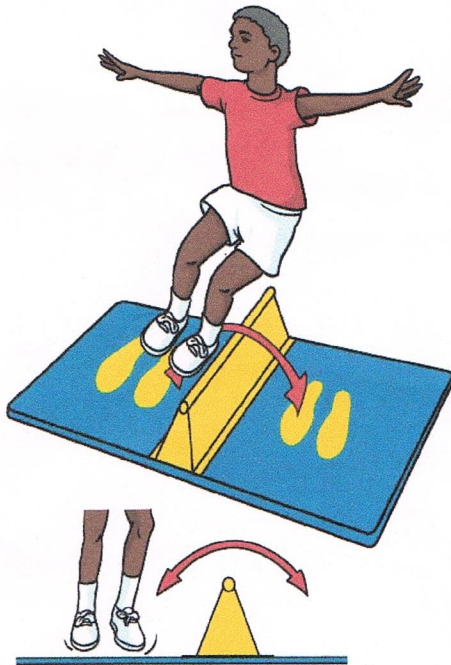


Speed Bounce is an exciting test of speed, rhythm and coordination.



Guidance Notes

- A practice trial of between 5 and 10 bounces provides ideal opportunity to spot potential problems with technique.
- Judges should remind athletes of the rules prior to their trial starting making specific reference to the importance of retaining a two footed jump as identified in the second rule.
- At least two officials should count the “good” bounces. They should then liaise and agree on the number completed. It is **not** a fault if the wedge is clipped or brushed!
- A third official should monitor the stopwatch/clock and provide a verbal time check with 10 seconds remaining. They are also ideally placed to check technique.
- Judges and or other athletes may place a foot on the corner of the mat to prevent it slipping. The same support should be afforded to all athletes.

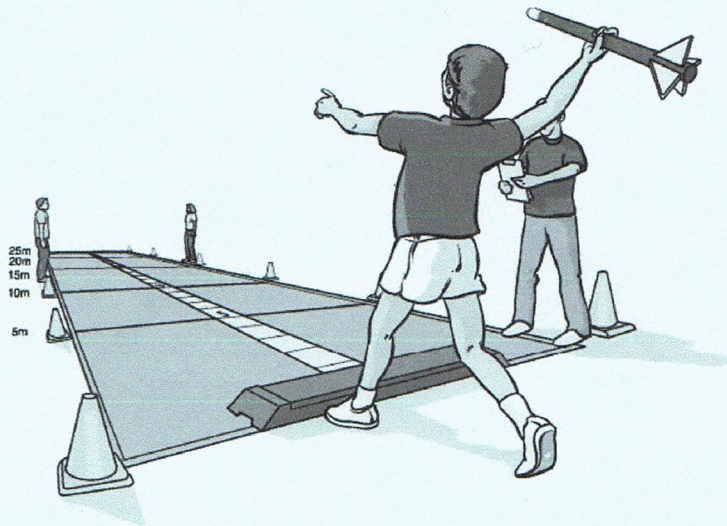
Rules

- Participants must wear suitable footwear. An athlete is not permitted to compete in bare feet.
- 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.
- The athlete should cross the wedge as many times as possible within the allocated time period as follows: Under 11’s (years 5 & 6) – 20 seconds, Under 13’s and Under 15’s (years 7, 8, 9 & 10) – 30 seconds.
- Any athlete undertaking a trial and considered to be using an incorrect technique should be stopped. They should be offered an explanation as to the correct technique and permitted a fresh trial after an adequate period of rest.
- 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.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

For more details go to www.sportshall.org © Eveque 2009

A standing throw using a foam javelin.



Guidance Notes

- It is recommended that two judges are used. One judge to watch the throw and one to watch and record the landing.
- The throwing area should be clearly marked to prevent spectators walking through.
- The javelin competition should be supervised at all times.

