



## COMPETITION RULES & GUIDELINES

### About the Young Athletes Quadrathlon

**The concept** behind the Young Athletes Quadrathlon is simple! Each Athlete competes in a series of four events throughout the competition. These events consist of a sprint and a middle distance race, Long Jump and a Throw – these four events make up the Quadrathlon. Just as in the heptathlon or decathlon, the competition focuses on all round athletic skill and ability, which we believe is vital to develop at a young age. In this format, the competition and training that can lead up to an event fits in with Long Term Athlete Development guidelines and principles.

Organised as a multi events competition for either teams or individuals the top three athletes with the highest accumulative totals in their age groups will receive awards and we also aim to provide all competing athletes with medals or certificates as an event memento. Presentations take place towards the end of the competition and it is encouraged to reward all competitors. More information can be found online or by contacting us using the details on the back cover of this handbook.



### General Guidelines for Officials: Applies to all events

It is important that officials & Volunteers are contacted well in advance of the competition. All Quadrathlon events are a great opportunity for young volunteers to get involved alongside seasoned athletics officials to provide a high quality event for those attending. Any officials that require training should be provided this in advance where possible. Advice & Support can be provided.

Officials and volunteers will be adequately briefed so they are aware of their roles and responsibilities throughout the competition. It is important that a member of staff / official is present to meet and greet officials to ensure they are directed to the correct area and have the knowledge and equipment they need to carry out duties.

On the Event Day all officials and volunteers should be introduced to the lead official for their event area upon registration and should be aware of who the key officials and the event management team are should they have any queries throughout the duration of the meeting. Where required, training for volunteers and officials can be delivered in advance of events as necessary.

## Guidelines for All Track Events

Where resources allow, a track manager will be responsible for overseeing the track events during a Quadrathlon competition. This person will work closely with the chief timekeeper, track judges, starter and marksman to ensure that all races are on schedule and run to plan.

Track Judges and Timekeepers will be responsible for sending the results over to the results desk as soon as possible so results do not back up. Where resources permit, and rules stipulate - qualified timekeepers must be recruited to time the races. There must be at least one qualified timekeeper and one qualified track judge for all races in club level competitions. Schools events do not need qualified officials, however results are not official according to UK Athletics where officials are not used.



### Sprints

**Under 9's & Under 11's (Primary)** – All competitors take part in 75 metre races

**Under 13's & Under 15's (Secondary)** – All competitors take part in 100 metre races

### Middle Distances

**Under 9's & Under 11's** – All competitors take part in 600 metre races

**Under 13's & Under 15's** – All competitors take part in 800 metre races

**For Competitions organised where advance entry only applies races will be pre-selected before the competition. Race lists may be pre-published for athletes in advance.**

Where possible, all races are pre-selected to save time and make sure the competition is delivered efficiently and an enjoyable experience is provided for athletes' with sufficient recovery and minimal waiting around during the event.

**Relay races may be run in some Quadrathlon Competitions at the discretion of the organiser.**

## Guidelines for Field Events

- In good spirit we aim to make are events run as quickly and effectively as possible. Whilst there are no official breaks in competition programmes we will do our best to ensure there are enough officials or helpers so that our volunteers and officials can have short breaks every so often.
- Where Score Sheets are not pre printed only record each athlete's number & name. There is no need to record the club or school as this will be saved into the Quadrathlon Scoring Spreadsheet. This helps in saving time.
- **3 attempts should be allowed in all field events for each athlete**, however where time is limited this may need to be reduced to three including a practice. This will be at the discretion of the Event Director or Field Referee / Manager.
- Athletes must be supervised by an official or qualified coach whilst warming up for any field event.
- During the competition record each individual performance and at the end of the event highlight the best performance. Positions and points will be completed by the results team.
- Results must be sent over to the results over to the results team ASAP when results have been completed. Where possible, a 'runner' should be deployed to collect results from field events and from the track officials. *The event management team will do their best to provide a runner but if nobody comes over to your event please send somebody with the results providing it does not interfere with other competition.*
- If there are any concerns or any additional equipment or support is required please seek advice from a senior official or the event management team. All officials will be informed at the start who the most appropriate person to seek advice from is.



## Long Jump



- Under 9's will have a limited run up of up to and including 20 metres (dependant on the facility being used & space available) **The Jump will be measured from the point of take-off not from the board.**
- Under 11's, 13's & 15's must take off from the board in the Long Jump. Under 11's may have a limited run up, similar to the under 9's.
- Dependant on time available athletes will be permitted One Practice Jump only after they have measured their run up. A tape measure should be provided by officials to help measure athletes run ups.

### Equipment needed for Long Jump (per pit)

- Pit (Dug over and Raked)
- Board, Plasticine & Roller
- Tape Measure & Rake
- Scoring Sheets & Clipboard + Pencils
- Benches for Athletes
- Cones & Distance indicator

## Vortex Throw

- Throws are measured to first point of contact with the ground and it is important to make sure those waiting to throw are in a safe position (**BEHIND** the Throwing Area).
- Under 9's & 11's – Vortex Throws taken from either a standing position or with a limited run up). **The limited run up for the Vortex will be 7 metres.**
- Athletes throw consecutively in the vortex and all throws will be marked, the furthest of which will be measured.

## Shot Put

- UKA Rules Apply
  - Correct weight & specification
  - Shot must be pushed from the neck not thrown
  - Athletes must exit from the back half of the shot put circle
- Shot Put Weights:
  - Under 13 Girls – 2.72KG,
  - Under 13 Boys – 3.25KG
  - Under 15 Girls – 3KG
  - Under 15 Boys – 4KG

### Equipment for Vortex & Shot Putt (Per Throwing Area)

- Vortex or Shot Putts
- Tape Measure & Spike for measuring the distance thrown
- If needed Benches & Gazebo for Athletes (Shelter) & Cones / tape for Marking the fan out
- Flags for measuring consecutive Vortex Throws
- Clipboards, Scoring Sheets & Pencils