



## Virtual SUPERteams Challenge Rules 2021

### Eligibility

- Athletes must be in the under 11 or under 13 age groups for the current season and at least 9 years old on the final competing day of the Challenge. This means they must have a date of birth between **01/09/2008 and 31/08/ 2010** (U13) or **01/09/2010 and 14/02/2012** (U11).
- All athletes must be a member of **scottishathletics** with a membership valid until at least 14/02/2021

### Results

- Athletes may take as many attempts as they like at each challenge event, but should submit just one final performance to their club for scoring. Final performances should be submitted in the following formats:

	Result Recorded	Result to Submit
75m Shuttle Sprint	24.09 seconds on stopwatch	<b>24.1</b>
Target Throw	13 successful throws = 65 points	<b>65</b>
Standing Long Jump	1.86m	<b>1.86</b>
800m	2:54.36 on stopwatch	<b>2:55</b>

- Results must be submitted to your club by **12 noon on Monday 8<sup>th</sup> February for week 1 and 12 noon on Monday 15<sup>th</sup> February for week 2**. Late results may not be accepted.
- All results must be uploaded into the scoring system by clubs by 12 noon on the Tuesday to be considered for scoring. Results uploaded after this time will not count towards team totals.

### Event Rules

The Virtual SUPERteams Challenge is designed to be completed at or close to home, and does not require any specific athletics equipment. The sprint, throw and jump elements of the challenge should be carried out in the home or garden using household objects; and the 800m run under the close supervision of a responsible adult from within the same household.

#### 75m Shuttle Sprint

- The shuttle run should be completed over a 5m course, measured out on a flat, dry grass or road surface in the garden, on the driveway or elsewhere close to the home. It can also be completed indoors if space allows.
- The course should be measured using a tape measure if possible, but an adult can measure out 5 even strides if a tape measure is not available. Please aim to be as accurate as possible.
- Run 15 back-to-back repetitions of the 5m course to give one 75m time.
- Times can be recorded using any standard stopwatch, including a smartphone app. Times should be recorded by a responsible adult. Times should be recorded to one tenth of a second, always rounding up: 20.08 = 20.1; 32.66 = 32.7
- Care should be taken to ensure that the athlete touches the ground **with one hand** at the 5m mark at both ends of the run. At least one foot should also cross the line at the end of each repetition. This can be judged by someone else within the household.



### Target Throw

- Using the same 5m distance as the shuttle run, a target should be placed 5m away from the athlete. Suitable targets include a washing basket, dog bed, hula hoop or large bucket, or even a circle drawn on the ground with chalk (although athletes should ask an adult first!).
- The athlete has 20 attempts to throw a pair of balled up socks into the target from the 5m marker. You can use the same pair of socks 20 times, 20 different pairs, or any combination to total 20 attempts. Socks can be any size, colour, material, etc.
- Socks must land in the target and stay there – no bounces in or out!
- Each successful throw earns 5 points. Keep track of your score as you go – a responsible adult should help to check the total.

### Standing Long Jump

- Standing long jump can be measured with a tape measure on any (reasonable) indoor or outdoor ground surface – on a trampoline is cheating!
- Athletes should jump forwards from a standing position and land as far from their take-off point as they can. Athletes must start and land with two feet together. Should they fall back on landing, they should take their attempt again.
- A responsible adult should judge the attempt and read the final measurement. Measurements should be rounded down if the athlete lands between the centimetre markers: 1.65m, 2.08m

### 800m Run

- The 800m run involves the farthest travel from the home. It is recommended that athletes walk the route with an adult before running their timed attempt, and all athletes must be supervised by a responsible adult from within their household whilst completing their run.
- Athletes should have assistance from an adult in measuring out a 400m route (out and back) or 800m route (loop starting and ending at the same point) using a GPS device or other method of measurement. You could also use a website like [Mapometer](https://www.mapometer.com/) to plan your route. The run should be on a road surface (quiet road, cycle path or similar), not on a track.
- **All government guidelines in regard to Social Distancing must be strictly adhered to during the 800m run. Any changes to government guidelines will be implemented immediately**
  - Athletes MUST avoid popular running/walking routes or busy parks
  - Be considerate to other people by keeping a 2m distance at all times when passing
  - Runs MUST be completed solo or with someone from the same household
  - Do not drive somewhere to run – run from home and back again
- The supervising adult is expected to conduct a dynamic risk assessment whilst planning the route to include:
  - condition of paths and roads – avoid running through areas in a poor state of repair
  - width of paths and trails for respecting 2m social distancing guidelines
  - time of run – avoid, if possible, running at popular times like lunchtime. Do not run after dark if possible, or stick to known, well-lit areas if you must run after sunset.
  - expected weather conditions and the impact this may have. The SUPERTeams Challenges run for a full week, so avoid bad weather if possible.
- Times can be recorded using any standard stopwatch, including a smartphone app. Times should be recorded by a responsible adult. Times should be recorded and rounded **up** to the closest second: 2:48.55 = 2:49; 3:34.16 = 3:35.