



AAA



# AAA Tom Pink Relays

## COMPETITION

Rules & Guidance Notes  
Indoor Version

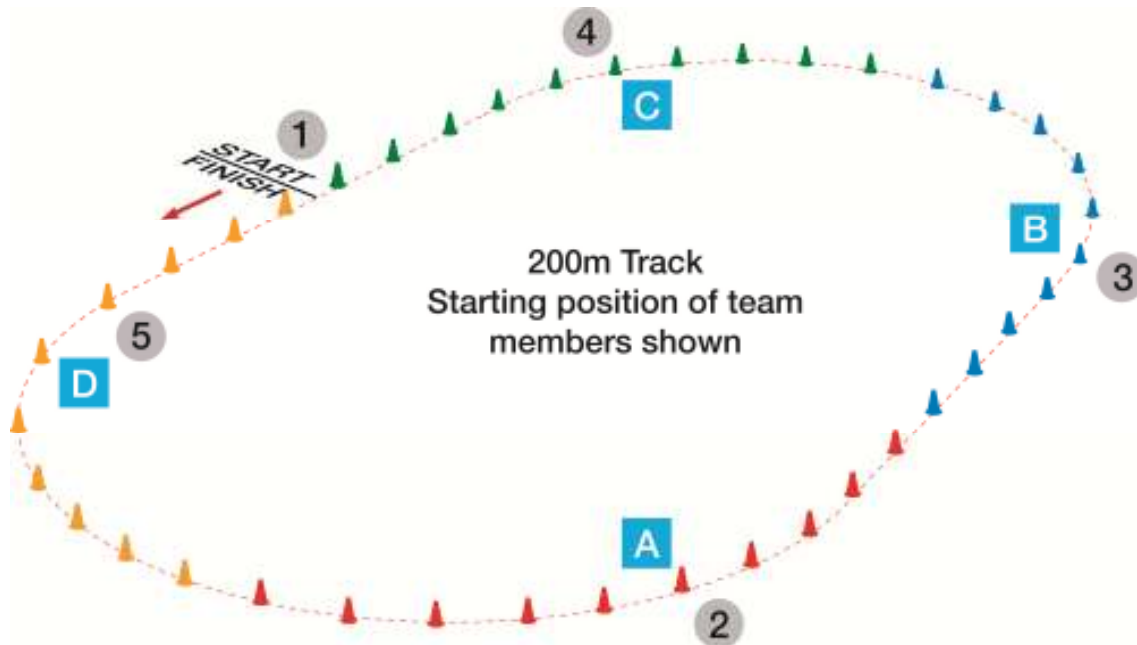
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# AAA Tom Pink Relays

## 1000m Keeping up with Paula (5 LAPS)

A 1000m continuous relay for teams of 5 girls or 5 boys in the u11 age group.

Each team member will run 4 times over 50m sections in a continuous relay. To avoid congestions the first section for the first runner in over 75m. Separate races are held for girls and boys teams.



1000m is equal to 5 laps of a 200m track.

The relay commences with a 75m section, run by runner number 1, the team “captain”, who will pass the baton onto runner number 2 positioned at “take-over A”. Runner number 5 may then step onto the track after the first runner passes take over point ‘D’. From then on, the team members will continue to run in sequence over sections of 50m, passing the baton on to their next team member at the takeover points. Each of these 5 members will run 4 times, until runner number 5 crosses the finish line at the end of the 5<sup>th</sup> lap.

Each runner runs in total:

Runner Number 1 completes 225 metres

Runners Number 2, 3 and 4 complete 200 metres

Runner Number 5 completes 175 metres

### The Start

On the diagram you will see members at the take over points from which they start. Only the runner waiting to start their section of the relay may stand on the track (i.e. runners only step onto the track as their preceding member approaches). The other waiting team members must stand on the inside of the track. A relay steward will be positioned at each take over point to direct and assist the team members.



