

INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS



# **IAAF KIDS' ATHLETICS<sup>®</sup>**

*- A TEAM EVENT FOR CHILDREN -*



***A PRACTICAL GUIDE FOR KIDS' ATHLETICS ANIMATORS***



**IAAF**

***KIDS' ATHLETICS***<sup>©</sup>

***- A TEAM EVENT FOR CHILDREN -***

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## 1. Introduction

Since time immemorial children have been interested in competing with each other and in seeking comparison with others. Athletics, with its variety of events, provides an excellent opportunity for this type of peer interaction. So that Athletics remains a special occasion for these exchanges, the keepers of our sport have had to devise competitions totally appropriate for children.

Most of the time, children's competitions in this sport are scale models of adults' competitions. This inadequate standardisation often leads to early specialisation which is clearly against children's needs for harmonious development. It also brings about early elitism which is detrimental to the majority of children.

After numerous research initiatives and studies on the current situation, the challenge for the IAAF has been to formulate a new concept of Athletics that is uniquely tailored to the developmental needs of children.

Any proposal along the same lines must constantly take into account (events, organisation, etc.) the following requirements:

- to offer children **attractive** Athletics
- to offer children **accessible** Athletics
- to offer children **instructive** Athletics

In addition to these requirements, the IAAF Project should absolutely meet the demands of the event organisers, which is to ensure the systematic feasibility of the forms of competitions offered.

In the spring of 2001, the "IAAF Kids' Athletics" Working Group took the initiative and developed an event concept for children which featured a distinct departure from the adult model of Athletics. The concept was henceforth labeled, "IAAF KIDS' ATHLETICS" and is described in the remaining pages of this document.

Then, in 2005, the IAAF created a global athletics policy for Youth from 7 to 15 years old. This policy has two objectives:

- to make Athletics the most practiced individual event in schools in the whole world
- to enable children from federations and others to prepare for their future in Athletics in the most efficient way.

This approach hinges on forms of competitions that are appropriate to all age categories and to the institutions that implement this programme. These competitions are the organising structures for the children's practice of Athletics - Training of athletes, education of coaches, judges, etc...

## **2. Concept of "IAAF KIDS' ATHLETICS"**

"IAAF KIDS' ATHLETICS" is intended to bring excitement into playing Athletics. New events and innovative organisation will enable children to discover basic activities: sprinting, endurance running, jumping, throwing/putting in just about any place (stadium, playground, gymnasium, any available sport area, etc.).

The athletics games will provide children with the opportunity to make the most of the beneficial practice of Athletics, in terms of Health, Education, and Self-fulfillment.

### **2.1 Objectives**

These are ***the organisational objectives*** of the concept of "IAAF KIDS' ATHLETICS":

- That a large number of children can be active at the same time
- That varied and basic athletic forms of movements are experienced
- That not only stronger or faster children make a contribution to a good result
- That skill demands vary according to the age and requisite coordination abilities
- That a character of adventure infuses the programme, offering an approach to Athletics that is suitable for children

- That the structure and scoring of the event is easy, based on rank order of teams
- That few assistants and judges are required
- That athletics is offered as a mixed team event (boys and girls together)

**The content objectives** of the “IAAF KIDS' ATHLETICS” events are:

**Health promotion** – One of the main objectives of all sporting activities must be to encourage children to play and use up their energy in order to preserve long-term health. Athletics is uniquely designed to meet this challenge by the varying nature of the playing activities and by the physical features its practice requires.

The increasing demands of the forms of games provided to children will contribute to their harmonious general development.

**Social interaction** – “IAAF KIDS' ATHLETICS” is a profitable factor of integration of children in a social background. Team events, in which everyone makes a contribution to the game, are the opportunity for children to meet and to accept their differences. The simplicity of the rules and the harmless nature of the offered events, allow children to play the part of officials and team coaches to the full. These responsibilities they really take on are special moments when they can experience citizenship.

**Character of adventure** – To be stimulated, children need to have the feeling they can actually win the event they take part in. The selected formula (team, events, organisation) conspires to keep the event outcome unpredictable until the last event. This is a driving element of children's motivation.

## **2.2 Principle of team**

Teamwork is a basic principle of “IAAF KIDS' ATHLETICS”. All team members make a contribution to the results, on the occasion of running events (relay) or as individual contributions to the overall team result (in every event). Individual participation contributes to the team result and reinforces the concept that the participation of each child is to be valued. Every child takes part in all the events



which prevents early specialisation. Teams are mixed (made up of 5 girls and 5 boys if possible).

