



**Indoor 2026
U12 SUPERteams
Rules of Competition**

Entries

- Entries will be made individually online by either clubs or individuals
- All athletes must be in the in the under 12 age group for the current season (born 2015 or 2016)
- A waiting list will be held for additional athletes

The Competition

- All SUPERteams entrants compete in each scoring event, and are encouraged to take part in a non-scoring relay. The events to be contested at the Emirates Arena are: -
 - Scoring Events: 200m / Shot Put / Long Jump
 - Non-scoring Event: Mixed 50m Fun Shuttle Relay
- Athletes will be divided into pools to complete their four events. The rest periods required between events for these age groups, per UKA rules, will be observed.
- Points will be allocated for valid jumps, throws and track events as per UKA Rules.
- Field event competitors will be given one warm up and three attempts in competition.
- A club SUPERteams score will be calculated based on the best individual scores of four club members. A minimum of two scoring athletes from the club must be female.
- Any number of athletes can represent the club, and every member of the winning club who takes part on the day will be recognised as part of the winning team (whether one of the scoring 4 or not).
- The winning club will be awarded the SUPERteams trophy.

Event Rules

- **Shot Put**
 - 2kg shot to be used
 - All competitors will be given one warm up and three trials in competition
 - Standing Throws only will be taken from the edge of a mat and not from a circle.
 - All valid throws will be measured. Infringements in field events will incur a deduction of 5cm.
 - Athlete's best individual effort will count towards individual SUPERteams score.
- **Long Jump**
 - All competitors will be given one warm up and three jumps in competition.
 - Jumps will be made from a 1m take off square and measured from the point of take off.
 - Athletes will NOT be allowed to use tic-tac method or run back from board to set check mark. A tape will be attached to the floor at the edge of the runway. In addition, cones will be placed at 10m, 12m and 15m. A MAXIMUM distance of 15m will be permitted for run ups.
 - All valid jumps will be measured. Infringements in field events will incur a deduction of 5cm.
 - Athlete's best individual effort will count towards SUPERteams score.
- **Track**
 - 200m – All athletes must complete the full distance in their designated lane. Lane infringements may incur a 1 second time penalty.
 - Fun Relay – Athletes will be allocated into mixed teams within their pool to run a 50m shuttle relay on the straight track. The number of legs per race will be decided on the day based on the number of athletes in the pool. No athlete may run more than TWO legs of the relay.