



Sportshall UK

Championships 2026

Rules and Guidance Notes

Sportshall Regional Finals

www.sportshall.org

Competition Rules Overview

Sportshall UK Championships – Regional Final

Teams of talented youngsters in both the Under 13 and Under 15 age groups contest regional events across the UK, with national finals being staged in Ulster and Wales.

The competitions offer the athletes an ideal training and competition format throughout the long winter months, encouraging them to stay in the sport.

Principles

It is important that at this level of competition, the rules of competition be strictly applied. Athletes, coaches and team managers place much value on this competition with the opportunity for progression to the UK Final and national honours adds to the occasion and significance of the competition.

However, it remains appropriate that we encourage and support all athletes in their efforts and that relevant guidance is offered throughout each event. For instance, there is no harm in reminding a shot putter who has struggled to register a valid throw of the key things they should remember immediately prior to throwing again.

Recommendations

Field

- Athletes should be permitted practice trials prior to each event commencing.
- Athletes should complete their trials in the conventional manner, i.e. all athletes complete their first trial, before taking a second, then a third etc.
- Athletes should be advised of the reason for any fault / foul being recorded as the event progresses.
- As ever in Sportshall, time will be limited and all efforts should be made to start events promptly and progress swiftly. Should athletes be missing, please make a start and advise the field referee accordingly.
- In the event of athletes failing to report, the field referee shall advise the best course of action. The field referee will wish to ensure that all athletes complete their trials wherever possible and shall have the final decision as to when an event be closed.

Track Judging

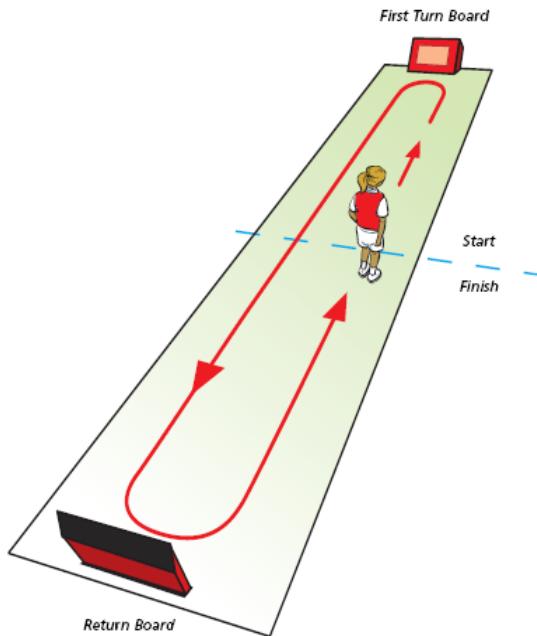
- Track judges should be positioned on the extension of the finish line.
- Whilst it is traditional practice for all track officials to record the order of all the athletes, it is advised that one official judge the last three athletes.
- It is common practice to note down each athlete's number and colour as they line up for the start of their race. This should avoid the holding of athletes at the end of each race.
- T-shirt colours / numbers should be recorded as each athlete's torso crosses the finish line
- The finishing order should be recorded in a vertical column to avoid confusion.
- At the end of each race the track judges must compare their results. Once the finish order has been decided, record the information directly onto the track sheets. Track sheets will be returned prior to the under 13's, 2 and 4 Lap Finals.
- If there is a difference of opinion the chief judge should make the final decision, usually going with the majority.
- Do ensure that where colours are used, the same name is used throughout, following that detailed in the event programme.
- As ever in Sportshall, time will be limited and all efforts should be made to start events promptly and progress swiftly. Should athletes be missing, please advise the track referee accordingly.
- In the event of athletes failing to report, the track referee shall advise the best course of action. The track referee should ensure that all athletes complete their trials

wherever possible.

