



Southern Area Partnership Indoor Athletics

Finals



Competition Rules

Each school may have **up to 10 students** in each team.

A team declaration form must be completed and returned to the score table before the meeting starts.

Events to be included are:

Individual Events (1 athlete per event needed)	Team Events
Speed Bounce (field event) Shuttlecock Throw (field event) Vertical Jump (field event) Standing Long Jump (field event) 1 Lap Race / 2 Lap Race* (track event)	Obstacle Relay (4 athletes needed) 6 Lap Parlauf (2 athletes needed) 1 Lap Relay (4 athletes needed)

*Depending on whether Y5 or Y6 athlete

Any athlete may compete in a **maximum of 2 individual events and 2 team events..**

2 second penalties will be incurred for each section for which pupils do not adhere to the rules and correct procedure during the **obstacle race.**

Relay races will consist of **4 runners**

Parlauf teams consist of two runners who share the 6 laps. Managers each agree the order and number of laps for each runner.

All track events will be run in two heats. Results will be based on times.

1 and 2 lap races will consist of **1 runner.**

Scoring for track and field events will be as follows;

1 st	10 points
2 nd	8 points
3 rd	6 points
4 th	4 points
5 th	2 points
6 th	1 point

The scoring will also be the same for the 4 x 1 lap relay.

Schools will need to provide at least 1 official who will work alongside a qualified member of staff.

Track events will be interspersed with field events with the exception of which the vertical jump will run throughout the afternoon.

One athlete is allowed in each field event.

In the 'speed bounce' only one attempt per athlete is permitted. (15seconds for yrs5 and 6) In all other field events athletes have 3 attempts.

The rules for the conduct of each event are set out in the information pack.

The organisers reserve the right to amend rules or alter the format of the competition.

The meeting will be held in the spirit of UK Athletics – the golden rule being that it should be fun.

Each school should enter a:

Year 5 Girls Team, Year 5 Boys Team

Year 6 Girls Team, Year 6 Boys Team

ORDER OF EVENTS

2.00pm **Obstacle Relay Final (4 athletes per team) (Heats 1 & 2)**

Yr 6 girls

Yr 6 boys

Yr 5 girls

Yr 5 boys

2.15	Y5 Boys Speed Bounce	Y5 Girls Speed Bounce	Y6 Boys Speed Bounce	Y6 Girls Speed Bounce	
The following events have 1 athlete per team					
2.25	Yr5 Boys Vertical Jump	Yr6 Girls Shuttlecock Throw	Yr6 Boys Standing Long Jump		
2.35	Yr6 Girls Vertical Jump	Yr6 Boys Shuttlecock Throw	Yr5 Girls Standing Long Jump		
2.45	Yr6 Boys Vertical Jump	Yr5 Girls Shuttlecock Throw	Yr5 Boys Standing Long Jump		
2.55	Yr5 Girls Vertical Jump	Yr5 Boys Shuttlecock Throw	Yr6 Girls Standing Long Jump		

3.00pm **Lap Race (1 athlete per team)**

Yr 5 girls

Yr 5 boys

3.05pm **2 Lap Race (1 athlete per team)**

Yr 6 girls

Yr 6 boys

3.10pm **6 Lap Parlauf (2 athletes per team)**

Yr 6 girls

Yr 6 boys

3.20pm **1 Lap Relay (4 athletes per team)**

Yr 5 girls

Yr 5 boys

Yr 6 girls

Yr 6 boys

3.30pm **Presentation**