

# MINI Games 08

## Athletics – Competition Rules

### Ethos

Fun Competition. The emphasis of the MINI games is competing for your borough in a fun / relaxed atmosphere. Where winning is the aim but not the 'be all and end all', playing the game fairly to the best of your ability is priority.

The Mini's provide a great opportunity for Sport Leaders and Young Officials to gain valuable experience of running and officiating competitions in a controlled supportive atmosphere.

The Mini Games is a school-based competition; club teams are not eligible to participate.

### Age Group

The young people taking part in this competition should be in School Years 5 & 6

### Squad

The number of young people in a squad to take part in the competition should be no more than 30

The number of young people in a squad to take part in the competition should be a minimum of 18 and a Maximum of 30. This should be made up of a minimum of 9 boys and 9 girls and a maximum of 15 boys and 15 girls.

### Rules

It should be recognised that due to the multi-sport nature of the event the best/perfect facilities may not always be available. The host will do the best they can to accommodate sports with the facilities available, however, please understand there may need to be compromise to get the best overall atmosphere on one venue. This may mean that some sports may have slight changes or adaptations.

This competition will run as far as possible to the rules of Sportshall Athletics laid out by the SportsHall Athletics available from <http://www.sportshall.org/> outlined below.

Participants may compete in a maximum of two track and field events drawn from the following:

On the track ...	
1 + 1 Lap Relay	Each requiring two girls and two boys
2 + 2 Lap Relay	
6 Lap Paarlauf	
Obstacle Relay	Each requiring four girls and four boys
Over / Under Relay	
4 x 1 Lap Relay	
... and in the field	
Chest Push	Each requiring three girls and three boys
Soft Javelin	
Speed Bounce	
Standing Long Jump	
Standing Triple Jump	
Vertical Jump	

Participants will not be permitted to compete on bare feet or unsuitable footwear.

## Festival Programme

On the track ... ... and in the field

Obstacle Relay – girls

Obstacle Relay – boys

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1 + 1 Lap Relay – girls

2 + 2 Lap Relay – girls

Chest Push, Standing Long Jump,  
Standing Triple Jump, Vertical Jump  
(boys – first round)

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1 + 1 Lap Relay – boys

2 + 2 Lap Relay – boys

Chest Push, Standing Long Jump,  
Standing Triple Jump, Vertical Jump  
(girls – first round)

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6 Lap Paarlaf – girls

Chest Push, Standing Long Jump,  
Standing Triple Jump, Vertical Jump  
(boys – second round)

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6 Lap Paarlaf – boys

Chest Push, Standing Long Jump,  
Standing Triple Jump, Vertical Jump  
(girls – second round)

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Over / Under Relay – girls

Chest Push, Standing Long Jump,  
Standing Triple Jump, Vertical Jump  
(boys – round three)

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Over / Under Relay – boys

Chest Push, Standing Long Jump,  
Standing Triple Jump, Vertical Jump  
(girls – round three)

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Soft Javelin – girls

Soft Javelin – boys

Speed Bounce – boys

Speed Bounce – girls

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4 x 1 Lap Relay – girls

4 x 1 Lap Relay – boys

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### Participant entry

A participant entry form should be completed and handed to your borough contact before the day of the event. This form can be obtained from your borough contact or downloaded from [www.greatersport.co.uk/whats-on/gm-mini-games](http://www.greatersport.co.uk/whats-on/gm-mini-games)

The photographic consent form should be completed by or on behalf of the young people taking part and handed to your borough contact before the day of the event. This form can be obtained from your borough contact or downloaded from [www.greatersport.co.uk/whats-on/gm-mini-games](http://www.greatersport.co.uk/whats-on/gm-mini-games)

### Fair Play

A perpetual fair play trophy will be awarded to the team (including the teacher/coach) that has participated in the competition with the spirit of fair play.

### Review

These competition guidelines will be reviewed on annual basis in March and changes will be implemented in the following year e.g. review March 07 – changes implemented for 08 MINI competitions.