Time Keeping

- Timekeepers must be positioned on the extension of the finish line, have a clear vision of the starting area and be able to observe the athletes from the moment they're called to their marks.
- Ideally, you should have one timekeeper per athlete, for example if there are 6 athletes in a race, official A will take the finishing time of the 1st athlete across the line, B the 2nd, C the 3rd, D the 4th, E the 5th, and F the 6th.
Should it be the case that there are 4 timekeepers to officiate (A, B, C, D), then the duties would be such that A and B will take 2 finishing times, using the split time facility on the stopwatch, i.e., A will time the 1st and 5th athlete, B will time the 2nd and 6th, C the 3rd, and D the 4th.
- The watch should be started on the sound of the pistol or whistle.
- As the athletes approach the finish line, concentration should be fixed on the line, as opposed to following individual athletes.
- The watch must be stopped as each athlete's torso crosses the finish line.
- The watch is set back to zero once the chief timekeeper has a record of all the times.

An introduction to the track events.



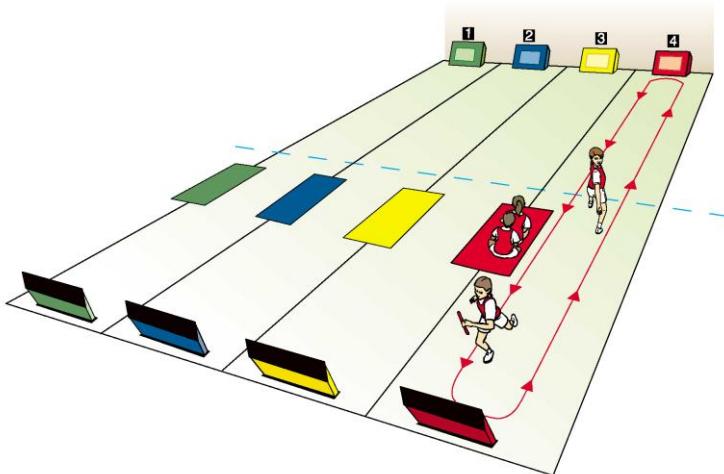
Guidance Notes - The Start

- Only standing starts are permitted.
- The command "Set" is not used. The starter calls "On Your Marks" and when all athletes are settled, the whistle or pistol signals the start of the race.
- A whistle should be used in all under 11 competitions.

Rules

- The athlete steps up to the start line, ensuring that their feet remain behind the line.
- On the whistle/gun the athlete runs towards the first Reversaboard. They turn on the Reversaboard and run the return leg, turning on the second Reversaboard. The lap finishes back at the start line with the competitor facing in the same direction as he/she started; hence one lap is the equivalent to running two lengths of the sports hall.
- In the event of an athlete causing an obstruction the athlete may, at the discretion of the track referee, be placed in last position. No athlete should be disqualified.
- In the event of an athlete not completing the prescribed number of laps, the athlete should be declared "Did Not Finish" and not be placed.

A broad range of different relays may be staged on a linear track



Rules

- All athletes contesting the relay sit on the team base mat.
- The first athlete from each team steps up to the start line, ensuring that their feet remain behind the line. A crouched start is not permitted and hands may not be placed on the floor.
- On the whistle/gun the first athlete runs towards the first Reversaboard. They turn on the Reversaboard and run the return leg, turning on the second Reversaboard behind the team mat. They must return to the centre of the hall and hand the baton to the next runner, who proceeds as the previous runner.
- The retiring runner returns to the team base mat and sits behind the rest of the team.
- The last runner proceeds as the previous runners but, after turning on the second Reversaboard behind the team, this runner must run through the finish line in the centre of the hall.
- The athletes that are not running must sit on their team mat to ensure a clear view for the judges.
- Mats should be set back from the start line and offset to the left as shown above.
- In most events a take-over box is not stipulated. Where a box is required, eg UK Championships, the outgoing runner may start from a position 10 metres back from the start/finish line. This line should be marked across the track and the baton must be passed between this line and the first Reversaboard.
- In the event of a team/athlete causing an obstruction or failing to complete the relay in the prescribed format, the team may, at the discretion of the track referee, be placed in last position. No team should be disqualified.

