



**Outdoor 2025  
U12 SUPERteams  
Rules of Competition**

- SUPERteams will consist of four athletes with a minimum of 2 girls in the under 12 age group (born in 2014, 2015 or 2016) The events to be contested are: -
  - Saturday 21 June 2025 - 75m / Turbo Javelin / LJ / 4 x 100m
- Affiliated athletics clubs are limited to a maximum entry of 3 teams through the Regional qualifying format.
- 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 in LJ and 15cm in Turbo Javelin.
- Field event competitors will be given one warm up and three attempts in competition.
- Pools will rotate after each event.
- The winning teams will be awarded a SUPERteams trophy.
- Medals for top three teams in the competition.
- Athletes must be declared on the morning of the event and be current members of **scottishathletics**.
- Care must be taken by Team Managers to ensure athletes are wearing the correct numbers as stated on their declaration sheets.
- A minimum of three athletes must be selected before a team can compete in the competition.
- Clubs may enter a mixed team of four consisting of at least 2 Girls 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.
- **Turbo Javelin**
  - 500g Plastic Turbo Javelin to be used.
  - All competitors will be given one warm up and three trials in competition
  - All valid throws will be measured. Throws will be taken from a scratch line at the edge of the grass and not from a run way.
  - A maximum 10m run up will be permitted.
  - 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 edge of the runway. In addition, cones will be placed at 10m, 12m and 15m. A MAXIMUM distance of 15m will be allowed for Run Ups.
  - Athletes may not 'walk in' to the 15m limit.
  - All valid jumps will be measured.
  - Athlete's best individual effort will count towards SUPERteams score.
- **Track**
  - 4x100m Relay – This event will be run as per standard UKA Rules. Baton change overs will be between the coloured markings on the track. Non-compliance with these rules may lead to a 1 second penalty. No disqualifications will be given however warnings may be issued.