

## Sportshall County Leagues

A guide to implementation and  
development

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For more information [www.sportshall.org](http://www.sportshall.org)

### **Introduction**

County leagues provide an ideal structure to enable regular Sportshall competition over the winter months. Whilst most leagues target club and or district teams, a few allow school entries. Many counties will select their representative teams for the UK Championships on the basis of individual performances in the league, whilst some also incorporate county championships or award county honours to those achieving a season's best performance.

The following guidelines are intended to provide a template for those organising leagues. However, given that one of the major attractions of Sportshall Athletics is its flexibility, there is no set formula. The two key factors in resolving the most appropriate format will be the size and scope of the facility being used, together with the number of teams and athletes that it is intended to accommodate.

Many leagues set out to adhere quite closely to the format of the UK Championships events, though this will often present several problems. Whilst it is important to incorporate the relevant events for each age group, the UK Championships formats and programmes are rarely suited to smaller facilities, larger numbers of teams or the inclusion of all three Sportshall age groups at one event.

### **Age Groups**

Most leagues will provide competition for the three regular Sportshall age groups:

- Under 11's – athletes must be under 11 years of age as at midnight 31 August / 1 September (at the start of the Sportshall season) and at least 9 years of age on the day of competition.
- Under 13's – athletes must be under 13 years of age as at midnight 31 August / 1 September (at the start of the Sportshall season) and at least 11 years of age on the day of competition.
- Under 15's – athletes must be under 15 years of age as at midnight 31 August / 1 September (at the start of the Sportshall season) and at least 13 years of age on the day of competition.

Some leagues permit the participation of children aged 8 in the under 11 age group. It is considered inappropriate for anyone younger than this to compete.

### **Eligibility**

Sportshall generally adopts a quite flexible approach to an athlete's eligibility to compete for a team, whether this is decided on club affiliation, home address or school. However, an athlete should only be permitted to move between teams during the course of a season in exceptional circumstances.

### Events

A sports hall is typically about 33 metres long and the recommendations on selection of track events are made on this basis. The following events are recommended for inclusion within a county programme:

		Under 11's	Under 13's	Under 15's
Track events	1 lap Race	•		
	2 lap Race	•	•	•
	4 lap Race		•	•
	6 lap Race		•	
	1 + 1 lap Relay	•		
	2 + 2 lap Relay	•		
	6 lap Paarlaf	•		
	8 lap Paarlaf		•	•
	Obstacle Relay	•	•	
	4 x 1 lap Relay	•	•	
	4 x 2 lap Relay		•	•
Field events	Chest Push	•		
	Shot		•	•
	Soft Javelin	•		
	Speed Bounce	•	•	•
	Standing Long Jump	•	•	•
	Standing Triple Jump	•	•	•
	Vertical Jump	•	•	•

Those familiar with the UK Championships format will note the following differences:

- Individual races have been included for the under 11's. This age group are generally encouraged to compete on a team basis only and so all track events are normally relays. The inclusion of some individual races may assist in the selection of representative teams.
- Additional track and field events are included in the regional Fun in Athletics Festival, though often excluded from a county programme because of time and space restraints. Some leagues include the additional field events (balance test, seated ball throw and target throw) on a rotation basis.
- The under 13's programme includes high jump in regional competitions. However issues of space, time and the availability of the equipment would usually preclude high jump being included in a county league.
- The Under 15 boys do not contest vertical jump, whilst the Under 15 girls do not contest Standing Triple Jump in the UK Championships. However, both events are considered appropriate for girls and boys alike and so usually included at county level.

Further information regarding the format for the UK Championships may be found at [www.sportshall.org](http://www.sportshall.org)

### **Competition Format**

Sportshall Athletics is usually presented as a team competition, with all athletes participating in a team scoring points for their team. This team approach provides one of the essential ingredients key to capturing the magic of Sportshall competition. However, it is understood that the level of interest will sometimes preclude this. Some leagues, particularly those in their infancy, struggle to raise many entries in the Under 15 age groups and may stage an All-Rounder event similar to the UK Championships, with athletes participating on an individual basis only.

Sportshall promotes a multi-event approach and athletes are encouraged to participate in a number of events. It is recommended that counties adopt the approach that “an athlete may compete in a maximum of five events, one of which must be a relay”. It is generally inappropriate that an athlete contests any more events than this within the usual boundaries of a Sportshall meeting.

