



**Indoor 2019  
U12 SUPERteams  
Rules of Competition**

- SUPERteams will consist of either four boys or four girls from clubs in the under 12 age group (born between 1.09.07 to 10.02.10) The events to be contested at the Emirates Arena are:-
  - Sunday 10 February 2019 - 60m / SP/ LJ/ 4 x 200m
- Competition will be divided into pools of competitors. The rest periods required between events for these age groups, per UKA rules, will be observed.
- All four SUPERteam members compete in each event.
- The top 100 performances in the 60m / Long Jump and Shot Put will be scored, with 100points, for the best performance down to 1 point for the 100<sup>th</sup>.
- A maximum of 3 performances per team will be scored.
- 4x200m Relay will be scored with the top 100 times awarded points.
- Points will be allocated for valid jumps, throws and track events as per UKA Rules.
- Infringements in track events will incur a 1 second penalty.
- Infringements in field events will incur a deduction of 5cm.
- Field event competitors will be given one warm up and three attempts in competition.
- Pools will rotate after each event.
- The winning boys and girls teams will be awarded the SUPERteams trophy.
- Medals for top three teams in male and female competition.
- Changes to entered athlete names will only be permitted with the prior approval of **scottishathletics** Events Manager before competition and via the declaration staff on the day of the event. Any unauthorised changes will make the team liable to disqualification
- A minimum of three athletes must be selected before a team can compete in the competition.
- Clubs may enter a maximum of 2 SUPERteams of four per age group and a maximum of one reserve per team can be nominated. In the event of injury or illness during the competition a maximum of one reserve per team can be used.
- A waiting list will be held for additional club teams.
- **Shot Put**
  - 2.72kg shot to be used
  - All competitors will be given one warm up and three trials in competition
  - All valid throws will be measured. Standing Throws only will be taken from the edge of a mat and not from a circle.
  - Athlete's best individual effort will count towards SUPERteams score.
- **Long Jump**
  - All competitors will be given one warm up and three jumps in competition.
  - Athletes will NOT be allowed to use tic-tac method or run back from board to set check mark. A tape will be attached to the floor at the edge of the runway. In addition, cones will be placed at 10m, 12m and 15m. A MAXIMUM distance of 15m will be permitted for run ups.
  - All valid jumps will be measured.
  - Athlete's best individual effort will count towards SUPERteams score.
- **Track**
  - 4x200m Relay – First athlete will run a full lap in lane, second athlete runs first bend in lane and breaks at the green line (at the start of the back straight) Third and Fourth athlete will run on the inside lane of the track. Baton change over will be between the coloured markings at the finish line. Non compliance with these rules may lead to a time penalty. No disqualifications will be given however warnings may be issued.