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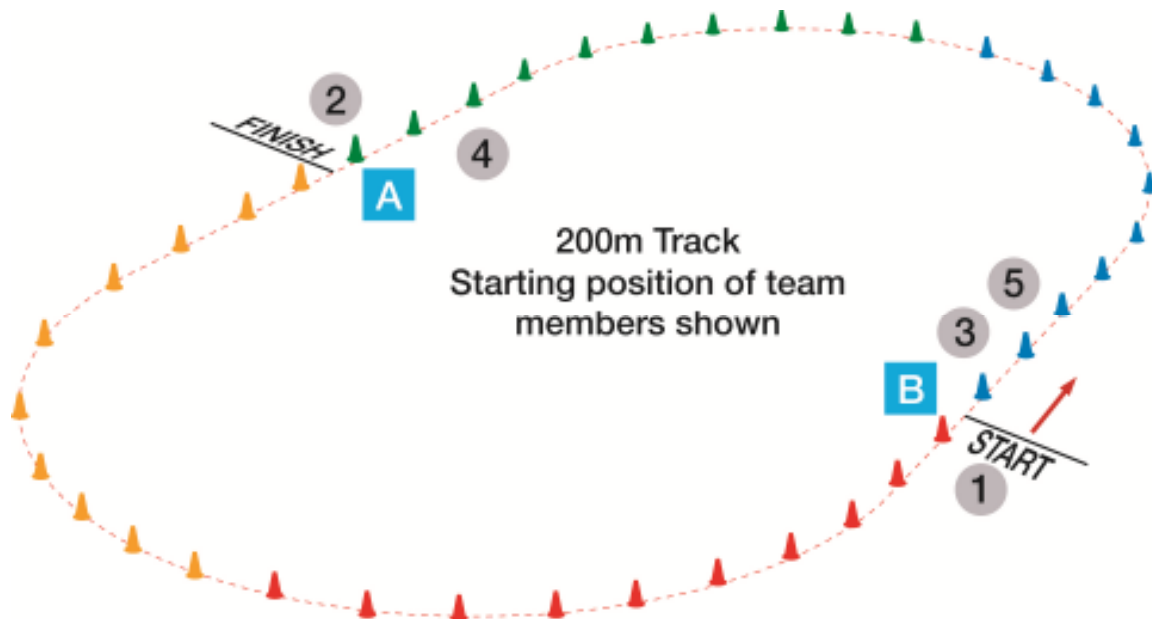
## 1500m Relay Chasing Kelly and Chasing Mo (7 ½ LAPS)

Chasing Kelly - A 1500m continuous relay for teams of 5 girls in the u13 age group.

Each team member will run 3 times over 100m in sequence. The challenge is for the teams to beat Kelly Holmes' 1500m UK record.

Chasing Mo - A 1500m continuous relay for teams of 5 boys in the u13 age group.

Each team member will run 3 times over 100m in sequence. The challenge is for the teams to beat Mo Farrah's 1500m UK record.



1500m is equal to 7½ laps of a 200m track.

The five team members numbered 1 to 5 each run 3 times over 100 metres until they complete the full distance of 1500 metres. The relay will commence with a 100m section, run by the first member who will pass the baton onto the next runner positioned at "take over A". From then on, each member of the team will continue to run in sequence over sections of 100m, passing the baton on to their next team member at the takeover points. Each of the members will run 3 times, until runner 5 reaches the finish.

### The Start

On the diagram you will see the members starting at positions for the team. Only the runner waiting to start their section of the relay may stand on the track (i.e. runners only step onto the track as their preceding member approaches). The waiting team members must stand off the track as they will only run alternative legs of the race. A relay steward will be positioned at each take over point to direct and assist the team members.

