



# **Norfolk Sportshall League**

## **Information and Rules**

The area covered by competition shall be the County of Norfolk and the immediate outlying areas, no reasonable request will be refused as the aim of the league is to promote sport and sportsmanship within the athlete base.

### **CLUB/SCHOOL TEAM COLOURS AND LETTERS**

Club/School Team vests must be worn together with letters nominated by the Committee. The Clubs/School Teams will provide this. Composite teams may take part at the discretion of the committee and if so, a particular vest must be agreed by the committee.

### **TIMES AND VENUES**

The AGM shall determine the dates, times and venues and these shall be notified to the Clubs/School Teams by the Secretary.

### **ENTRY FEE**

1. The team competition fee is currently £10 per match – payable by match and will be set at each year's AGM. For small clubs who are unable to submit a full team, there is a cost of £2 per athlete, to be paid by the club, this is in addition to the £3 match fee or a £5 payment by the athlete.
2. Match fees (currently £3 per athlete other than Under 15 age group where athletes pay £5) also to be set or reviewed annually at the AGM
3. Clubs/School Teams may not compete unless the match fees are paid.
4. Clubs/School Teams must notify the League Chair if they are not competing in any league match at least 7 days prior to competition.

## **QUALIFICATIONS OF ATHLETES**

Under 11 and Under 13 athletes are limited to 2 track, 2 field and both main relay events (in the case of the U13s this does not include the paarlauf relay). Overall Under 15 trophy will be awarded to the person who has the best two results out of three matches.

The Age groups follow normal athletic rules and regulations. For ease of understanding the age group follows the previous year's track and field age groupings.

**Under 11.** School year 4, 5 and 6. Athletes must be at least age 8 years and aged 9 for regional competition.

**Under 13.** School year 7 and 8

**Under 15.** School year 9 and 10.

## **RULES FOR LEAGUE MEETINGS**

1. Good behaviour is expected from all athletes and spectators.
2. Each team must provide at least two persons to help officiate.
3. Track events take priority over field. It is an athlete's responsibility to inform officials when they need to leave an area for this reason. If an athlete leaves a field area for an unreasonably long period of time, the Field Official may close the event. Normally every effort will be made to ensure young athletes can compete in both track and field events when a clash occurs.
4. Competitors must wear suitable trainers and they must be fastened correctly or they will not be allowed to compete.
5. Indoor shots will be used, with chalk provided. Weights are Under 13 girls- 2.72kg, Under 13 boys – 3kg, Under 15 girls – 3kg and under 15 boys – 4kg
6. The speed bounce shall be 20 seconds for Under 11 and 30 seconds for Under 13 and Under 15s. Normal rules apply and the competitor must take off and land on both feet. There must be at least two judges, preferably more and they must be from different Clubs/School Teams.
7. All Track lanes will be clearly identified.
8. Lane width must be at 2.2 metres. A bell or lap indicator or other method of identifying laps must be provided.
9. Reversa boards must be checked for stability and be angled correctly on a secure and solid wall.
10. Water or other liquid is dangerous and must be cleared from the track. Chalk must be cleared from all field areas. The referee or track official may halt the competition to ensure all athletes are competing safely.
11. The shot area must be defined to prevent encroachment.
12. All start will be from standing only. The starter will call "on your marks" and then start with a pistol or whistle as appropriate to age group. The "set" call is not made.
13. All field athletes should complete at least one trial in conjunction with the ethos of Sportshall. Reasonable verbal help can be provided at the discretion of the judge to prevent an athlete

fouling. If an athlete is unable or unwilling to complete a trial then this can be allowed to stand with no score given.

14. Health and Safety is paramount and athletes who are at risk of injury to themselves or others will not be allowed to compete. Any event may be halted to ensure athletes and others present are safe.

## **RESULTS**

1. The Track and Field Referee shall oversee all events within the spirit of Sportshall.
  2. Result cards will be given to one member of the judging team and all judges will sign the final score card.
  3. Any discrepancies will be agreed by the lead judge and track/field referee.
  4. Scorers must not be hindered in the process of judging/scoring.
  5. In the U11 and U13 age group, the club/school team with the most points will be awarded the overall trophy. The U15 boys and girls overall winner shall be awarded the trophy.
  6. A competition shield shall be awarded to the club/school team with the most points overall in the U11 and U13 age group. That club/school team must ensure the trophy is appropriately engraved.
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