Guidance Notes

1 + 1 Lap Relay – Each team member completes one lap each.

2 + 2 Lap Relay – Each team member completes two laps each. The athlete's two laps are completed consecutively.

1 + 2 Lap Relay – The first team member completes one lap and the second team member completes two laps.

4 x 1 Lap Relay – Each of the four team members complete one lap each.

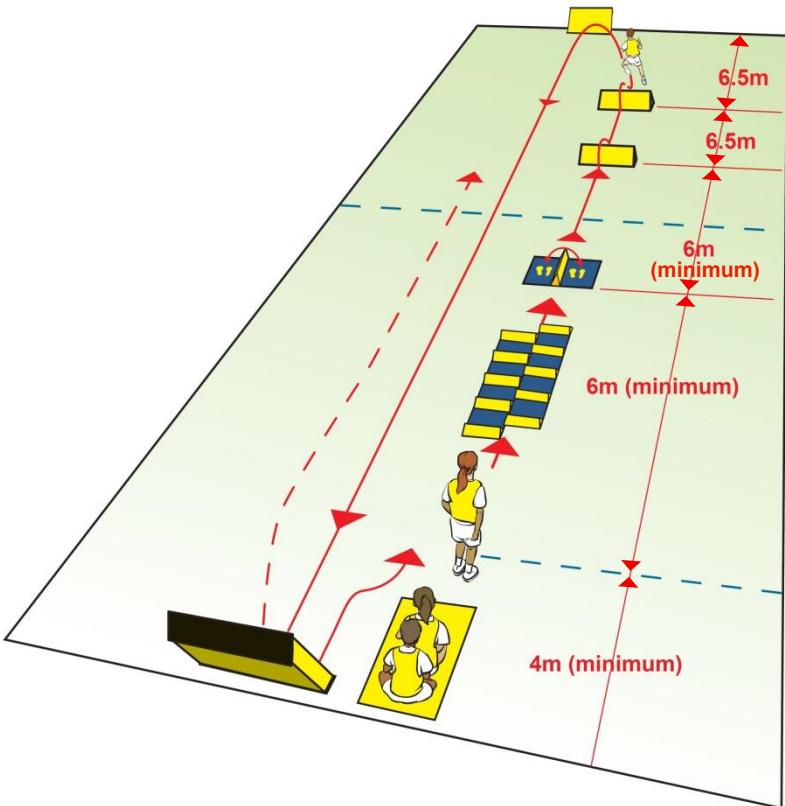
4 x 2 Lap Relay – Each of the four team members complete two laps each. Each athlete should complete their two laps consecutively.

Paarlaufs (6 Lap or 8 Lap)

- Paarlauf races are for teams of two athletes who run in turn; however, it is the baton which must cover the total declared number of laps.
- Whilst the two members must cover the total number of laps between them they do not necessarily have to run the same distance. Each athlete must cover at least one lap.
- The baton can be exchanged when running in either direction.
- Athletes should return to the mat when not running.

Obstacle Relay

A fun relay event for teams of four incorporating a series of obstacles along a linear track.



Guidance Notes

- Each lane must have a judge to count bounces and faults. This judge should stand next to the Speed Bounce mat in the return lane of the team they are judging. When the athlete has completed their bounces the judge should stand on the Speed Bounce mat to ensure that the return lane is clear.
- Judges should count the number of bounces aloud, taking particular care to ensure that both feet complete each bounce.
- Judges must be in place to pick up the hurdles but should be careful to not obstruct the athletes when doing so. It is better that a hurdle is left lying out of place than risk injury to either athlete or judge.
- Do ensure that the athletes are not blocking the Reversabards behind the team mats.
- A **foam** baton or bean bag should be used for safety where obstacles are involved.

