



**Indoor 2023
U12 SUPERteams
Rules of Competition**

- SUPERteams will consist of either four boys or four girls from clubs in the under 12 age group (born 20014 / 2015 or 2016) The events to be contested at the Emirates Arena are: -
 - Sunday 26 January 2025 - 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 in each event.
- All team members performances will be scored plus the Relay scores per individual.
- Points will be allocated for valid jumps, throws and track events as per UKA Rules.
- Infringements in track events will incur a 1 second penalty.
- Infringements in field events will incur a deduction of 5cm.
- 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 a 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** Competitions Team 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 declare a maximum of 2 Boys and 2 Girls SUPERteams of four per age group 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.
- A waiting list will be held for additional club teams.
- **Shot Put**
 - 2kg shot to be used
 - All competitors will be given one warm up and three trials in competition
 - All valid throws will be measured. Standing Throws only will be taken from the edge of a mat and not from a circle.
 - Athlete's best individual effort will count towards SUPERteams score.
- **Long Jump**
 - All competitors will be given one warm up and three jumps in competition.
 - Jumps will be made from a 1m take off square and measured from the point of take off.
 - Athletes will NOT be allowed to use tic-tac method or run back from board to set check mark. A tape will be attached to the floor at the edge of the runway. In addition, cones will be placed at 10m, 12m and 15m. A MAXIMUM distance of 15m will be permitted for run ups.
 - All valid jumps will be measured.
 - Athlete's best individual effort will count towards SUPERteams 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 (at the start of the back straight) Third and Fourth athlete will run on the inside lane of the track. Baton changeover will be between the coloured markings at the finish line. Noncompliance with these rules may lead to a time penalty. No disqualifications will be given however warnings may be issued.