

BSME U13 ATHLETICS HANDBOOK

Hosted at New York University, Abu Dhabi

Saturday 21st January 2017

## Athletics event rules and information

* There will be two competitors for each event.
* Each athlete is able to compete in a maximum of 2 track or field events plus 1 other event plus the relay, i.e. 2 track events, 1 field event and a relay or 2 field events, 1 track event and a relay
* In the event of a false start, the competitors will be bought back to restart. Two false starts are allowed before disqualification.

The point’s allocation for track events:

* For 100m and 200m sprints there will be four heats. The top two from each heat will go into a final and the points will be as follows:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Place | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th |
| Points | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 25 |

* For 400m there will be four heats. The times from both heats will be used to decide the final positions. The points will be as follows:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Place | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th | 9th | 10th | 11th | 12th | 13th | 14th | 15th | 16th | 17th | 18th | 19th | 20th | 21st | 22nd | 23rd | 24th | 25th | 26th | 27th | 28th | 29th | 30th | 31st | 32nd |
| Points | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

* For 800m and 1500m all athletes will run in one race. The points will be as follows:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Place | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th | 9th | 10th | 11th | 12th | 13th | 14th | 15th | 16th | 17th | 18th | 19th | 20th | 21st | 22nd | 23rd | 24th | 25th | 26th | 27th | 28th | 29th | 30th | 31st | 32nd |
| Points | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

The 1500m races will take place as a night race under flood lights on the track.

* The points for all field events will be as follows.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Place | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th | 9th | 10th | 11th | 12th | 13th | 14th | 15th | 16th | 17th | 18th | 19th | 20th | 21st | 22nd | 23rd | 24th | 25th | 26th | 27th | 28th | 29th | 30th | 31st | 32nd |
| Points | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

* For long jump there will be two pits running at the same time. One athlete for each school will be on each pit. The distances from both pits will be used to decide the final positions.
* For high jump there will be two beds running at the same time. One athlete for each school will be on each bed. The heights from both beds will be used to decide the final positions.
* There will be a central records board. Results and times will be announced throughout the competition.
* Athletics will be held in NYU stadium. Track events will take place on a tartan track. Throwing events will take place on grass. High jump will take place at the high jump area on a tartan track. Long jump and triple jump will take place at the sandpit with a tartan track run up.
* Schools will be allocated areas for their competitors in the stand. Each school needs to ensure that they have adequate supervision for their team. Competitors need to remain in the stands unless they are competing in an event.
* All teams should show good positive sportsmanship throughout the competition and especially when supporting other teams and their own.
* The format of the events is still to be confirmed. Below is a list of events for the competition however this is not the order they will run in. Further details will be sent to schools when the venue, athletics coordinator and BSME representative have confirmed the order.

**Athletics Track Events (based on 16 schools competing on an 8 lane track)**

**Field Events**

* High Jump
* Long Jump
* Discus
* Shot
* 100m
* 200m
* 400m
* 800m
* 1500m
* 4x100m relay
* 4x400m relay
* **No athlete can compete in both relays.**

**Officials**

Marshalls will be provided by BSAK.

**THE TRACK**

**The Start**

* The starter will say ‘On your marks’, and when all competitors are set i.e. motionless on their mark, the starting whistle shall be heard.
* For competitors running in an 800m race: the command shall be ’On your marks’, after which the competitors shall approach the start line without touching it, and assume a steady position. Competitors must not touch the ground with their hand or hands. When the steady position has been achieved by all competitors the start shall be heard.

**The Races**

* 100m, 200m, 400m and relays shall be run in lanes. Competitors should keep to their allotted lane from start to finish in these events.
* Any competitor jostling, running or walking across or obstructing another competitor so as to impede progress shall be liable to be disqualified.

**The Finish**

* The competitors shall be placed in the order in which any part of the body i.e. torso (as distinguished from head, neck, arms, hands, feet and legs) reaches the vertical plane of the edge of the finish line nearer to the start.

**Relay Races**

* The baton must be carried in the hand throughout the race. If dropped, the athlete who dropped it may leave the lane in order to retrieve the baton and recover it. Provided this procedure is adopted, no other athlete is impeded and by so doing the distance of the race is not lessened, dropping the baton shall not result in disqualification.
* Competitors after handing-over the baton should remain in their lanes until the course is clear to avoid obstruction to other competitors. Should any competitor willfully impede a member of another team by running out of position or lane at the finish of a stage that competitor is liable to cause the disqualification of his or her own team.
* On completion of the final leg the baton is to be handed to an official by the last runner.
* No competitor may run two sections for a team.
* A change over zone should be marked on the track (the distance will be at the discretion of hosting school depending on length of track) If possible include change over judges

**The Field Events General**

* Two athletes from each school for each event an A athlete and a B athlete. Points will be scored according to the tables above.
* In throwing or jumping for distance no competitor is allowed to have more than one go recorded in any one attempt of the competition.
* In the field events each competitor shall be allowed three attempts except high jump. They will be allowed three failed attempts at each height.
* Once the competition has begun competitors are not permitted to use the runways or take-off areas for practice or warm up purposes nor are they permitted to use throwing sites for practice trials, with or without implements.
* Competitors must wear trainers or spikes for all events. Bare feet and boots are not permitted.

**High Jump**

* Jumpers do not have to land on their feet. However a jumper should use a recognised High Jump technique. This will allow for a variety of jumping styles not necessarily the scissors kick. Any clear illegal or dangerous techniques will be pointed out to a competitor and disqualification will only occur for safety reasons.
* One foot take off is required.
* The height of the bar will start at an appropriate height for the age group and the bar will be raised 5cm between each round. There will be a minimum height which will be determined by the height of the landing mat.
* Competitors may commence jumping at any of the heights above the minimum height and may jump at their discretion at any subsequent height.
* Elimination will be after 3 consecutive failures or after 7 jumps overall.
* Even after all the other competitors have failed, a competitor is entitled to continue until he or she has forfeited the right to compete further and the best jump shall be recorded as the winning height.
* After the competitor has won the competition the heights to which the bar is raised shall be decided after the judge of the competition has consulted the wishes of the competitor.
* Ties shall be decided by counting back. The competitor with the fewest failures in the competition out of those competitors in the tie will be the winner.

**The Long Jump**

* Competitors will be allowed three jumps each.
* A run up shall be allowed.
* Competitors shall be credited with the best of all their attempts
* In the case of a tie, the second best performance of the competitors tying shall determine the result. If the tie still remains, the third best jump will be decisive and so on. If the tie still remains the competitors shall share the position
* The take-off shall be from the white line or take off board as marked.
* The back of the heel of the jumper’s trainers is measured from the take-off line or where the competitor’s body landed closest to the take-off line. If the competitor falls back after landing it is this mark that is to be measured.
* The distance shall be recorded to the nearest 1cm below the distance measured if that distance is not a whole centimeter

**Shot Putt**

* A 2kg shot should be used. The ‘push’ must come out from the neck (NOT A THROW)
* There will be a throwing circle.
* Competitors must not step over the front of the circle or the attempt will not be counted.
* The measurement will be taken from where the shot first lands on the grass and back to the circle, but must land within the allocated zone.

**Discus**

* A 1kg discus should be used for boys and 0.75kg for girls.
* There will be a throwing circle.
* Competitors must not step over the front of the circle or the attempt will not be counted.
* The measurement will be taken from where the discus first lands on the grass and back to the circle, but must land within the allocated zone.