

NOTTINGHAMSHIRE SPORTSHALL ATHLETICS

2025 / 2026 REGULATIONS. (Updates shown in Red)

ELIGIBILITY

- 1) Ages are as at **31st August 2025** For all age groups U11 U13 U15.

An athlete may compete **and Score** if they are aged **8** or over on the day of the competition. (**U8's can do the 1 lap non scoring**)

- 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) All Competitors guest or scorer 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 competitor will be allowed three trials in field events.(unless due to the number of athlete the field ref decides to cut the number of trials) The exception to this is the speed bounce in which each competitor will be allowed one trial over 20 seconds for the under 11s and one trial of 30 seconds for U13s and U15's.

SCORING

1 st :- 7 points	2 nd :- 6 points	3 rd :- 5 points	4 th :- 4 points
5 th :- 3 points	6 th :- 2 points	7 th :- 1 point	

1. Equal achievements on field events for scoring athletes will be separated by using "count back"
Same times for scoring athletes in track races will be equalled if in separate heats but if in the same heat the track judges decision stands

EVENTS

Sportshall Competitions

- 6) Each Sportshall Competition will commence as the published programme
- 7) The Sportshall Competitions will take place at the Kirkby in Ashfield Leisure Centre or as listed on the web site
- 8) The teams representing Nottinghamshire at U11 (Fun in Athletics Intercounties) will be selected by the County Team Managers. from athletes who have attended at least two league matches, Selection will be based on Sportshall performances by all athletes throughout the season
- 9) The U11 Regional Final will be held on a date to be fixed by Sportshall Association (see the fixtures list)
- 10) The teams representing Nottinghamshire at U13 and U15 will be selected by the County Team managers. from athletes who have attended at least two league matches, Selection will be based on Sportshall

performances by all athletes throughout the season for the Final (this rule may be overlooked if required by the team selection team.)

- 11) The Regional Finals for U13 and U15 competitions will take place on a date to be fixed by Sportshall Association. (see the fixtures list)
- 12) The U13 and U15's, National Finals (if Notts qualify) will be held on a date to be fixed by Sportshall Association. (see the fixtures list)

INDIVIDUAL EVENTS

- 13) The Sportshall league Competitions and regional Finals will comprise a selection of the following events:

Individual track events

- 1 lap U11
- 1 lap Hurdles 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
- Chest push U11 (1 kg medicine ball)
- Shot Put U13, U15 (girls U13-2.72kg U15-3kg Boys U13- 3.0kg 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
- **1+1,1+2 & 1+3 U11 (non Scoring)**
- 6 lap paarlauf U11
- 8 lap paarlauf U13, U15
- 4 x 1 lap over under relay U11
- 4 x 2 lap relay U13, U15
- 4 x 1 lap relay U11
- 4 x 1 Hurdles relay U11

Obstacle Relay (team of Four) sequence of the event

- 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) sequence of the event

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

Hurdles Relay (team of four) (bean bag for change over)(no forward roll)

- hurdle (50cm)
- hurdle (50cm)
- hurdle (50cm)
- return board
- hurdle (50cm)
- hurdle (50cm)
- hurdle (50cm)
- pass bean bag to next runner
- Last Runner returns to directly to the Finish Line

14) Tracksuit bottoms or shorts below the knee **MUST NOT** be worn during the over and under relay unless rule 25 applies.

15) In addition there will be 1-lap guest races for U9's

16) The "Fun in Athletics" regional competition cover the following events that are not included in the main timetable:

- Balance test
- Target Throw
- High Stepper

17) It is hoped that these will be covered adequately by the taster Session held at the start of each match
From the above and the main scoring events the regional team will be selected

Format of Sportshall League Competitions

18) 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.