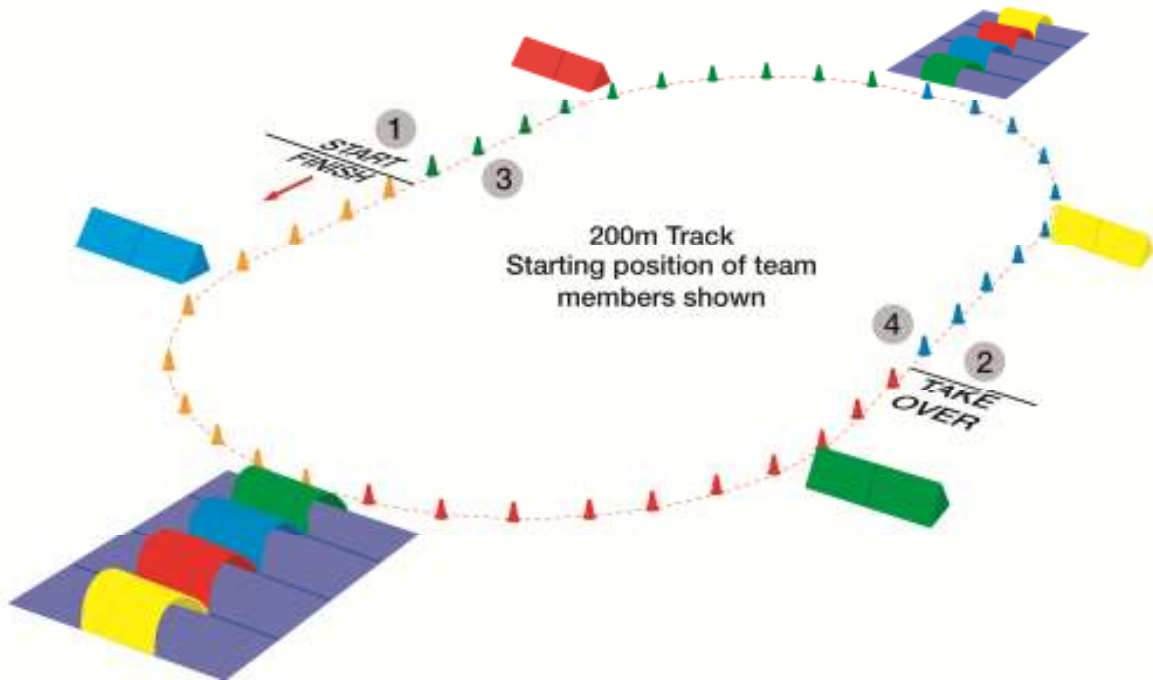


# AAA Tom Pink Relays

## 400m Over / Under Relay (2 LAPS)

A 4 x ½ lap relay for teams of 4 girls or 4 boys in the u11 age group.

Each team member will run 100m over half a lap of the 200m track over two flights of low hurdles and through one set of tunnels per section.



The starting positions for team members are shown. Runners 3 and 4 step onto the track as their preceding member approaches.

A relay steward will be positioned at both take-over points to direct and assist team members.

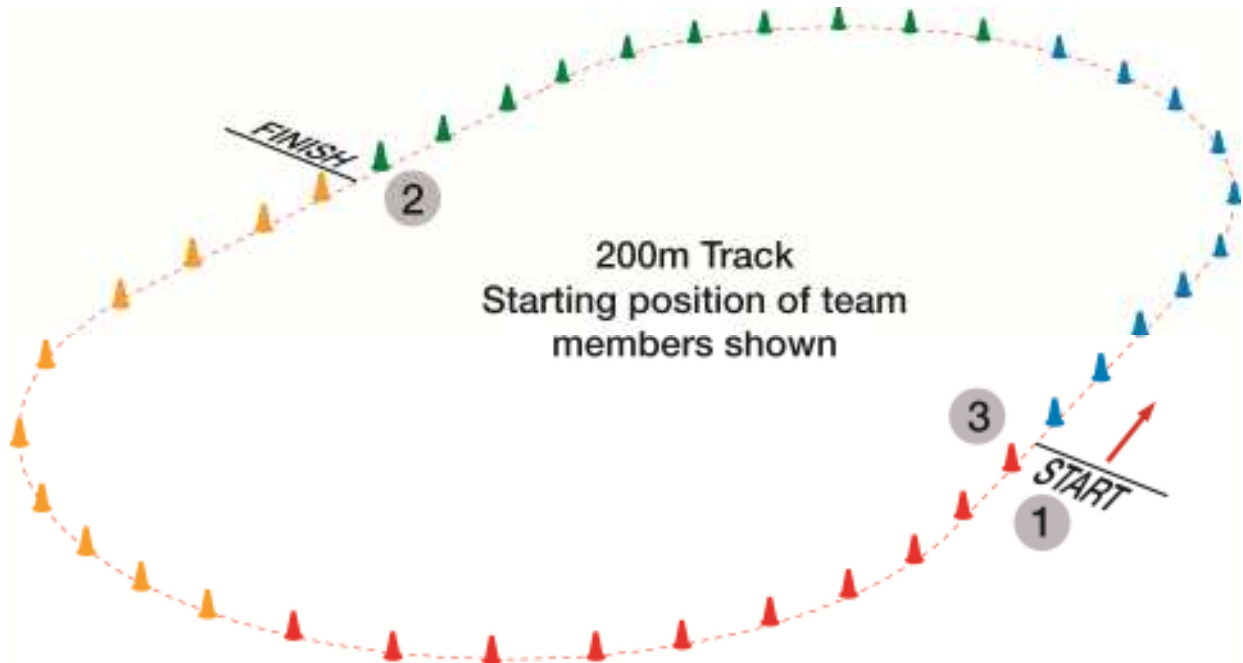


# AAA Tom Pink Relays

## 1500m 3 x 2½ Lap Relay (3 x 500m – 7 ½ LAPS)

A 500m relay for teams of 3 girls or 3 boys in the u13 age group.

