

ATHLETICS (SPORTSHALL)

Squad Information Year 3&4

Teams will ideally have 15 boys and 15 girls, but a minimum of 9 boys and 9 girls is essential

Gender

Mixed

COMPETITION FORMAT

Each athlete may compete in a maximum of two track and two field events.

Track Events:

- 1 + 1 Lap Relay - Each team requiring two boys and two girls
- 2 + 2 Lap Relay - Each team requiring two boys and two girls
- 1 + 1 Lap Hurdles Relay - Each team requiring two boys and two girls
- Obstacle Relay - Each team requiring four boys and four girls
- Over / Under Relay - Each team requiring four boys and four girls
- 4 x 1 Lap Relay - Each team requiring four boys and four girls

Field Events:

- Chest Push - Each team requiring three boys and three girls
- Soft Javelin - Each team requiring three boys and three girls
- Speed Bounce - Each team requiring three boys and three girls
- Standing Long Jump - Each team requiring three boys and three girls
- Five Strides - Each team requiring three boys and three girls
- Vertical Jump - Each team requiring three boys and three girls

Squad Information Year 5&6

Teams will ideally have 15 boys and 15 girls, but a minimum of 9 boys and 9 girls is essential.

Gender

Mixed

COMPETITION FORMAT

Each athlete may compete in a maximum of two track and two field events.

Track Events:

- 1 + 1 Lap Relay - Each team requiring two boys and two girls

- 2 + 2 Lap Relay - Each team requiring two boys and two girls
- 6 Lap Paarlauf - Each team requiring two boys and two girls
- Obstacle Relay - Each team requiring four boys and four girls
- Over / Under Relay - Each team requiring four boys and four girls
- 4 x 1 Lap Relay - Each team requiring four boys and four girls

Field Events:

- Chest Push - Each team requiring three boys and three girls
- Soft Javelin - Each team requiring three boys and three girls
- Speed Bounce - Each team requiring three boys and three girls
- Standing Long Jump - Each team requiring three boys and three girls
- Standing Triple Jump - Each team requiring three boys and three girls
- Vertical Jump - Each team requiring three boys and three girls

Squad Information Year 7&8

Teams should consist of a minimum of 5 athletes and a maximum of 8

Gender

Girls and Boys

COMPETITION FORMAT

Each athlete may compete in a maximum of three track* and two field events.
(*NB track includes relays)

Track Events:

- 2 Lap Individual Race - Each team requiring two athletes
- 4 Lap Individual Race - Each team requiring two athletes
- 8 Lap Paarlauf - Each team requiring two athletes
- 6 Lap Individual Race - Each team requiring one athlete
- Obstacle Relay - Each team requiring four athletes
- 4 x 2 Lap Relay - Each team requiring four athletes

Field Events:

- Shot - Each team requiring two athletes
- Speed Bounce - Each team requiring two athletes
- Standing Long Jump - Each team requiring two athletes
- Standing Triple Jump - Each team requiring two athletes
- Vertical Jump - Each team requiring two athletes

A full detailed description and explanation of the events can be found in the Aviva Sportshall handbook or by visiting www.sportshall.org.

SCORING

Each athlete will be allowed two attempts at each field event and track events will be run once. The best throw, jump and track time will be scored as the winner.

Competitions are scored based on points awarded for places in each event. Points may vary depending on SSP competitions but a general scoring card will be 30pts – 1st, 28pts – 2nd, 26pts – 3rd, 24pts – 4th, 22pts – 5th, 20pts – 6th etc.

In the Years 3&4 and 5&6 competitions, schools will compete together as one team. In the Year 7 and Year 8 competitions, there will be separate competitions for year groups and genders.