

NOTTINGHAMSHIRE SPORTSHALL ATHLETICS

2007/2008 REGULATIONS.

Note
Items in Blue are new this season

ELIGIBILITY

- 1) Ages are as at 31st August 2007. 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) This season all athletes scoring or guests are to wear a number on the front to assist with results Numbers to be used are as mini league track and field as detailed below

0-100	100-200	200-300	300-400	400-500	500-600	600-700
Mansfield	Newark	Notts	Rushcliffe	Worksop	Sutton	Retford

- 5) 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.
- 6) 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

- 7) The Sportshall Competitions will take place at the Grove Sports Centre, London Rd, Newark on the following dates:

Notts Sports:hall League

Sunday	23-Sep-07	Notts Sportshall League	Grove Leisure Centre Newark	U11 to U15
Sunday	14-Oct-07	Notts Sportshall League	Grove Leisure Centre Newark	U11 to U15
Sunday	18-Nov-07	Notts Sportshall League	Grove Leisure Centre Newark	U11 to U15
Sunday	24-Nov-07	Sportshall Fun in Athletics	Meres Centre Grantham	U11 only
Sunday	16-Dec-07	Notts Sportshall League	Grove Leisure Centre Newark	U11 to U15
Sunday	20-Jan-08	Notts Sportshall League	Grove Leisure Centre Newark	U11 to U15
Sunday	3-Feb-08	Sportshall Regional Final	Meres Centre Grantham	U13 and U15
Sunday	16-Mar-08	Sportshall UK Final (Proposed Date)	National Indoor Arena Birmingham	U13 and U15

- 8) Each Sportshall Competition will commence at 10.30am prompt or earlier as the published programme
- 9) The U11 Regional Final will be held on a date to be fixed (see the fixtures list)
- 10) 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 at Newark
- 11) The Regional Finals for U13 and U15 competitions will take place on a date to be fixed. (see the fixtures list)
- 12) The U13 and U15's, National Finals (if Notts qualify) will be held on a date to be fixed.

INDIVIDUAL EVENTS

- 13) 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 Putt** 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
- 10 speed bounces
- hurdle (50cm)
- tunnel
- 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

14) Tracksuit bottoms **MUST NOT** be worn during the U/O relay and Obs relay.

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

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

20) . All competitors must wear a club number on the front

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.

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.

- 21) Trophy 1 will be retained until the following competition.
- 22) Trophy 3 will be retained until the first event of the following season.
- 23) Trophies 4, and 5 will be retained until the final event of the following season.
- 24) It is the Team Managers responsibility to return trophies when required.

OFFICIALS

- 25) 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 **and a least one of them must be a graded field official**
- 26) Any problems must be notified before the event and not on the day.

PROTESTS

- 27) In all matters the decision of the referee is final. Protests and disqualification are not in the spirit of Sportshall Athletics.
- 28) Team managers are responsible for making sure that their athletes register for their events on time.
- 29) Event programmes should be provided to spectators by their own club.
- 30) 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).