SAFETY NOTE

- Distances indicated are provided for safety and to ensure space for a good changeover.
- The position of the hurdles are FIXED at the distances that are outlined.
- The Hi-Stepper must be placed half way between the start line and the Speed Bounce
- The start line can be moved forward but MUST be a minimum of 4m from the reversaboard and there must be a minimum of 6m between the start line and the end of the Hi-Stepper

Rules

- All four team members sit on the team base mat.
- The first runner from each team steps forward to the start line in front of the team base mat with their foam baton / bean bag, ensuring that their feet remain behind the line. A crouched start is not permitted and hands may not be placed on the floor.
- On the whistle they must run through the Hi-Stepper ensuring a foot is placed in each segment, complete 10 Speed Bounces, clear both hurdles and turn on the Reversaboard at the far end of the hall.
- They must run the return leg avoiding all the obstacles.
- Finally they turn on the Reversaboard next to the team base mat, pass the baton / bean bag on to the next runner, who will be standing waiting to receive it and then return to the team base mat and sit behind the rest of the team.
- The second and third runners proceed as the first runner.
- The last runner must also complete the course as above, having turned on the Reversaboard next to the team base mat they must run through the finish line in the centre of the hall.

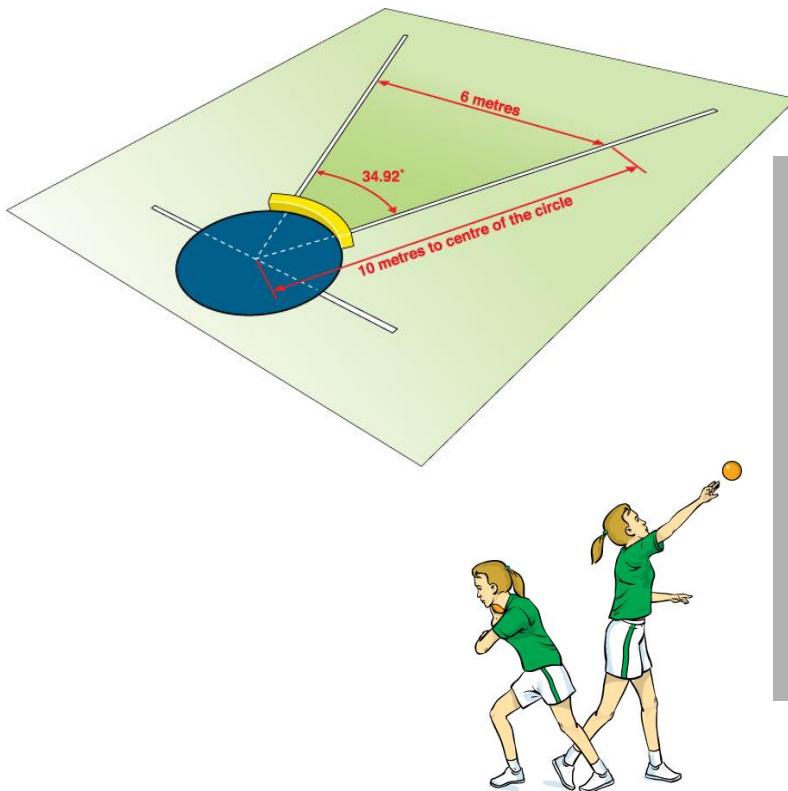
Faults

A half second time penalty is given for each fault noted. One fault will be given for each occasion an athlete:

- Misses a segment of the hi-stepper (maximum two faults per athlete to be awarded).
- Omits a bounce, e.g. an athlete who completes just seven bounces should receive three faults.
- Omits a hurdle. Faults should NOT be given if an athlete knocks over a hurdle or if it's not been replaced.
- Passes the baton / bean bag before turning on the Reversaboard.

Shot Put

The Sportshall Athletics shot put event uses indoor shots that are designed not to damage surfaces.