Each team member will run one 500m leg of the relay.



Team members 2 and 3 only step onto the track as their preceding member approaches at the end of their 500m section

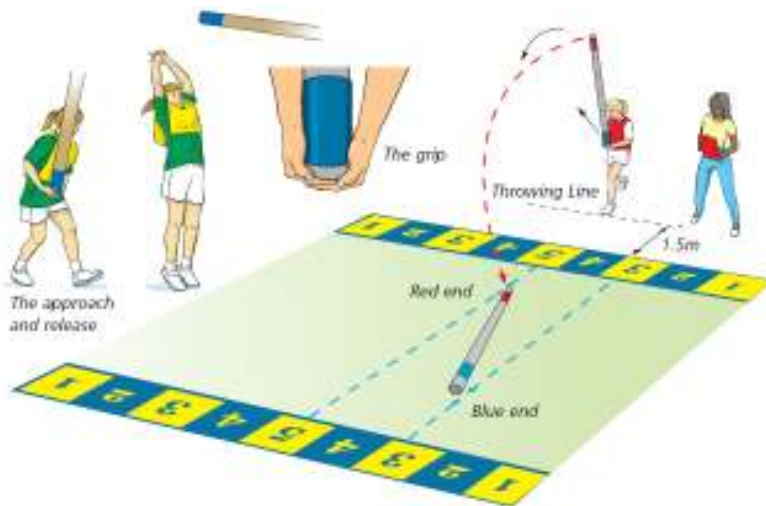
A relay steward will be positioned at both take-over points to direct and assist the team members.



# AAA Tom Pink Relays

## Caber

This is a children's adaption of the traditional Scottish event. It is a test of accuracy, balance and coordination and not the distance achieved.



### Guidance Notes

- The participant may be allowed a practice throw before the start of the test.
- 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 caber competition should be supervised at all times.

### Rules

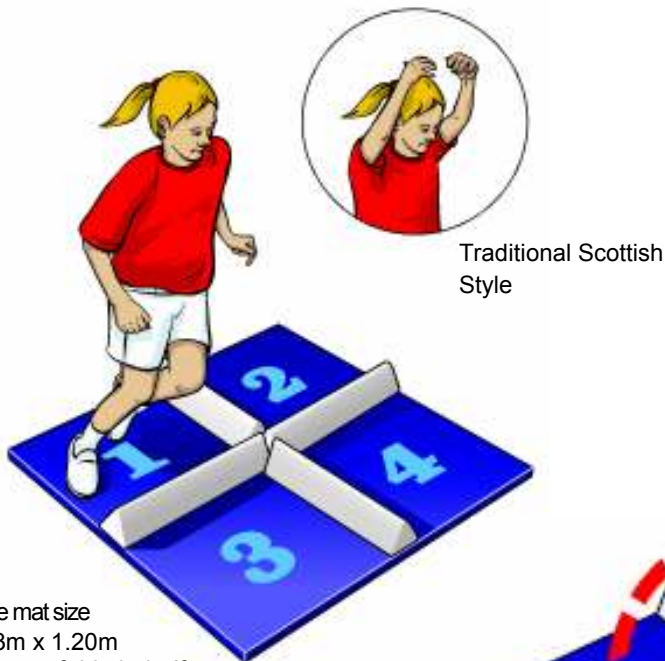
- The caber is thrown from a standing position however the athlete may take three or four steps into the throw. There is no penalty for over stepping the throwing line.
- Hold the blue end of the caber in cupped hands, arms should be straight down and the caber rested on the shoulder.
- Push the caber forward with the shoulder and upwards with the arms and legs. The caber should be tossed over the red end so that it lands with the blue end furthest from the throwing line.
- The direction of the caber scores rather than the distance.
- Observe the points where both ends of the caber first lands. Line these points up with the numbers on the scoring mat. Add these together to get the score for that throw. Eg, the score for the above diagram would be  $5 + 3 = 8$  points.



