

# LEIGHTON LINSLADE SCHOOL GAMES RULES

## YEAR 8: ATHLETICS – SPORTS HALL ATHLETICS

### Competition Qualification

Level 2 School Games	Winners qualifier to Level 3 School Games
Number of Teams per School	1 (ONE)

### Competition Format

Sports Hall Athletics National standard with some small local variation

### Squad Information

Team Size	7 Athletes
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### Year Groups

8

### Gender

Boys & Girls

### Equipment (Schools need to provide / take to competition)

### Competition Rules

Events:

- 1) Athletes may compete in a maximum of three track and two field events.

#### Track events

- 1) **2 Lap Race:** 2 athletes complete 2 laps each in individual races – A & B races
- 2) **4 Lap Race:** 2 athletes complete 4 laps each in individual races – A & B races
- 3) **6 Lap Race:** 1 athlete completes 6 laps
- 4) **8 Lap Paarlauf:** 2 athletes 8 laps between them in whatever sequence they decide
- 5) **4 x 2 Lap Relay:** 4 athletes complete 2 laps each in a relay format

#### Field Events

- 1) **Shot Putt:** a standing throw or glide where the athlete puts a shot from their neck into a pre measured throw area.
- 2) **Speed Bounce:** A test of speed rhythm and coordination, the athlete crosses the foam wedge with both feet as many times as possible in 30seconds
- 3) **Standing Long Jump:** This two footed jump from a standing position is a test of coordination and leg strength
- 4) **Standing Triple Jump:** A standing jump where the athlete has to HOP, STEP and JUMP
- 5) **Vertical Jump:** A Jump from a standing position in which the athlete competes against their own height and weight. The difference between their standing height and jumping height is recorded

### Scoring

Individuals or relay teams score points against other teams depending on their finishing position within each Heat whether A or B Heats, total scores added up and winner with best points scoring wins.

Separate Boy and Girls Events

### First Aid & Emergency Procedures

Schools are responsible for the provision and administration of their own first aid.

The Competition organiser will brief all school staff prior to the start of the competition, and will provide information about emergency procedures.

### Withdrawing from a Competition

In the event your school has to withdraw from the competition, you will need to inform Leighton Linlade School Sports Partnership Office at your earliest convenience, either via telephone (01525) 636720 or via email [seymours@vandyke.cbeds.co.uk](mailto:seymours@vandyke.cbeds.co.uk) , ideally a minimum of 48 hours' notice.

**Please note:** A lot of time, effort and expense is undertaken to arrange transportation for events, plus administration of coordinating fixtures etc.

### Cancellation of a Competition

In the unlikely event the competition has to be cancelled the Competition Organiser will contact schools at the earliest opportunity. If you are not contacted assume the competition is taking place.

### Appendix

## Track/Relay Events

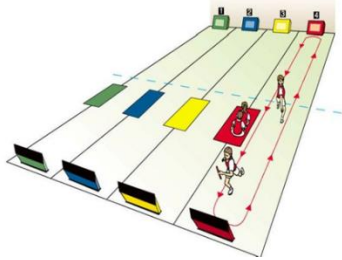
### Track Races:

- 2 Lap
- 4 Lap
- 6 Lap

### Rules:

- 1) The athlete steps up to the start line, ensuring that their feet remain behind the line.
- 2) 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.
- 3) 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.
- 4) 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.

### Relay Races:



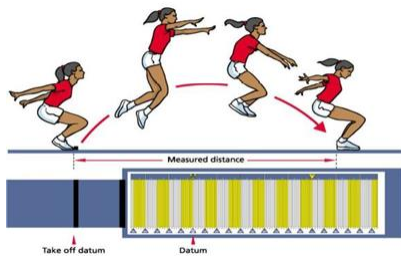
### Guidance :

- 4 x 2 Lap Relay:** All 4 team members complete one lap each.
- 8 Lap Paarlauf:** 8 Laps required by 2 teams in any combination of laps

### Rules:

- 1) 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
  - 2) 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.
  - 3) 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
  - 6) The athletes that are not running must sit on their team mat to ensure a clear view for the judges.
- 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.

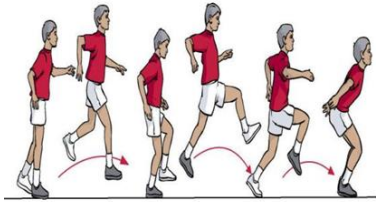
### Standing Long Jump



### Rules:

- 1) The athlete must stand on the mat with both feet behind the take-off datum line.
- 2) 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.
- 3) No part of the athlete must touch the mat in front of the start line prior to take off.
- 4) 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.
- 5) 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.

### Standing Triple Jump



#### Rules:

- 1) The athlete must stand with both feet behind the selected take off line. Their feet do not need to be next to each other.
- 2) 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.
- 3) No part of the athlete must touch the mat in front of the start line prior to take off.
- 4) 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.
- 5) 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.
- 6) 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.
- 7) Measurement is taken from the take-off line to the back of the closest heel on landing.

### Speed Bounce



#### Rules:

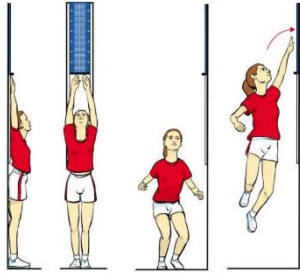
- 1) Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet – the athlete's feet should leave the mat simultaneously and land on the mat simultaneously.
- 2) The athlete should cross the wedge as many times as possible within the allocated time period as follows:
- 3) 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.

### Shot Putt

#### Rules:

- 1) The athlete holds the shot at the base of the first three fingers in the hand, ensuring it does not rest on the palm. The thumb and little finger should provide support to the shot.
- 2) The glide technique is permitted but no rotational techniques.
- 3) The shot must be putt from the shoulder with one hand only, the shot should touch or be as close to the neck/chin
- 4) The hand should not drop below this position during the act of putting.
- 5) The athlete must ensure that no part of their body touches the ground beyond the throwing line.
- 6) The throw is measured at the point the shot touches the ground to the throwing line.

## Vertical Jump



### Rules:

- 1) The athlete stands with their back, head and heels touching the wall.
  - 2) 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.
  - 3) 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:
    - 4) 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.
    - 5) 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.
  - 6) 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.
  - 7) 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.
  - 8) 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.