Guidance Notes

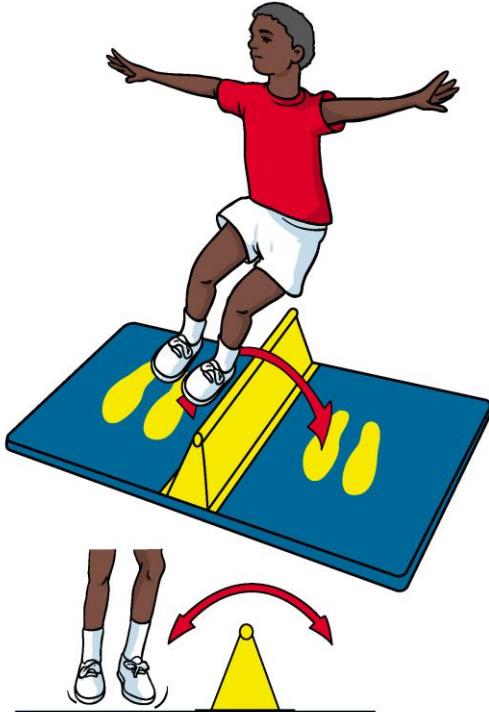
- Three judges are recommended, one to watch the technique and record the performance, one to observe the landing and the third to assist with measuring.
- The throwing area should be clearly marked to prevent people walking through. Cones and hurdles are often used for this.
- Athletes should not be allowed to throw or practice unless the area is supervised by a judge.

Rules

- It is the judge's responsibility to ensure that an athlete is throwing the correct weight.
Under 13 girls (yr 7 & 8) – 2.72kg Under 13 boys (yr 7 & 8) – 3kg
Under 15 girls (yr 9 & 10) – 3kg Under 15 boys (yr 9 & 10) – 4.00kg
- The shot should be placed at the base of the first three fingers of the hand, ensuring it does not rest on the palm. The thumb and little finger should provide support for the shot.
- The glide technique is permitted, whilst rotational techniques are strictly forbidden within a Sportshall competition.
- The shot must be put from the shoulder with one hand only. The shot should touch or be in close contact with the neck or chin. The hand should not drop below this position during the act of putting.
- The athlete must ensure that no part of their body touches the top of stop board or ground beyond the stop board. If so, it is deemed a no throw.
- The athlete must not leave the circle until their shot has touched the ground. Athletes must leave the circle via the back half of the circle. The first point of contact outside the circle must be beyond the extension lines.
- The throw should be measured to the nearest cm, being rounded down as necessary. The measuring tape should be taken from the landing point back to the centre of the circle. The measurement is then taken from the landing point to the inner edge of the stop board.

Speed Bounce

Speed Bounce is an exciting test of speed, rhythm and coordination.



Guidance Notes

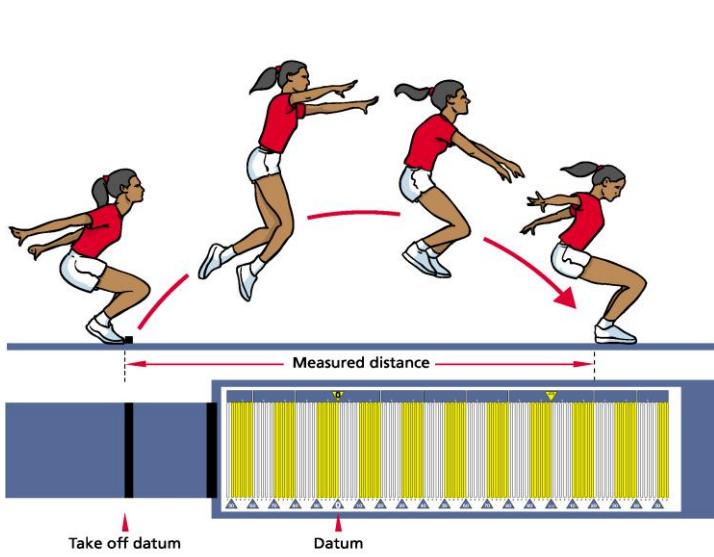
- A practice trial of between 5 and 10 bounces provides ideal opportunity to spot potential problems with technique.
- Judges should remind athletes of the rules prior to their trial starting making specific reference to the importance of retaining a two footed jump as identified in the second rule.
- At least two officials should count the "good" bounces. They should then liaise and agree on the number completed. It is **not** a fault if the wedge is clipped or brushed!
- A third official should monitor the stopwatch/clock and provide a verbal time check with 10 seconds remaining. They are also ideally placed to check technique.
- Judges and or other athletes may place a foot on the corner of the mat to prevent it slipping. The same support should be afforded to all athletes.