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## Highland Steps

This activity requires rhythm, agility, speed, endurance and clear thinking. The exercise can be quite confusing and is not as easy as it appears.



Base mat size  
1.23m x 1.20m  
The mat folds in half



### Guidance Notes

- The participant may be allowed a trial run at the sequence before the start of the test.
- One official is required to count the cycles and record the faults.
- A second official should monitor the stopwatch/clock and provide a verbal time check with 10 seconds remaining.

### Rules

- The athlete must either step over the wedges with one foot followed by the other so that both feet have impacted with the floor in each section or bounce over the wedges with both feet together so that both feet have impacted with the floor in each section. Both feet must land in each section of the mat to count.
- The sequence must be 1, 2, 3, 4.
- If the participant stands on the wedge they can either return to space number one or the space before the error occurred and continue. If they do not and continue, one point will be deducted for each fault.
- The participant has 30 seconds to complete as many cycles as possible.
- Each complete cycle will score four points but imperfect jumps between sections will be deducted.



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## Javelin

A standing throw using a foam, bull nosed or turbo javelin.



### Guidance Notes

- It is recommended that three judges are used. One judge to watch the throw, the other two 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

- It is the judge's responsibility to ensure that an athlete is throwing the correct javelin.  
Under 11 girls & boys (yr 5 & 6) - Foam or Bull Nosed Javelin  
Under 13 girls (yr 7 & 8) - 300g Turbo Javelin  
Under 13 boys (yr 7 & 8) - 400g Turbo Javelin
- 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 full 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.

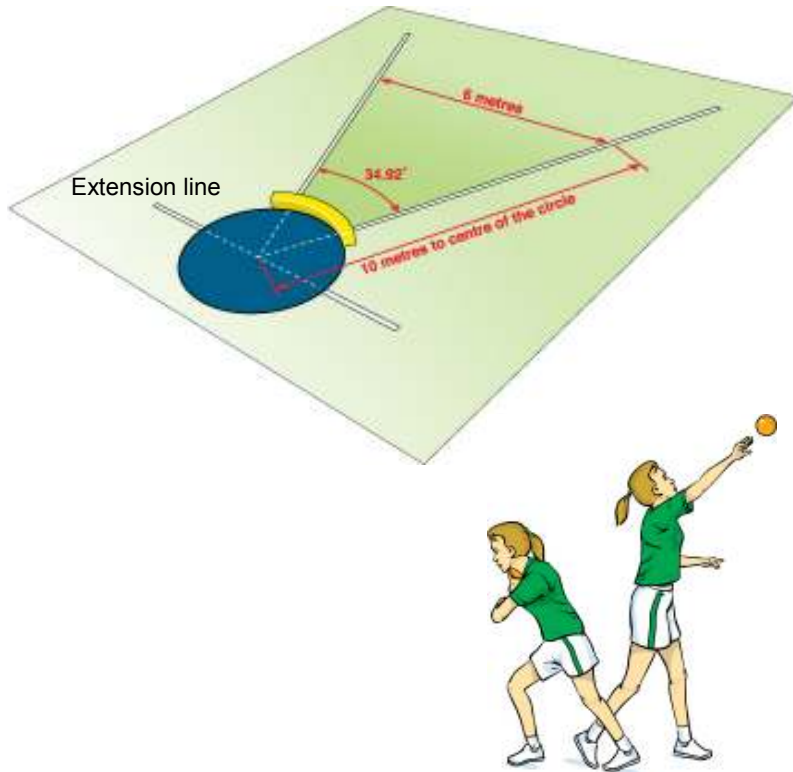




# AAA Tom Pink Relays

## Shot Put

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, two to observe the landing and 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.
- Chalk must not be used.

