



**Quadrathlon**

@QUADRATHLONUK

# **Outdoor**

## **Competition Rules & Guidance Notes**

## CONCEPT

The concept behind the Young Athletes Quadrathlon is simple! Each Athlete competes in a series of four events throughout the competition. These events consist of a sprint and a middle-distance run, Long Jump and a Throw – these four events make up the Quadrathlon. Just as in the heptathlon or decathlon, the competition focuses on all round athletic skill and ability, which we believe is vital to develop at a young age.

In the quadrathlon format, the competition and training that can lead up to an event athletes long term development providing a broad base of skills at a novice age and level.

The competition can either be organised as an individual open or championship competition, a team competition or as a league for clubs or schools. In a league format the athletes would also be able to measure progression and improvement during the season and prizes awarded for performance and for improvement. The Quadrathlon Plus format coming soon enables athletes with the additional technical skills of the Javelin and Hurdles to choose between different events to make up the four scores. More details are available directly from SK Athletics.

Organised as a multi events competition for either teams or individuals the top three athletes with the highest accumulative totals in their age groups will receive awards and we also aim to provide all competing athletes with medals or certificates as an event memento. Presentations take place towards the end of the competition and it is encouraged to reward all competitors. More information can be found online or by contacting us using the details on the back cover of this handbook.

**To ensure an enjoyable and entertaining day additional rules and guidance will also be recommended to ensure a professionally organised event is well presented for athletes, officials and spectators.**

## EVENTS & AGE GROUPS:      OUTDOORS

### **Under 9's**

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Under 9 boys and girls will compete in the following events:

- 75 metre sprint
- Vortex Howler throw
- Long Jump
- 600 metre run

Athletes are eligible for the under 9 age group on their 7<sup>th</sup> birthday and must be 7 or 8 on the day of the competition. Athletes competing on their 9<sup>th</sup> birthday will be under 11's.

### **Under 11's**

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Under 11 boys and girls will compete in the following events:

- 75 metre sprint
- Vortex Howler throw
- Long Jump
- 600 metre run

Athletes enter the under 11 age group on their 9<sup>th</sup> birthday and must still be 9 or 10 by August 31<sup>st</sup> in the competition season.

### **Under 13's**

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Under 13 boys and girls will compete in the following events:

- 100 metre sprint
- Shot Put throw
- Long Jump
- 800 metre run

Athletes enter the under 13 age group are either 11 or 12 on or before 31<sup>st</sup> August in the competition season. (Year 6 or 7)

### **Under 15's**

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Under 15 boys and girls will compete in the following events:

- 100 metre sprint
- Shot Put throw
- Long Jump
- 800 metre run

Athletes enter the under 15 age group are either 13 or 14 on or before 31<sup>st</sup> August in the competition season. (Year 8 or 9)



## **RULES: TRACK EVENTS**

### **General Guidance**

Officials and volunteers are reminded to ensure they promote fair competition with young athletes but ensure they provide all the athletes with the best opportunity to perform as well as possible. This may include, at times, reminding athletes of the rules and explaining when things are done incorrectly to ensure the athletes have the best opportunity to correct any mistakes in future rounds or events.

UK Athletics Rules will always apply for Under 13 & Under 15 Athletes and the competition will be run in the spirit of the rules for under 9's and under 11's.

Where Photo finish is available this is the preferred method of recording times for each athlete and wind readings should be taken if possible too.

Qualified officials should always be used to judge and time the track races at club events. This is not usually possible for schools.

The race organiser, on behalf of the start team must explain the rules of the start and starting procedure promptly to all the athletes before they are on the start line to ensure races progress quickly and without delay. To efficiently complete the start of each race and to appropriately introduce the competitors to the spectators, the athletes, when assembled, should be standing ready in their lanes approx. 2 metres behind the start line for sprint races. In middle distance races athletes can be introduced after the race has commenced to make best use of time.

A starting pistol will be used in accordance with the governing body rules to start all races however there may be an exception to this rule for Under 9's where a whistle may be used. In Schools events a whistle may be used for all age groups.

There will be no disqualifications for athletes in the Under 9's or Under 11's should they false start. Athletes in the Under 13's and Under 15's will be subject to UK Athletics Rules for combined events for the appropriate age groups and any athlete deemed responsible for three false starts will be disqualified from the race but not from the entire competition.