Rules

- Participants must wear suitable footwear. An athlete is not permitted to compete in bare feet.
- Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet – the athlete's feet should leave the mat simultaneously and land on the mat simultaneously.
- The athlete should cross the wedge as many times as possible within the allocated time period as follows:
Under 11's (years 5 & 6) – 20 seconds, Under 13's and Under 15's (years 7, 8, 9 & 10) – 30 seconds.
- Any athlete undertaking a trial and considered to be using an incorrect technique should be stopped. They should be offered an explanation as to the correct technique and permitted a fresh trial after an adequate period of rest.
- The number of "good" bounces should be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge.
- If using a Competition Speed Bounce, all bounces clearing the wedge should be counted regardless of whether the feet remain within the yellow box.

Standing Long Jump

This two-footed jump from a standing position is a test of co-ordination and leg strength. A special calibrated landing mat is used which enable jumps to be recorded easily.



Guidance Notes

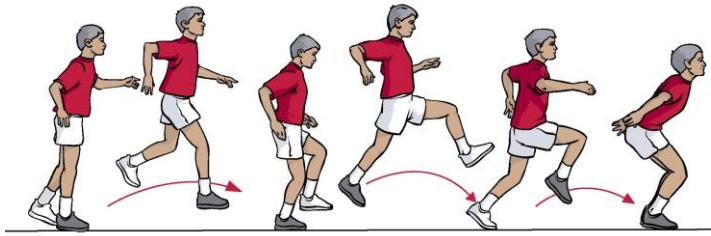
- It is recommended that three judges are used, one to watch the take off and two to observe the landing.
- Following each jump, the judges place a finger level with the spot they consider to be the shortest mark. In the event of a difference of opinion, the shorter of the two distances is recorded.
- Where a mat has two take off datum lines, an athlete may start from either mark. For those less familiar with the event, it is recommended that an under 11 athlete starts from the 1m datum line with an under 13 or under 15 athlete starting from the 2m datum line.

Rules

- The athlete must stand on the mat with both feet behind the take off datum line.
- Techniques involving a crouch or rocking motion prior to the jump are permitted provided that both feet are alongside each other and retain contact with the mat until the start of the jump.
- No part of the athlete must touch the mat in front of the start line prior to take off.
- The athlete should jump as far as possible from a standing position, with a two footed take off. One footed take offs are not permitted.
- The athlete must land on both feet, with both feet being placed on the mat. The measurement lines printed on the mat are for guidance only. If an athlete's foot lands outside the graduated area and the judges are able to measure the jump, it should be recorded as a good trial.
- The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.
- Measurement is taken from the take off line to the back of the closest heel on landing.

Standing Triple Jump

A hop, step and jump from a standing position, testing leg strength and co-ordination. The triple jump mat has a number of take off lines at metre intervals allowing for users of all ages and abilities. The landing section is calibrated, which allows for the easy measuring of jumps.