The following pages detail a recommended format including all three age groups, together with a suggested running order for the meeting. Such an event, assuming say six or seven teams are participating, can be completed in less than three hours. Additional time may need to be allowed to enable the setting out of equipment prior to the meeting beginning.

Sample team sheets have been attached, whilst a MS Excel document is available as a download at [www.sportshall.org](http://www.sportshall.org). Score sheets are also available as a download.

### **Scoring**

We recommend that all three age groups be scored to an identical format. Sportshall Associates has available a PC-based scoring programme which will assist in this. For further details, please contact the Sportshall team.

### Recommended League Format

Teams of boys and girls contest a range of events as set out below. The number following each event details the number of boys / girls required in each event. Additional athletes may be permitted to enter events on a non-scoring basis at the discretion of the Meeting Manager. Each athlete may contest a maximum of four events drawn from the track and field sections, together with one relay.

	Under 11's		Under 13's		Under 15's	
<b>Track</b>	1 + 1 lap Relay A	2	2 lap Race	2	2 lap Race	2
	1 + 1 lap Relay B	2	4 lap Race	2	4 lap Race	2
	2 + 2 lap Relay A	2	6 lap Race	1		
	2 + 2 lap Relay B	2				
<b>Field</b>	Chest Push	2	Shot	2	Shot	2
	Soft Javelin	2	Speed Bounce	2	Speed Bounce	2
	Speed Bounce	2	Standing Long Jump	2	Standing Long Jump	2
	Standing Long Jump	2	Standing Triple Jump	2	Standing Triple Jump	2
	Standing Triple Jump	2	Vertical Jump	2	Vertical Jump	2
	Vertical Jump	2				
<b>Relays</b>	Obstacle Relay	4	Obstacle Relay	4	8 lap Paarlaf	2
	6 lap Paarlaf	2	8 lap Paarlaf	2	4 x 2 lap Relay	4
	4 x 1 lap Relay	4	4 x 2 lap Relay	4		

### Additional Information

Please note that athletes will not be permitted to compete in bare feet or unsuitable footwear. The Sportshall handbook incorporates details of all the events, including a full explanation of each event together with some coaching points. Visit [www.sportshall.org](http://www.sportshall.org) for further details.

### Recommended League Programme

It is suggested that the events are run according to the order shown on the following page. Many factors including the number of teams participating, the size of the facility etc. may necessitate changes to this. This schedule will inevitably lead to some conflicts between track and field, with athletes being required in two places at one time! It is good practice that the track event takes priority, with the athlete being permitted to return to the field and complete all their trials provided that they had previously registered and excused themselves.

## On the track ...

## and in the field ...

On the track ...		and in the field ...					
Welcome		Chest Push	Shot Putt	Speed Bounce	Standing Long Jump	Standing Triple Jump	Vertical Jump
Obstacle Relays	Under 13						
Obstacle Relays	Under 11						
6 lap Paarlaufs	Under 11		u15 Girls	u13 Boys	u13 Girls	u11 Boys	u11 Girls
8 lap Paarlaufs	Under 13						
8 lap Paarlaufs	Under 15	u11 Girls		u15 Boys	u15 Girls	u13 Boys	u13 Girls
1 Lap Races	Under 11		u13 Girls	u11 Boys	u11 Girls	u15 Boys	u15 Girls
4 lap Races	Under 13						
4 lap Races	Under 15		u15 Boys	u13 Girls	u13 Boys	u11 Girls	u11 Boys
2 Lap Races	Under 11	u11 Boys		u15 Girls	u15 Boys	u13 Girls	u13 Boys
2 lap Races	Under 13		u13 Boys	u11 Girls	u11 Boys	u15 Girls	u15 Boys
2 lap Races	Under 15						
6 lap Races	Under 13						
Javelin	Under 11						
4 x 1 lap Relays	Under 11						
4 x 2 lap Relays	Under 13						
4 x 2 lap Relays	Under 15						

Please note that the times are provided as a guide only. In the best traditions of Sportshall it is recommended that the event moves on at a good pace, without unnecessary delays. Inevitably there will be occasions when an athlete is required for both a track and field event at the same point. The athlete should ensure that they report to the field event in order to register, before completing the track event. Provided that they return promptly to the field event, the athlete should be permitted to complete all of their trials.