



SUPERTEAMS COMPETITION FOR U13 BOYS AND GIRLS

Rules of competition

- Superteams will consist of either four boys or four girls from clubs in the under 13 age group (born between 1.09.97 to 31.08.99) If a club does not have four athletes in this age group, composite Superteams from more than one club are encouraged. Scottishathletics will facilitate the composition of such superteams and the appointment of the entry fee by contacting Ross.Cunningham@scottishathletics.org.uk
- The events to be contested at the Kelvin Hall are:-
 - Saturday 23rd January - 800m/LJ/SP/Medley Relay (2x200/2x100)
 - Saturday 13th February - 60m/LJ/SP/4x200 Relay
- Competition will be divided into three pools of competitors. The rest periods required between events for these age groups, per UKA rules, will be observed. The pools will operate simultaneously on the three separate disciplines in rotations. Relays will be final event.
- All four Superteam members compete and score points in each event. Computerised points scoring will enable updates to be given between events
- Field event competitors will be given one warm up and three attempts in competition.
- Pools will rotate after each event.
- The winning boys and girls teams will be awarded the SUPERTEAMS trophy.
- Medals for top three teams in male and female competition
- Changes to entered athlete names will only be permitted with the prior approval of Ross Cunningham before competition and via the declaration staff on the day of the event. Any unauthorised changes will make the team liable to disqualification
- A minimum of three athletes must be selected before a team can compete in the competition
- Clubs may enter multiple superteams of four and a maximum of one reserve per team can be nominated. In the event of injury or illness during the competition a maximum of one reserve per team can be used.
- Shot Putt
 - 2.72k shot to be used
 - All competitors will, be given one warm up and three trials in competition
 - All valid throws will be measured
 - Athlete's best individual effort will count towards Superteams score.
 - Best attempt will be used for team score
- Long Jump
 - All competitors will be given one warm up and three trials in competition
 - Take off will be from the one metre board – with a taped insert rather than plastercine.
 - All valid jumps will be measured.
 - Best attempt will be used for team score
 - Best individual effort will count towards Superteams score.



U13 SUPERTEAMS 2010 - ENTRY FORM

(Please return this page only – with correct remittance – please make all cheques payable to Scottish Athletics)

CLOSING DATE: FRIDAY 8th JANUARY 2010

To Scottish Athletics, Caledonia House, South Gyle, Edinburgh, EH12 9DQ

Club Name: _____

Contact: _____

Address: _____

Email: _____

Tel: _____

Photocopies of entry form permitted

No. of Teams	Age Group/Gender	Fee Enclosed
	Under 13 Boys	
	Under 13 Girls	
TOTAL		£

I confirm that the team which shall be declared on the day of the competition shall only include those for whom signed declaration is held confirming they are eligible to compete in accordance with the Laws and Rules of competition of UK Athletics and that they are amateurs as defined therein. All members of teams must be current members of the Scottish Athletics Membership Scheme and Registration Numbers should be included when declaring the teams. Once the team has started in a competition no changes are allowed. I further declare that they shall be eligible to represent the Club under the Rules of UK Athletics.

Date _____ Signature _____ Club Secretary

For Office Use Only

FEE ENCLOSED:	CHEQUE/PO.
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