



# Competition Overview 2026

[www.sportshall.org](http://www.sportshall.org)



## Programme Overview - Sportshall Fun in Athletics Festivals

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 2024 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 boys
Hurdles Relay	4 girls	4 boys
Over / Under Relay	4 girls	4 boys
4x2 Lap Relay	4 girls	4 boys
6 Lap Paarlauf	2 girls	2 boys
4x1 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.

## Programme Overview - Sportshall Regional Finals

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.

### 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 2024 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 x1 Lap Relay	4 girls	4 boys
Section B		
Obstacle Relay	4 girls	4 boys
8 Lap Paarlauf	2 girls	2 boys
4 x 2 Lap Relay	4 girls	4 boys
Section C		
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.

### 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 2024 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.

## 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.

From point of representation for a County team, Athletes must remain within the same age group and representing the same County for the duration of that Sportshall season. Athletes cannot change their age group or County during a season.

## 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 speed bounce.

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

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

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