athlete of the season.

20) Trophy 1 will be retained until the following competition.

21) Trophy 3 will be retained until the first event of the following season.

22) Trophies 4, and 5 will be retained until the final event of the following season.

23) It is the Team Managers responsibility to return trophies when required.

OFFICIALS

24) Participating clubs **MUST** provide Team Managers and **three officials** at each event. These official must sign in at the deck when arriving to ensure we are covered by insurance

25) Any problems must be notified before the event and not on the day.

PROTESTS

26) In all matters the decision of the referee is final. Protests and disqualification are not in the spirit of Sportshall Athletics.

27) Team managers are responsible for making sure that their athletes register for their events on time. In informing the athlete that if they have to leave to take part in another event they must return before the end of the current round or they will forfeit that jump or throw.

28) Event programmes (timetable) should be provided to spectators by their own club.

29) Could all team managers please ensure that all supporters remain seated during races and refrain from eating or drinking whilst in the Sportshall area (this is at the request of the Leisure Centre Management). Also it should be stressed that silence is required at the start of each track event.

PHOTOS

These are allowed from the seating area but photographers must sign on the sheet provided.

Up dated 4th Oct 2009

John cotton