



Virtual SUPERteams Challenge Rules

Eligibility

- Athletes must be under 11, under 13 or under 15 on 31st August 2020 and at least 9 years old on the final competing day of the Challenge. This means they must have a date of birth between **01/09/2005 – 26/07/2011**.
- All athletes must be a member of **scottishathletics** with a membership valid until at least 26/07/2020.

Event Dates

- Week 1 (Sprints and Throws) **Monday 13th – Sunday 19th July**
- Week 2 (Jumps and Endurance) **Monday 20th – Sunday 26th July**
- All final individual results to be submitted by athletes to their club for scoring by noon on the Monday following each week (20th and 27th July)

Results

- Athletes may take as many attempts as they like at each individual challenge, but should submit just one final performance to their club for scoring. Final performances should be submitted in the following formats:

	Result Recorded	Result to Submit	Units
80m Shuttle Sprint	24.09 seconds on stopwatch	24.1	Seconds
Target Throw II	13 successful throws = 65 points	65	Points
Vertical Jump	45cm	0.45	Metres
800m (U11/U13) / 1K (U15)	2:54.36 on stopwatch	2:55	Minutes

- Results must be submitted to your club by 12 noon on the Monday of the week following the challenge. Late results may not be accepted. All results must reach clubs and have been uploaded into the system by 12 noon on Tuesday 28th July to be considered for team scoring. Results uploaded after this time will not count towards team total.
- Clubs will be able to view two online leaderboards within their club event on OpenTrack: one for girls and one for boys. The athlete's age group will be displayed next to their name on the all-club leaderboard.
- Six national leaderboards will be produced in order to calculate team scores in each of the age/gender categories: U11 girls, U11 boys, U13 girls, U13 boys, U15 girls and U15 boys.

Event Rules

The Virtual SUPERteams Challenge is designed to be completed at or close to home, and does not require any specific athletics equipment. Should athletes be returning to training in small groups, they may be able to complete the challenges together during their training sessions. The sprint, throw and jump elements of the challenge can be carried out in the home or garden using household objects; and the 800m/1K should be run under the close supervision of a parent, coach or other responsible adult. Athletes must also comply with government and **scottishathletics** guidance at all times whilst completing each element of the Virtual SUPERteams Challenge.



Details on how to complete each of the four elements of the second Virtual SUPERteams Challenge can be found on the following pages.

Week 1 – 80m Shuttle Sprint and Target Throw II

80m Shuttle Sprint

- The shuttle run should be completed over a 10m course, measured out on a flat, dry grass or road surface in the garden, on the driveway or even on a track if you have access to one (although athletes should wear trainers, not spikes, if on a track).
- The course should be measured using a tape measure if possible, but an adult can measure out 10 even strides if a tape measure is not available. Please aim to be as accurate as possible.
- Run 8 back-to-back repetitions of the 10m course to give one 80m time.
- Care should be taken to ensure that the athlete touches the ground **with one hand** at the 10m mark at both ends of the run. At least one foot should also cross the line at the end of each repetition. This can be judged by an adult or another athlete.
- Times can be recorded using any standard stopwatch, including a smartphone app. Times should be recorded by a responsible adult. Times should be recorded to one tenth of a second, always rounding up: 20.08 = 20.1; 32.66 = 32.7

Target Throw

- A target should be placed 3m away from the athlete. Suitable targets include a washing basket, dog bed, hula hoop or large bucket, or even a circle drawn on the ground with chalk (although athletes should ask an adult first!).
- The athlete has 10 attempts to throw a pair of balled up socks into the target from the 3m marker. You can use the same pair of socks 10 times, 10 different pairs, or any combination to total 10 attempts. Socks can be any size, colour, material.
- Socks must land in the target and stay there – no bounces in or out!
- Each successful throw earns 5 points. Keep track of your score as you go.
- Following 10 attempts at the 3m target, the target should be moved to 5m away for a further 5 attempts, and then to 7m away for a further 5 attempts. This gives you 20 attempts in total.
- You should make your 20 attempts consecutively: do not add up separate scores from different 3m attempts, 5m attempts and 7m attempts. Your recorded attempt at the target throw challenge must be made up of 10 consecutive throws at 3m, followed immediately by 5 attempts at 5m and then 5 at 7m.



Week 2 – Vertical Jump and 800m / 1K Run

Vertical Jump

- The athlete stands with their back and heels touching the wall and both arms stretching upwards. The point where the athlete's fingertips reach in this standing position should be marked with tape, chalk, a post-it note or another suitable method (without damaging the wall surface!).
- The athlete should turn side-on and move away slightly from the wall. They should then jump as high as they can, and touch the wall as far above their original mark as they can reach.
- The distance between their reach point and the original mark should be measured with a tape measure or ruler. You can also use the measuring scale created by SportsHall to aid your measuring. This is available to download and print [here](#).
- Should athletes wish, they could use chalk or similar to leave a mark at the top of their jump to aid measurement- although you should check with an adult before doing this.
- Measurements should be recorded in metres, to the nearest centimetre: 45cm = 0.45

800m/1K Run

- Athletes in the U11 and U13 age groups should complete an 800m run as their endurance challenge; whilst U15s are tasked with completing a 1K run.
- The 800m/1K run involves the farthest travel from the home. It is recommended that athletes walk their planned route with an adult before running their timed attempt, and all athletes must be supervised by a responsible adult whilst completing their run.
- Athletes should have assistance from an adult in measuring out a 4/500m route (out and back) or 800m/1km route (loop starting and ending at the same point) using a GPS device or other method of measurement. You could also use a website like [Mapometer](#) to plan your route.
- The endurance run should be completed on roads or paths, not around a track. We do not anticipate that all athletes taking part in the Challenge will have access to a track and hope to make the event as fair as possible.
- **All government guidelines in regard to physical distancing must be strictly adhered to during the endurance run. Any changes to the government guidelines will be implemented immediately.**
 - Athletes must avoid popular running/walking routes or busy parks if they will be unable to maintain physical distancing
 - Be considerate to other people by keeping a 2m distance at all times when passing
 - Runs should be completed solo or with a small group, in line with guidance
- The supervising adult is expected to conduct a dynamic risk assessment whilst planning the route to include:
 - condition of paths and roads – avoid running through areas in a poor state of repair
 - width of paths and trails for respecting 2m social distancing guidelines
 - time of run – avoid, if possible, running at popular times such as lunchtime and early evening. Do not run after dark.
 - expected weather conditions and the impact this may have. The SUPERteams Challenge runs for a full week, so avoid bad weather if possible.
- Times can be recorded using any standard stopwatch, including a smartphone app. Times should be recorded by a responsible adult. Times should be recorded and rounded **up** to the closest second: 2:48.55 = 2:49; 3:34.16 = 3:35.