

# U11 SPORTSHALL ATHLETICS

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> <li>Each team shall consist of a <u>minimum of 9 boys and 9 girls</u>.</li> <li>Each team shall consist of a <u>maximum of 15 boys and 15 girls</u>.</li> <li><b>Each participant may compete in a maximum of 2 track events and 2 field events.</b></li> </ul>	<ul style="list-style-type: none"> <li>Students in Year 6 and below are eligible to take part.</li> </ul>

## Competition Format & Basic Rules

Sportshall Athletics is an indoor form of track and field for children and focuses on fitness and multi-skill development providing a grounding for all sports.

### 'Field' Events - Boys and Girls compete separately

- **Chest Push** - each person must perform a chest pass and try to push the ball as far as possible (3 athletes per team)
- **Soft Javelin** - each person must throw a soft javelin as far as possible (3 athletes per team)
- **Speed Bounce** - each person must jump either side of a mini-hurdle as many times as possible in a period of time (3 athletes per team)
- **Standing Long Jump** - each person must jump as far as possible from a standing start (3 athletes per team)
- **Standing Triple Jump** - each person performs a jump off either foot and finishes with a jump as far as possible (3 athletes per team)
- **Vertical Jump** - each person jumps as high as possible and touches a point (3 athletes per team)

### 'Track' Events - Each event has a Boys and a Girls race

- **1+1 Lap Relay** - each member of the team completes one lap each (2 people in team)
- **2+2 Lap Relay** - each member of the team completes 2 consecutive laps each (2 people in a team)
- **6 Lap Paarlauf** - the team must complete 6 laps between them but each athlete does not have to run the same distance (2 people in a team)
- **Obstacle Relay** - each team member completes a lap of obstacles (4 people in a team)
- **Over/Under Relay** - each team member completes a lap of going over and under obstacles (4 people in a team)
- **4+1 Lap Relay** - each team member completes one lap each (4 people in a team)

The winning team is that with the most points after all events (combined boys and girls).

Further information about Sportshall athletics can be found at [www.sportshall.org](http://www.sportshall.org)