Rules

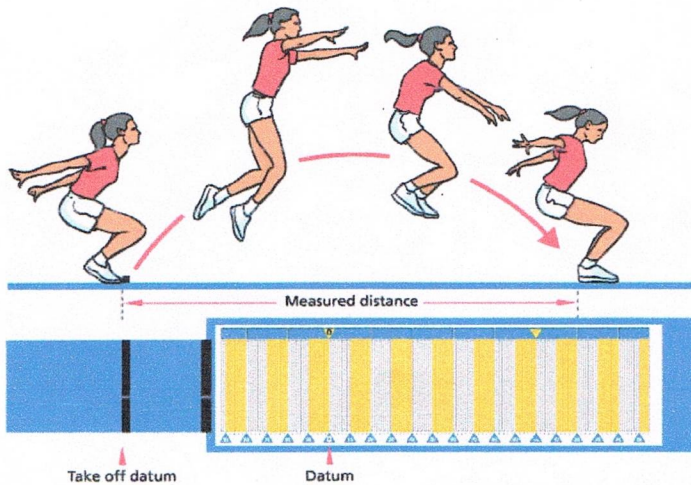
- The javelin is thrown from a standing position with both feet behind the throwing line and in contact with the floor.
- The throw is measured from the front of the throwing line to where the tip of the javelin first makes contact with the ground.
- The distance is measured in metres and always down to the nearest metre. ✱
- It is safe to allow the athletes to collect their own javelins once all competitors have had their turn.
- DO NOT allow the javelins to be thrown back to waiting athletes.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

For more details go to www.sportshall.org © Eveque 2009

Standing Long Jump

This two-footed jump from a standing position is a test of co-ordination and leg strength. A special calibrated landing mat is used which enable jumps to be recorded easily.



Guidance Notes

- It is recommended that three judges are used, one to watch the take off and two to observe the landing.
- Following each jump, the judges place a finger level with the spot they consider to be the shortest mark. In the event of a difference of opinion, the shorter of the two distances is recorded.
- Where a mat has two take off datum lines, an athlete may start from either mark. For those less familiar with the event, it is recommended that an under 11 athlete starts from the 1m datum line with an under 13 or under 15 athlete starting from the 2m datum line.

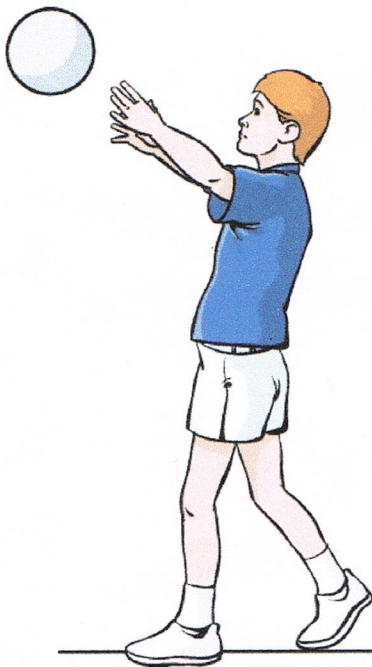
Rules

- The athlete must stand on the mat with both feet behind the take off datum line.
- 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.
- No part of the athlete must touch the mat in front of the start line prior to take off.
- 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.
- 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.
- 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.
- Measurement is taken from the take off line to the back of the closest heel on landing.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

For more details go to www.sportshall.org © Eveque 2009

A standing throw where the participant pushes a 1kg ball from the chest.



Guidance Notes

- It is recommended that two judges are used, one to watch the throw and one to watch and record the landing.
- It is appropriate to use a waiting athlete to roll the ball back.

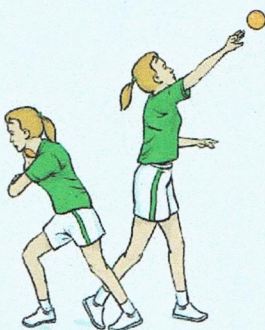
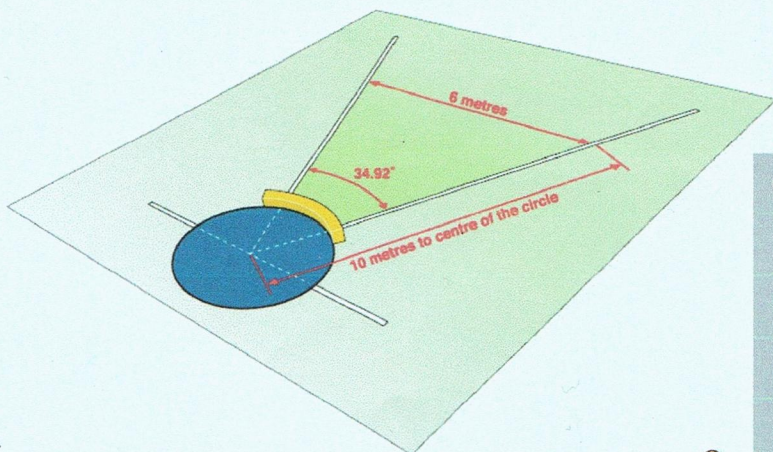
Rules

- The athlete holds the ball against their chest and pushes with both hands.
- The athlete's chest must face forward and there must be no rotation in the trunk.
- Both feet must be behind the throwing line and remain on the floor at all times. One foot may be in front of the other but no run ups or steps are permitted.
- The athlete must not pass the throwing line during their throw.
- Once thrown, the ball doesn't have to land on the mat.
- The distance thrown is measured from the throwing line to the point where the ball first lands. Always mark down to the nearest 25cm.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

For more details go to www.sportshall.org © Eveque 2009

The Sportshall Athletics shot put event uses indoor shots that are designed not to damage surfaces.