## **Sprint Races:**

Where it is practical the sprint races will be seeded using personal bests using information available to the organisers. Seeding of races will be prioritised for Under 13's and Under 15's where possible will also be implemented for the young age groups.

Sprint races will always run in lanes and will be seeded with the fastest to slowest in the following lanes where possible. Athletes in the Under 9's & Under 11's run 75m whilst Under 13's & Under 15's run 100m

### **Lane Seeding Policy:**

- Lane 5 (Fastest Athlete)
- Lane 4
- Lane 6
- Lane 3
- Lane 7
- Lane 2
- Lane 8
- Lane 1 (Slowest athlete)

## **Middle Distance Races**

Races will be seeded based on the current points score after the penultimate event in the competition. Athletes leading the competition after the penultimate event will run in the last race. If the middle distance race is not the penultimate event the races will be drawn based on the total scores after the previous event.

### **800m (Under 13's & Under 15's)**

It is advised, for good practice that, wherever possible the 800m races should start in lanes with the break point clearly identifiable after the first 100m of the race.

No more than half the lanes should be shared. Therefore, on an eight-lane track there can be up to a maximum of twelve athletes per race with alternate lanes shared. I.E two athletes will run in lanes 1,3,5 and 7 or in lanes 2,4,6, & 8. Consecutive lanes should not be shared by two athletes.

Where starting in lanes is not a viable option the 800m race can start on the curved line breaking into the inside lane immediately at the start of the races.

### **600m (Under 9's & Under 11's)**

600 metre races for Under 9 and under 11 athletes will always start from a curved line and break straight away to the inside lane. There is no reason to start the athletes in lanes.

## **RULES: FIELD EVENTS**

### **General Guidance**

Athletes will take part in two field events during the Quadrathlon competition.

Where the timetable requires, and more than pool is required per age group for field events the athletes will be allocated these pools based on their Long Jump personal best to date if the information is available.

### **Long Jump**

All age groups will take part in the long jump. Under 11, Under 13 and under 15 athletes will however be subject to UK Athletics rules and must take off from behind the plasticine to record a valid performance.

As with all combined events meetings each athlete will be awarded three attempts in the Long Jump in all age groups.

Under 9's will have adapted rules applied to help provided the best opportunity to score points. A valid jump measured from the point of take off to the point of landing will be awarded providing that:

- The approach is no longer than 20m (athletes must be within the 20m) which should be clearly marked out and identifiable to the athletes and their coaches.

**\*\*NOTE: For the Under 9's Long Jump the plasticine board must be removed and replaced with a solid board, the surface of which must be flat and level with the white take off board which can remain in situ for the duration of the competition.\*\***

## Vortex Throw

Under 9 and Under 11 boys and girls will take part in the Vortex throw.

The vortex throw, where possible should use the Javelin sector with markings and distance indicators every 10m from 0 – 60m

Athletes must throw with one arm and must not step over the line.

Three throws should be taken consecutively by the same athlete with each throw being marked before recording the furthest only.

Athletes can perform a standing throw if they wish but a moving approach (run up) is also permitted. A run up must not exceed 8 metres from the throwing line. The maximum permitted approach should be clearly identifiable and marked for the athletes and coaches to see using cones or a line on the floor.

## Shot Put

Under 13's and Under 15's will take part in the shot and will be subject to UK Athletics Rules. Where it is possible distance indicators should be used to provide guidance on performance for spectators.

Athletes will be awarded three trials and the throws will take place in rounds.

The correct weight and specification of shot should be used. Indoor shots are not permitted outdoors and vice versa.

**Under 13 girls – 2.72KG**

**Under 13 boys – 3.00KG**

**Under 15 girls – 3.00KG**

**Under 15 boys – 4.00KG**

## Practice attempts

In all throwing events athletes in the Under 9 and Under 11 age groups will be permitted one practice attempts. Under 13 and Under 15 athletes should be permitted 2 practice attempts if time permits. This may be limited to one at the discretion of the field referee who will provide as much time as possible for warm up.

In the Long Jump Under 9's will be allowed 1 or 2 practice attempts and Under 13 and under 15 athletes should be provided with a minimum of 2 practice jumps before the competition starts. This is subject to time available.

Any decision to reduce the number of practice attempts must be taken by the field referee in conjunction with the Competition Manager or Event Director



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