### Rules

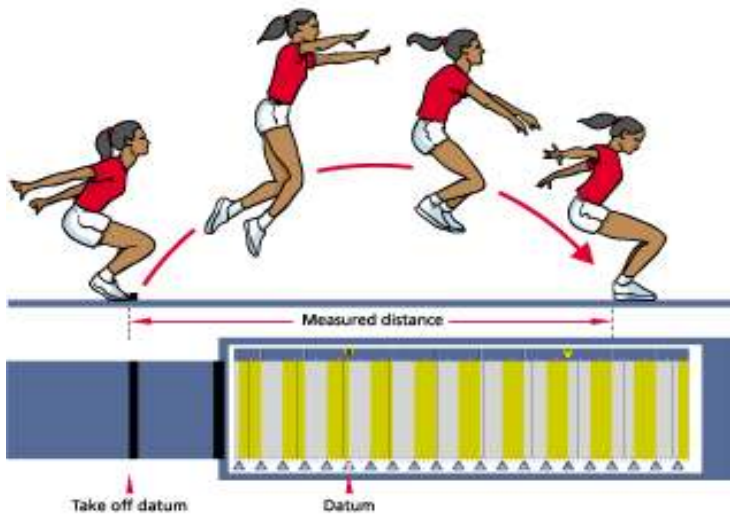
- It is the judge's responsibility to ensure that an athlete is throwing the correct weight.  
Under 13 girls (yr 7 & 8) – 2.72kg      Under 13 boys (yr 7 & 8) – 3.25kg
- The shot should be placed at the base of the first three fingers of the hand, ensuring it does not rest on the palm. The thumb and 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. Their first point of contact outside the circle must be behind 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.



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## St 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.

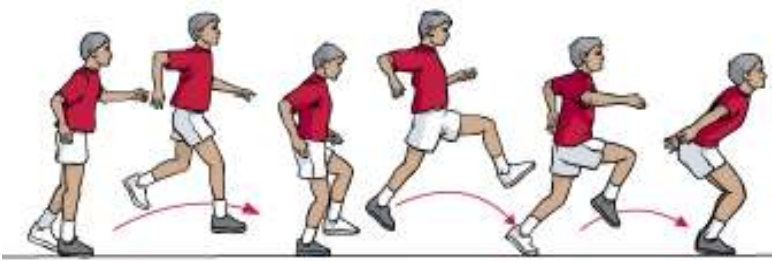
### Rules

- 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.



## St Triple Jump

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

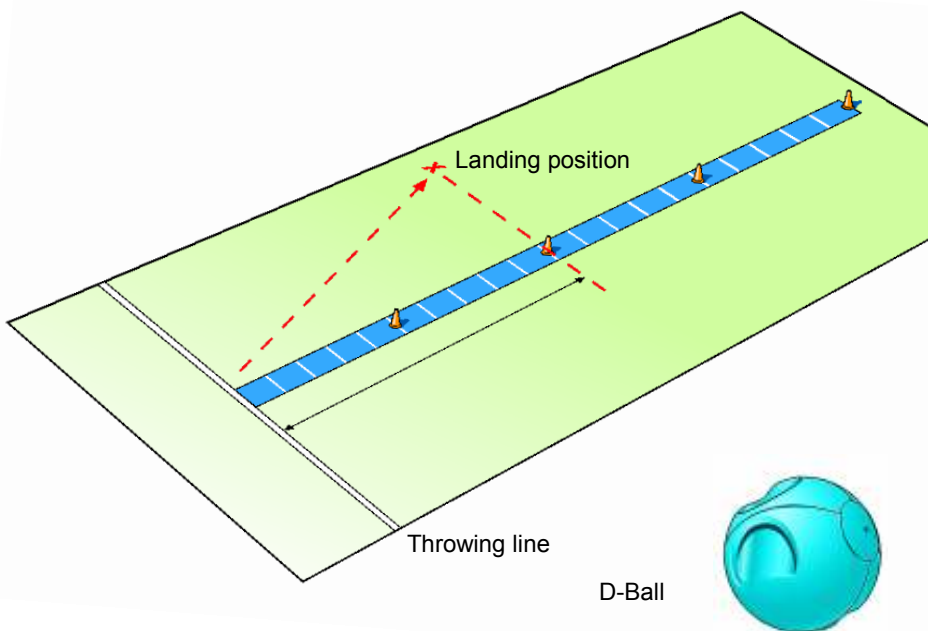
- The athlete must stand with both feet behind the selected take off line. Their feet do not need to be next to each other.
- Techniques involving a crouch or rocking motion leading up to the jump are permitted; the free leg does not have to be in contact with the mat and may be used to generate momentum 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.



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## Weight for Distance

A test which involves throwing a weight as far as possible in a forward direction. Measured as a linear throw, the performance recorded is the distance measured at a right angle forward from the throwing line. This is to develop the skill to control the direction of the delivery. A long throw at a sharp angle will only be recorded as a lesser distance for the participant. It is not the actual distance thrown as measured when using a segment.