Guidance Notes

- Three judges are recommended, one to watch the technique and record the performance, one to observe the landing and the third to assist with measuring.
- The throwing area should be clearly marked to prevent people walking through. Cones and hurdles are often used for this.
- Athletes should not be allowed to throw or practice unless the area is supervised by a judge.

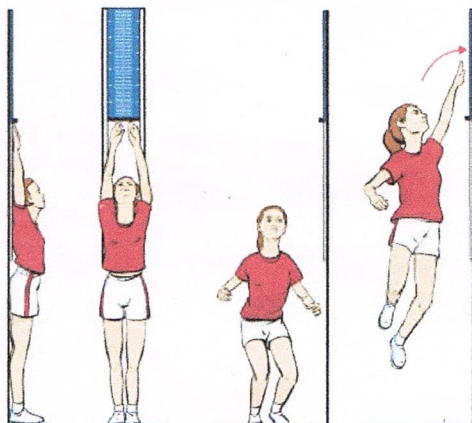
Rules

- It is the judge's responsibility to ensure that an athlete is throwing the correct weight.
Under 13 girls (yr 7 & 8) – 2.72kg Under 13 boys (yr 7 & 8) – 3.25kg
Under 15 girls (yr 9 & 10) – 3kg Under 15 boys (yr 9 & 10) – 4.00kg
- The shot should be placed at the base of the first three fingers of the hand, ensuring it does not rest on the palm. The thumb and little finger should provide support for the shot.
- The glide technique is permitted, whilst rotational techniques are strictly forbidden within a Sportshall competition.
- The shot must be put from the shoulder with one hand only. The shot should touch or be in close contact with the neck or chin. The hand should not drop below this position during the act of putting.
- The athlete must ensure that no part of their body touches the top of stop board or ground beyond the stop board. If so, it is deemed a no throw.
- The athlete must not leave the circle until their shot has touched the ground. Athletes must leave the circle via the back half of the circle. The first point of contact outside the circle must be beyond the extension lines.
- The throw should be measured to the nearest cm, being rounded down as necessary. The measuring tape should be taken from the landing point back to the centre of the circle. The measurement is then taken from the landing point to the inner edge of the stop board.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

For more details go to www.sportshall.org © Eveque 2009

A jump from a standing position in which the participant competes against their own height and weight.



Guidance Notes

- It is recommended that two judges are used, one to watch the take off and one to watch the marking of the scale.
- Talcum powder is most commonly used. However care must be taken to prevent any spillage since the floor may become slippery. Please ensure the surrounding floor area is kept clean and clear.

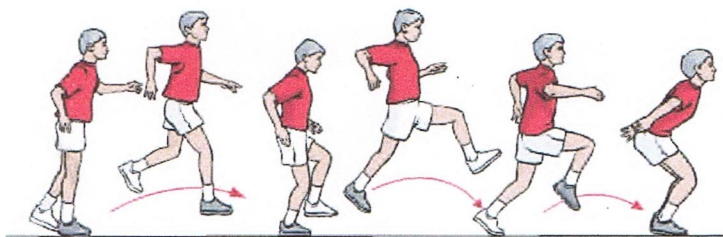
Rules

- The athlete stands with their back, head and heels touching the wall.
- 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.
- 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:
 - 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.
 - If the judge is not satisfied that the athlete has achieved a full stretch, the athlete should be advised of this and given a further opportunity to set the slide.
 - If the judge remains dissatisfied with the stretch, the athlete should ask their team manager to accompany them for one further stretch.
 - A two centimetre penalty may be applied at the judge's discretion.
 - Any further concerns should be referred to the Field Referee.
- 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.
- 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.
- 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.
- 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.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

For more details go to www.sportshall.org © Eveque 2009

A hop, step and jump from a standing position, testing leg strength and co-ordination. The triple jump mat has a number of take off lines at metre intervals allowing for users of all ages and abilities. The landing section is calibrated, which allows for the easy measuring of jumps.



