



**Outdoor 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 01.09.07 to 15.06.10) The events to be contested are: -
 - Saturday 15 June 2019 - 75m / Turbo Javelin / LJ / 4 x 100m
- Affiliated athletics clubs are limited to a maximum entry of 2 Boys and 2 Girls Teams. Additional entries will be accepted up to a maximum of 110 teams.
- 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 75m / Turbo Javelin / 4x100m and Long Jump will be scored, with 100 points for the best performance down to 1 point for the 100th
- A maximum of 3 performances per team will be scored.
- 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 in LJ and 15cm in Turbo Javelin.
- 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.
- Athletes must be declared on the morning of the event and be current members of scottishathletics.
- Care must be taken by Team Managers to ensure athletes are wearing the correct numbers as stated on their declaration sheets.
- A minimum of three athletes must be selected before a team can compete in the competition
- Clubs may enter a maximum of 2 Boys and 2 Girls SUPERteams of four 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.
- **Turbo Javelin**
 - 500g Plastic Turbo Javelin to be used.
 - All competitors will be given one warm up and three trials in competition
 - All valid throws will be measured. Throws will be taken from a scratch line at the edge of the grass and not from a run way.
 - A maximum 10m run up will be permitted.
 - 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 edge of the runway. In addition, cones will be placed at 10m, 12m and 15m. A MAXIMUM distance of 15m will be allowed for Run Ups.
 - Athletes may not 'walk in' to the 15m limit.
 - All valid jumps will be measured.
 - Athlete's best individual effort will count towards SUPERteams score.
- **Track**
 - 4x100m Relay – This event will be run as per standard UKA Rules. Baton change overs will be between the coloured markings on the track. Non-compliance with these rules may lead to a 1 second penalty. No disqualifications will be given however warnings may be issued.