### Guidance Notes

- It is recommended that three judges are used, one to observe the throw and two to observe the landing.
- Throwing should only be allowed under supervision.
- Judges should make certain that no one is allowed to swing or throw a D-ball anywhere other than the designated throwing area.
- Other participants should be kept well clear of the thrower and behind the throwing line.
- Please note there is no throwing sector.

### Rules

- It is the judge's responsibility to ensure that an athlete is throwing the correct weight.

	Indoor or Outdoor	Outdoor
Under 11 Girls	1kg D-Ball	1kg Short Handled Hammer
Under 11 Boys	1.5kg D-Ball	1.5kg Short Handled Hammer
Under 13 Girls	1.5kg D-Ball	1.5kg Short Handled Hammer
Under 13 Boys	2kg D-Ball	2kg Short Handled Hammer

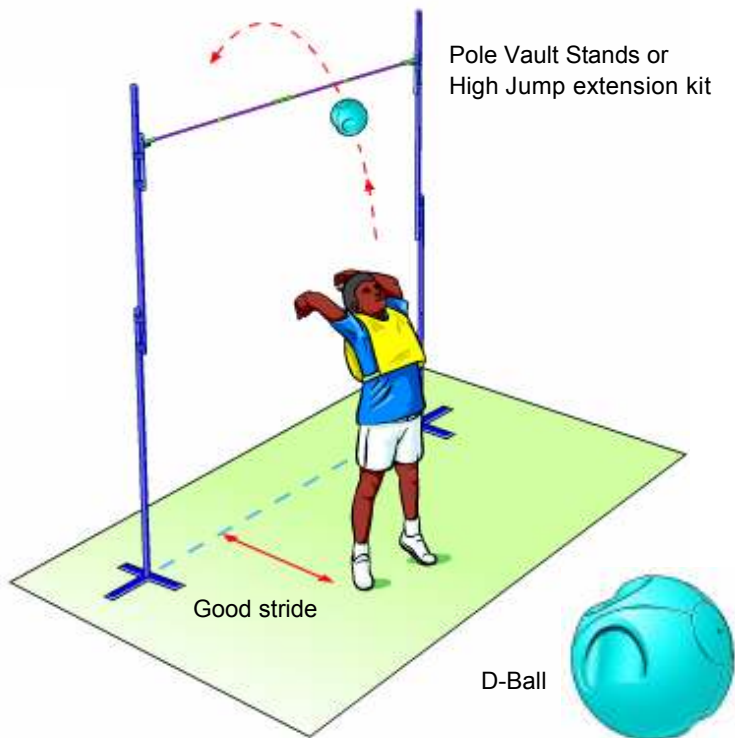
- The athlete must stand behind the throwing line and throw the weight forward. Stepping over the throwing line is not permitted.
- Only the under arm throw is used for this indoor competition.
- 2 x 10m graduated measuring mats should be used for measuring. The use of graduated measuring mats reduces the time required to less than half of that when using a tape measure.
- The distance thrown is measured at a right angle forward from the throwing line.
- The distance thrown is measured from the point where the ball first lands. Always mark down to the nearest 25cm.



# AAA Tom Pink Relays

## Weight for Height

The event for young participants is considered to be more a test of technique than strength. The participant must throw a weight high and accurately over a bar.



### Guidance Notes

- It is recommended that three judges are used, one to observe the throw and record the performance, the other two to observe the height cleared, replace the bar and gather the balls.
- Throwing should only be allowed under supervision.
- Judges should make certain that no one is allowed to swing or throw a D-Ball anywhere other than the designated throwing area.
- Other participants should be kept well clear of the thrower and throwing area.

### Rules

- The bar should start at the lowest height with the athlete using a 2kg D-Ball.
- The athlete should take one good stride forward to locate their throwing position.
- The ball must be thrown above the head and clear the bar without knocking it off the bar rests.
- Each participant will be allowed 3 attempts at this height using the 2kg D-Ball. If successful the weight and height will be progressively increased as given in the schedule below. Only two attempts at each weight and height will be allowed after this initial test.
- A height jump or pole vault bed may be used as a landing area as it limits the movement of the balls on landing.

### Progression of Heights & Weights for Competition

Bar Height	Weight	Bar Height	Weight
3m	2kg ball	6m	3kg ball
	3kg ball		4kg ball
			5kg ball
4m	2kg ball	6.5m	3kg ball
	3kg ball		4kg ball
	4kg ball		5kg ball
5m	3kg ball		
	4kg ball		
	5kg ball		