- 19) Each **track event** may be run in one or more races dependent on the number of athletes entering. To ensure good racing the first race(s) will have the scoring athlete (or athletes in the case of paarlauf's and relays) from each Club as seeded by team managers who should inform the athlete(s) concerned.
- 20) Each U11 & U13 athlete can **ONLY** compete in a maximum of three **individual** events plus a relay. **Each U15 athlete are allowed to compete in 4 events plus a relay if required to complete the Multi event award** If this is not observed ALL the points awarded to the athlete concerned will be removed from the club's total. The athletes concerned will be left in the listing but there achievements will be blanked out, No other athletes will be allowed to take their place if they were a scoring athlete. **The U11's can also compete in the 1+1, 2+2 and 3+3 in a non scoring mixed team relay as well as 3 individual events and the normal relays**
- 21) All competitors **must** wear a club vest and preferably above the knee shorts plus a **number** relevant to the club as listed below in 28. This number will be used by the athlete all season. (Note - even the under 9's will need a number and to be added to the clubs list). If clubs have a shortage of numbers to allocate then, a boy and a girl can have the same number. Two boys or two girls cannot have the same number
- 22) Team sheets for all clubs will be sent to team managers prior to the match and this will contain all the dates of birth for each athlete. The sheet needs to be up dated and sent to the Results Secretary prior to the match so the data base can be updated. Please note that any Athlete achieving a scoring position and for whom a correct date of birth has not been declared then the team points achieved will be removed (though the athlete's position will remain intact). This date of birth must be up dated **PRIOR** to the athletes first event taking place (the lack of the date of birth is shown in the team list and results by a ? in the age rating e.g. ?13b)
- 23) To assist with the quick turn round of events the field sheets are populated by the computer so an event declaration sheet needs to be filled in by the team manager prior to the match and sent to the results secretary
- 24) It is a requirement by English Athletics that all competing athletes aged U13 and above are registered with them and have a URN number. Therefore any athlete not declaring there number before the match will not be able to score for their club and will run as guests.
- 25) If any Athlete because of Religious Reasons needs to have bare skin covered, details will need to be handed in by the team manager to the Officials prior to there first match. This then allows them to compete in all events provide that they wear a Club Vest and that they must wear clothing of a general athletic nature which is not a trip or snag hazard and does not compromise other athletes. The match referee has the ultimate discretion to prohibit any athlete from participating for heath and safety reasons
- 26) Relay changes in 4 x 2 or paarlauf are to be made in the 10 metres before or after the start/finish line. (this should be well clear of the turning board could be marked with a cone)
- 27) Any infringement made in relays for example missed tag, missed speed bounce, missed hurdle etc. will each incur a time penalty of 0.5 sec.
- 28) Numbers allocated to Clubs
- | | | | |
|-------------|-----------|------------|-----------|
| ▪ Mansfield | 01 – 99 | Newark | 101 – 199 |
| ▪ Notts | 801 – 999 | Rushcliffe | 201 – 399 |
| ▪ Worksop | 401 – 499 | Sutton | 501 – 599 |
| ▪ Retford | 601 – 699 | | |

Awards given during the year

Athlete of the Match

This is awarded to the **Best Girl** and the **Best Boy** at each of the league matches
(This award can only be received once per season by the same athlete)

This consists of a Medal and a Certificate.

This is based on achievements made by an athlete during the match taking into account their best three events the score is calculated by rating their achievement against the Notts Sportshall League record for that event

Record Breaker

This is awarded to any athlete breaking a record in any event and is awarded at the beginning of the next match. Record breaker receives a Plaque and a Certificate and Athletes who equal the record will receive a Certificate. This applies to League matches and regional finals

U15 Multi Event award

1. At each match the best U15 Boy and U15 Girl Athletes that cover the relevant events will receive an award
2. Each event will be awarded points from a data chart and the best three scores (1 from each group) to be totalled
3. Athletes must do at least 1 from each Group to be considered for this award (not all are available each match)
4. These athlete still gain team points as normal (this is a extra)
5. This award can only be won by an athlete once per season (4 matches)
6. U15 Athletes are at the moment allowed to do 4 events Plus a relay
7. If two events are done in one group the best results will be used in the calculation
8. This award is only available on the first 4 Matches per season

	Group 1		Group 2		Group 3		
BOYS	2 lap	4 lap	Long Jump	triple Jump	Speed Bounce	Ball Push	Vertical Jump

GIRLS	2 lap	4 lap	Long Jump	Vertical Jump	Speed Bounce	Ball Push	Triple Jump
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End of season awards

- 1) A Certificate for the best overall boys and girls team of the season. (All ages)
- 2) An Award for the outstanding girl and boy athlete of the season.

These may change to a certificate

29) Trophies if given to be retained until the penultimate match of the forth coming season and during that time the clubs name and year should be added, New shields to go on the front and old ones moved to the back

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

OFFICIALS

31) Participating clubs **MUST** provide Team Managers and **three officials / Parents** (one of whom should be qualified) at each event. These officials must sign in at the desk when arriving to ensure we are covered by insurance

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

Taster session

This will take place at the start of each match it will last for approximately 30 minutes. It will consist of 6 or 7 events which will be run by clubs. Athletes will move round these events and have 1 one try at each. If time allows a 2nd circuit can be done. Trials will be recorded on the slip carried by the athletes. The results will be listed and sent out with the results. They will be non scoring but may be used to select athletes for the regional.

PROTESTS

- 33) In all matters the decision of the referee is final. Protests and disqualification are not in the spirit of Sportshall Athletics.
- 34) 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.
- 35) Event programmes (timetable) should be provided to spectators by their own club.
- 36) 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.

Risk Assessment

- Check that the fire doors are not obstructed and all members are aware of the location
- Check that the equipment and turning boards are laid out and set up correctly
- Check that the main entrances are not obstructed
- Warn all members not to cross the track during the track events
- Mark out and marshal the throwing area during the long throw events
- Ensure that the corridors are not obstructed