Guidance Notes

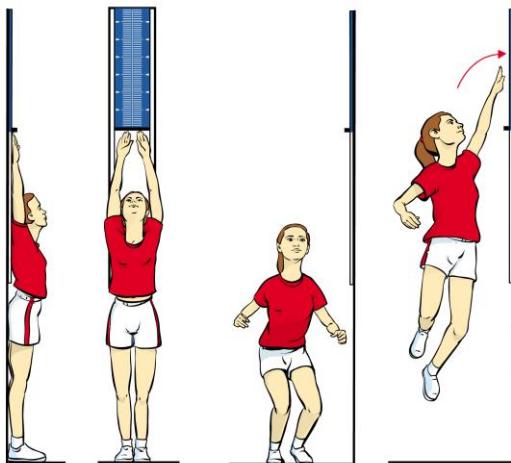
- A practice jump should be permitted, enabling the athlete to choose their take off line.
- It is recommended that three judges are used, one to observe the take off and sequence and two to observe the landing.
- Following each jump, the judges place a finger level with the spot they consider to be the shortest mark. In the event of a difference of opinion, the shorter of the two distances is recorded.
- Some younger athletes may find the sequence difficult to learn. It is acceptable that a younger athlete may hold their free leg when performing the hop and release it for the step.

Rules

- The athlete must stand with both feet behind the selected take off line. Their feet do not need to be next to each other.
- Techniques involving a crouch or rocking motion leading up to the jump are permitted; the free leg does not have to be in contact with the mat and may be used to generate momentum by raising the knee up and down. The take off foot can be rocked from heel to toe as long as some part of the foot remains in contact with the mat before the start of the jump.
- No part of the athlete must touch the mat in front of the start line prior to take off.
- A one footed take off starts the hop with the athlete landing onto the same foot, the step is taken onto the other foot after which the jump is performed by landing on both feet.
- The athlete must land on both feet, with both feet being placed on the mat. The measurement lines printed on the mat are for guidance only. If an athlete's foot lands outside the graduated area and the judges are able to measure the jump, it should be recorded as a good trial.
- The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.
- Measurement is taken from the take off line to the back of the closest heel on landing.

Vertical Jump

A jump from a standing position in which the participant competes against their own height and weight.



Guidance Notes

- It is recommended that two judges are used, one to watch the take off and one to watch the marking of the scale.
- Talcum powder is most commonly used. However care must be taken to prevent any spillage since the floor may become slippery. Please ensure the surrounding floor area is kept clean and clear.

Rules

- The athlete stands with their back, head and heels touching the wall.
- Both arms should be stretched upwards to push the sliding scale up with their fingertips. Elbows and fingers must be straight and arms should touch the side of the head. Feet must stay flat on the floor.
- Setting the slide - whilst it is clearly important that the slide is set accurately, judges should not have cause to handle the athlete, with the exception that it may assist both the athlete and the judge to guide the athlete's fingers under the base of the slide. Younger athletes can find it difficult to push the slide up and the judge may assist by raising the slide first and then bringing it down to meet the athlete's fingertips. The practice of "straightening" an athlete's arms cannot be permitted. The following practice is recommended:
 - The judge should encourage the athlete to stretch to their full extent and then, to stretch again. Usually the second stretch will set the slide a little higher.
 - If the judge is not satisfied that the athlete has achieved a full stretch, the athlete should be advised of this and given a further opportunity to set the slide.
 - If the judge remains dissatisfied with the stretch, the athlete should ask their team manager to accompany them for one further stretch.
 - A two centimetre penalty may be applied at the judge's discretion.
 - Any further concerns should be referred to the Field Referee.
- The recording of an athlete's starting height, reading from the scale on the back plate, will remove the need to repeat the initial stretch for each further trial. The slide can be reset according to this reading. This eliminates further issues over the setting of the scale and saves time.
- The athlete must dip their fingertips in powder and stand sideways on to the wall with the nominated jumping arm closest to the wall. They then jump from a standing position and touch the scale at the highest possible point.
- An athlete may bend their knees and swing their arms in preparation for the event but their feet must not leave the ground until they take their jump.
- It is deemed a no jump if an athlete's "free" hand touches the wall during the jump.
- Measurement should be taken to the nearest centimetre below the highest point of the chalk mark on the scale. The judges may pull down the sliding scale to record the exact height of the jump.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

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