Guidance Notes

- A practice jump should be permitted, enabling the athlete to choose their take off line.
- It is recommended that three judges are used, one to observe the take off and sequence and two to observe the landing.
- Following each jump, the judges place a finger level with the spot they consider to be the shortest mark. In the event of a difference of opinion, the shorter of the two distances is recorded.
- Some younger athletes may find the sequence difficult to learn. It is acceptable that a younger athlete may hold their free leg when performing the hop and release it for the step.

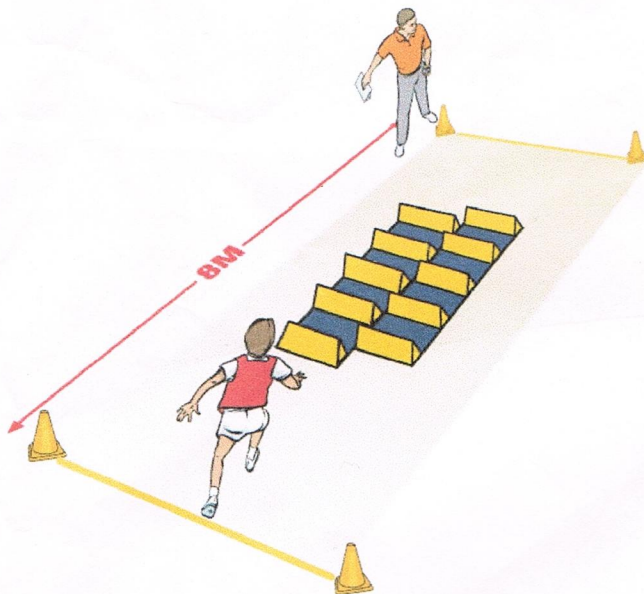
Rules

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

This sheet should be read in conjunction with the appropriate Competition Rules Overview

For more details go to www.sportshall.org © Eveque 2009

An explosive event that develops agility, co-ordination, speed and acceleration.



Guidance Notes

- One judge may be used to time this event. The same judge must watch the turning lines and the hi-stepper for faults.
- An adequate run off area should be provided at each end of the course.

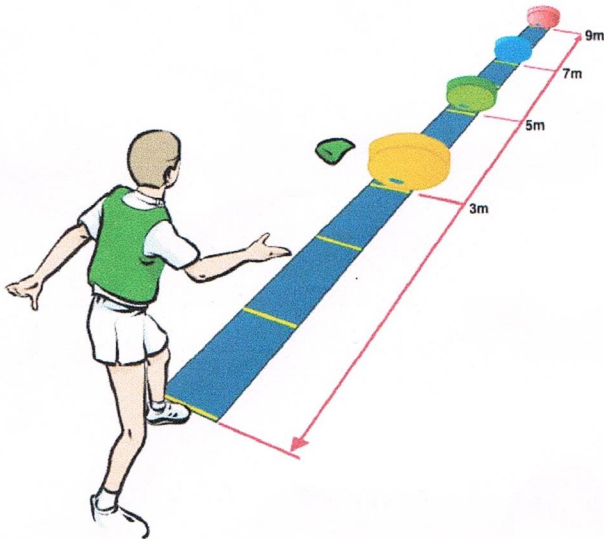
Rules

- The athlete begins from a standing position behind the start line.
- On the whistle the athlete sprints over the hi-stepper placing one foot in each of the squares.
- The athlete must place one foot over the return line before turning and repeating the hi-stepper in the opposite direction.
- After completing the hi-stepper four times the clock is stopped when they re-cross the start line.
- The time is taken to the tenth of a second.
- Time penalties of 0.1 second must be added if an athlete misses a square or steps onto a wedge.
- 0.2 second must be added if the athlete turns short of the line.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

For more details go to www.sportshall.org © Eveque 2009

A test of hand to eye coordination and throwing accuracy.



Guidance Notes

- Two judges are recommended, one to watch the throw and one to watch and record the landing.
- To speed the event up, ask four waiting athletes to collect the bean bags once the competing athlete has finished.

Rules

- The targets are to be placed at a distance of 3m, 5m, 7m and 9m from the throwing line.
- The athlete stands behind the throwing line and throws three matching bean bags into the nearest target.
- They continue this for each of the targets.
- 2 points are scored if the bean bag lands directly in the same coloured target or if the bean bag lands in the target but then bounces out.
- 1 point is scored if the bean bag touches the floor before ending up in the target or if the bean bag lands only partially in the target.
- No points are scored if a bean bag lands in a different coloured target.
- The maximum points an athlete can score is 24 (6 points per target).
- An athlete can throw the bean bags under arm or over arm.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

For more details go to www.sportshall.org © Eveque 2009