

Aviva Sportshall

UK Championships 2012

Competition Overview

www.sportshall.org

Aviva Sportshall UK Championships

Aviva Sportshall Fun in Athletics Regional Festivals 2012

Saturday 14 January	London - Crystal Palace National Sports Centre
Sunday 15 January	South East - The Triangle, Burgess Hill
Saturday 21 January	North East - The Seaburn Centre, Sunderland
Saturday 21 January	East - Sportspark, University of East Anglia, Norwich
Sunday 22 January	North West - Regional Athletics Arena, Eastlands, Manchester
Sunday 22 January	East Midlands - The Meres Leisure Centre, Grantham
Saturday 28 January	South West (South) - Torbay Leisure Centre, Paignton
Sunday 29 January	South West (North) - University of the West of England, Bristol
Sunday 29 January	West Midlands - Coventry Sports & Leisure Centre, Coventry
Sunday 5 February	Yorkshire & Humberside - The Bonus Arena, Hull

Aviva Sportshall Regional Finals 2012

Saturday 4 February	East - Sportspark, University of East Anglia, Norwich
Sunday 5 February	East Midlands - The Meres Leisure Centre, Grantham
Saturday 11 February	London - Crystal Palace National Sports Centre
Sunday 12 February	South East - The Triangle, Burgess Hill
Saturday 18 February	North East - The Seaburn Centre, Sunderland
Sunday 19 February	Yorkshire & Humberside - North Bridge Leisure Centre, Halifax
Saturday 25 February	North West - Robin Park Sports Centre, Wigan
Sunday 26 February	West Midlands - Fenton Manor Sports Complex, Stoke-on-Trent
Saturday 3 March	South West - Torbay Leisure Centre, Paignton
Sunday 4 March	Welsh Final - Cwmbran Leisure Centre, Cwmbran

All events are scheduled to start at 12.30pm. Doors open to teams and spectators at 11.30am.

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Programme Overview - Aviva Sportshall Fun in Athletics Festivals

Aviva Sportshall Fun in Athletics Festivals attract a wealth of athletes and provide many with their first major competitive experience. The emphasis is on fun, participation and the giving of one's best for the team! Representative teams from each of the English counties compete in regional festivals across England.

Each Fun in Athletics team should consist of a minimum of 12 girls and 12 boys, with a maximum of 15 girls and 15 boys being permitted. All athletes must be under 11 years of age as at midnight 31st August / 1st September 2011 and must be at least 9 years of age on the day.

Track Events	Number of athletes	
Obstacle Relay	4 girls	4 boys
1 + 1 Lap Relay	2 girls	2 boys
2 + 2 Lap Relay	2 girls	2 girls
6 Lap Paarlaf	2 girls	2 boys
Over / Under Relay	4 girls	4 boys
Grand Prix	4 girls	4 boys
Hurdles Relay	4 girls	4 boys
4 x 1 Lap Relay	4 girls	4 boys

Field Events

Jumps

Standing Long Jump	3 girls	3 boys
Standing Triple Jump	3 girls	3 boys
Vertical Jump	3 girls	3 boys

Agility

Balance Test	3 girls	3 boys
Hi-Stepper	3 girls	3 boys
Speed Bounce	3 girls	3 boys

Throws

Chest Push	2 girls	2 boys
Soft Javelin	2 girls	2 boys
Target Throw	2 girls	2 boys

Each team member is limited to three track events and two field events, with all athletes to compete in at least one track event. Please note that an athlete may do no more than one event from each of the field sections, i.e. jumps, agility, throws.

All athletes must wear trainers. Athletes will not be permitted to compete in bare feet or unsuitable footwear.

Rules and Guidance notes to support this event may be downloaded from the Sportshall website.

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Programme Overview - Aviva Sportshall Regional Finals

Aviva Sportshall Regional Finals provide an indoor multi-event competition helping budding athletes to develop athletics based skills. Traditional events are introduced in adapted forms suitable for the indoor environment. County teams from across England compete in regional events, whilst finals are staged in Ulster and Wales. All teams are bidding for a place at the UK Final!

Under 13 Team Challenge

Each County or District should consist of 12 girls and 12 boys. All athletes must be under 13 years of age as at midnight 31st August / 1st September 2011 and must be at least 11 years of age on the day of competition.

