



# ATHLETICS

## 2015 RULES

January 2015

### Team Requirements

- There will be one age group: School Years 4, 5 & 6.
- Each team shall consist of 6 girls and 6 boys.
- Each Local Authority area must provide a marshal, who needs to be available all day additional to the team's manager.
- Each team member must wear the supplied competitor numbers on the front and back of their Devon Youth Games T-shirt when competing.
- Please note that athletes will not be permitted to compete in bare feet or unsuitable footwear.

### Team Eligibility

- No athletic club teams can enter.

### Competition Format

- Each athlete will take part in three field events and a maximum of four track events:

#### On the track:

- 2 + 2 – two boys and two girls both running 2 laps in a relay style format
- 1 + 1 – two boys and two girls both running 1 lap in a relay style format
- 6 lap parlauf – two boys and two girls running 6 laps in a relay style format (how many laps each athlete completes is up to the team manager (i.e. athlete 1 runs two laps, athlete 2 runs two laps, athlete 1 then runs one lap and finally athlete 2 runs the final lap)
- 4 x 1 – four boys and four girls run 1 lap each in a relay style format
- Over and under relay – four boys and four girls run 1 lap of our over and under course consisting of a tunnel and two hurdles.
- Obstacle relay – four boys and four girls run 1 lap of our traditional obstacle course

#### And in the field:

- Vertical jump
- Standing triple jump
- Standing long jump
- Speed bounce
- Chest push (1kg medicine ball)
- Soft Javelin

*Note: Athletes will take part in single gender competitions and events denoted above will be for both sexes.*

### Sports Rules

- The competition will be held in the spirit of Sportshall Athletics Rules
- Scoring tables will be used to determine team points, according to the athletes running times, best throw and jump etc.

**Official's Decision**

- In all matters relating to the competition the Event Co-ordinators decision shall be final and binding.

**Schedule of Events**

<b>On the track</b>	<b>.... and in the field</b>
<b>Over and under relay (girls)</b>	<b>All field events (boys) – Phase 1</b>
	<b>Note: Only one boy from each team per event</b>
<b>Over and under relay (boys)</b>	<b>All field events (girls) – Phase 1</b>
	<b>Note: Only one girl from each team per event</b>
<b>2 + 2 lap (girls)</b>	<b>All field events (boys) – Phase 2</b>
<b>4 x 1 lap (girls)</b>	<b>Note: Only one boy from each team per event</b>
<b>2 + 2 lap (boys)</b>	<b>All field events (girls) – Phase 2</b>
<b>4 x 1 lap (boys)</b>	<b>Note: Only one girl from each team per event</b>
<b>1 + 1 lap (girls)</b>	<b>All field events (boys) – Phase 3</b>
<b>6 lap parlauf (girls)</b>	<b>Note: Only one boy from each team per event</b>
<b>1 + 1 lap (boys)</b>	<b>All field events (girls) – Phase 3</b>
<b>6 lap parlauf (boys)</b>	<b>Note: Only one girl from each team per event</b>
<b>Obstacle relay (girls)</b>	
<b>Obstacle relay (boys)</b>	