



**Indoor 2016  
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 1.09.04 to 31.08.06) If a club does not have four athletes in this age group, composite SUPERteams from more than one club are encouraged. **scottishathletics** will facilitate the composition of such SUPERteams and the appointment of the entry fee by contacting [events@scottishathletics.org.uk](mailto:events@scottishathletics.org.uk)
- The events to be contested at the Emirates Arena are:-
  - Sunday 7 February 2016 - 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 and score points in each event. Computerised points scoring will enable updates to be given between events
- Points will be allocated for valid jumps, throws and track events as per UKA rules infringements of the rules will incur the athlete being deducted 5 points.
- Points are allocated as per the Thistle scoring tables.
- 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 multiple 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.
- **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
  - Athlete's best individual effort will count towards SUPERteams score.
  - Best attempt will be used for team 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. Run up markers will be clearly visible to start run up from a tape at the side of run up.
  - All valid jumps will be measured.
  - Athlete's best individual effort will count towards SUPERteams score.
  - Best attempt will be used for team 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 (situated 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 deduction of 5 points. No disqualifications will be given however warnings may be issued.