Section A	Number of athletes	
2 Lap Race	2 girls	2 boys
4 Lap Race	2 girls	2 boys
6 Lap Time Trial	2 girls	2 boys
4 x 1 Lap Relay	4 girls	4 boys
Section B		
Obstacle Relay	4 girls	4 boys
8 Lap Paarlaf	2 girls	2 boys
4 x 2 Lap Relay	4 girls	4 boys
Section C		
High Jump	2 girls	2 boys
Shot	2 girls	2 boys
Speed Bounce	2 girls	2 boys
Standing Long Jump	2 girls	2 boys
Standing Triple Jump	2 girls	2 boys
Vertical Jump	2 girls	2 boys

Each team member may compete in one event from each section.

All athletes must wear trainers. Athletes will not be permitted to compete in bare feet or unsuitable footwear.

Rules and Guidance notes to support this event may be downloaded from the Sportshall website.

Aviva Sportshall UK Championships

Under 15 All-Rounder Competition

Each County or District should consist of 7 girls and 7 boys. All athletes must be under 15 years of age as at midnight 31st August / 1st September 2011 and must be at least 13 years of age on the day of competition.

Each County will field 6 competitors to cover the events as listed below. The 7th competitor may be used for the Relay or Paarlauf and may contest one field event as a non-scorer.

The 6 competitors will each compete in three events, these to be chosen from each of the sections. A maximum of 3 competitors from each team may contest the same event. ***Any athlete failing to complete their three nominated events will be withdrawn from the entire competition.***

	Girls	Boys
Section A	2 Lap	2 Lap
	or	or
	4 Lap	4 Lap
Section B	St. Long Jump	St. Long Jump
	or	or
	Vertical Jump	St. Triple Jump
Section C	Speed Bounce	Speed Bounce
	or	or
	Shot	Shot

In addition to the individual events detailed above, teams will contest the following relays, with each competitor being restricted to competing in one relay only.

Relays	8 Lap Paarlauf	8 Lap Paarlauf
	4 x 2 Lap Relay	4 x 2 Lap Relay

Rules and Guidance notes to support this event may be downloaded from the Sportshall website.

Aviva Sportshall UK Final (u13 Team Challenge & u15 All-Rounder Competition)

Held each year in Birmingham, the Aviva Sportshall UK Final is the flagship athletics development event of the year. Leading teams and individuals from across the UK gather to contest for national honours. Previous Sportshall champions have included Mark Lewis-Francis and Kelly Sotherton. Whether an athlete, team manager, official or spectator, this event provides a fantastic occasion for all involved!

Aviva Sportshall UK Championships

County Qualification

Following the issue of guidelines on county qualification, there remain a few areas where these guidelines present local problems requiring further discussions. Sportshall has developed significantly in recent years, during which time many local practices have become established. We will continue to work closely with all concerned to ensure and assist in the adoption of these guidelines.

To qualify for county selection, an athlete should meet at least one of the following criteria:

- a. reside in the county
- b. attend school in the county
- c. be a member of an athletics club within the county

For reference a "Sportshall county" should follow the County Sports Partnership boundary.

Where an athlete qualifies for more than one county under the above criteria, the athlete may choose which county they represent. However, an athlete may compete for only one county in any Sportshall season. Please note that participation of a club within a local / county league, does not entitle athletes of the club to automatic qualification for the county.

Other Information

Field Events

U11's will be permitted 3 trials at all field events unless otherwise stated.

U13's will be permitted 4 trials at all field events with the exception of high jump and speed bounce.

U15's will be permitted 3 trials at all field events with the exception of speed bounce.

High Jump

Due to limited space the take off area will be restricted to 10m. This is measured back from the front edge of the bed. At least three metres will be permitted to either side of the uprights.

The standard rules of high jump, including the three consecutive failure rule and count back shall apply.

The "seven jump rule" no longer applies at any of the Aviva Sportshall UK Championship events.

National and UK Records - (u13 Team Challenge & u15 All-Rounder Competition)

The National and UK records only apply to the Aviva Sportshall UK Championships, therefore records may only be set at a Regional or National Final or the Aviva Sportshall UK Final.

Officials

All teams are required to bring at least two officials to their regional event. Officials do not need to be qualified and indeed the competition provides an excellent opportunity for new/young officials to gain experience.

Spectators

Sportshall events are a great spectacle and we would encourage all teams to bring plenty of support. All spectators are welcomed into all events with no entry fee being charged.