### **2.3 Age Groups and Event Programme**

“IAAF KIDS' ATHLETICS” is carried out in three-age groups:

- Group I: children of the ages of 7 and 8 years
  - Group II: children of the ages of 9 and 10 years
  - Group III: children of the ages of 11 and 12 years
- All events for Age Groups I and II are carried out as team-events.
  - For Age Group III, the events are conducted as relay events or individual events, in which the groups who compete are made up of two halves of a team. To move from a team-configuration to the individual configuration of Youth competitions, groups which comprise of several members from two teams are formed to compete. The organisation of this significant change is straightforward.
  - All children have to compete several times in each of the event groups.
  - The event is organised according to a turning principle, so that teams take turns at every event stations. For each station, each team member has 1 minute to compete (10 children = 10 minutes). After the different disciplines of the event groups (sprinting/running/hurdles, throwing/putting and jumping) are carried out, all the teams take part in the Endurance event together at the end.

#### **Proposals of new events for the three-age Groups 7/8, 9/10 and 11/12 years**

These proposals for each age category are adaptable. Children can shift to different event groups (to the younger categories in particular when they are beginners).

The full range of events must be covered during the different meetings which will be offered to children. Additional competition programmes will guarantee that children thoroughly experience the varied forms of athletic movements and that they benefit from a comprehensive physical education.

## IAAF KIDS' ATHLETICS - A Practical Guide

| Age Group (Years)                                  | 7-8      | 9-10     | 11-12     |
|--|----------|----------|-----------|
| <b><i>Sprinting/Running Events</i></b>             |          |          |           |
| Sprint/Hurdles Shuttle Relay                       | X        | X        |           |
| Bends Formula: Sprint/Hurdles Running              |          |          | X         |
| Bends Formula: Sprint Relay                        |          |          | X         |
| Sprint/Slalom                                      |          | X        | X         |
| Hurdles  |          |          | X         |
| Formula One (Sprint-, Hurdles- and Slalom Running) | X        | X        |           |
| 8' Endurance Race                                  | X        | X        |           |
| Progressive Endurance Race                         |          | X        | X         |
| 1000m Endurance Race                               |          |          | X         |
| <b><i>Jumping Events</i></b>                       |          |          |           |
| Pole Long Jumping                                  |          | X        | X         |
| Pole Long Jumping over a sand pit                  |          |          | X         |
| Rope Skipping                                      | X        |          |           |
| Short Run-up Triple Jumping                        |          |          | X         |
| Forward Squat Jumping                              | X        | X        |           |
| Cross Hopping                                      | X        | X        | X         |
| Short Run-up Long Jumping                          |          |          | X         |
| Ladder Running                                     | X        | X        |           |
| Triple Jumping within a limited area               | X        | X        | X         |
| Exacting Long Jumping                              |          | X        | X         |
| <b><i>Throwing Events</i></b>                      |          |          |           |
| Target Throwing                                    | X        | X        |           |
| Teens Javelin Throwing                             |          |          | X         |
| Kids Javelin Throwing                              | X        | X        | X         |
| Knee Throwing                                      | X        | X        | X         |
| Teens Discus Throwing                              |          |          | X         |
| Overhead Backward Throwing                         |          | X        | X         |
| Rotational Throwing                                |          | X        | X         |
| <b>Total events recommended</b>                    | <b>8</b> | <b>9</b> | <b>10</b> |

## **2.4 Materials and Equipment**

In some cases, specially developed pieces of specific are required for the conduct of the "IAAF KIDS' ATHLETICS" programme. This equipment can be put together very easily, transported without any problem and set up or taken down quickly.

If this equipment cannot be obtained for any reason, the programme can be conducted with local materials and handmade products. The most important criteria remains that the properties and characteristics of the materials defined for the IAAF Kids' Athletics programme are respected.

## **2.5 Location and Duration**

The spatial requirement for the "IAAF KIDS' ATHLETICS" is straightforward. A level area (e.g. lawn, bare ground, ash court or asphalt - 60m x 40m) is all that is necessary.

The event happens within a clear time limit and a precise framework. Specifically, the Kids' Athletics' competition (= 9 teams with 10 members each) can be completed in about two hours, the official release of the results included.

On the fringe of this major event, shorter events can be conducted with the combination of 6 teams and 7 events (3 Running 2 Jumping 2 Throwing events). In this case the complete event cannot last more than 1h15m, the presentation of awards included.

**Instructions for Use and Safety**

The various events are devoted to specific age categories. They are appropriate to the age group defined in the present document as a priority. However, animators and youth leaders have to evaluate the actual standard of the children and be able to offer them the most appropriate activities. Carrying out a first meeting with beginners of 9/10 years old on events devoted to the younger category (7/8 years old) is worth considering.

This proposal is valid for all age categories.

In any case, it is strongly recommended to widen the range of events in an age category, with events from the younger age group.

E.g.: "Formula One", Cross Hopping, Knee Throwing can be proposed for the 9/10 years old, etc.

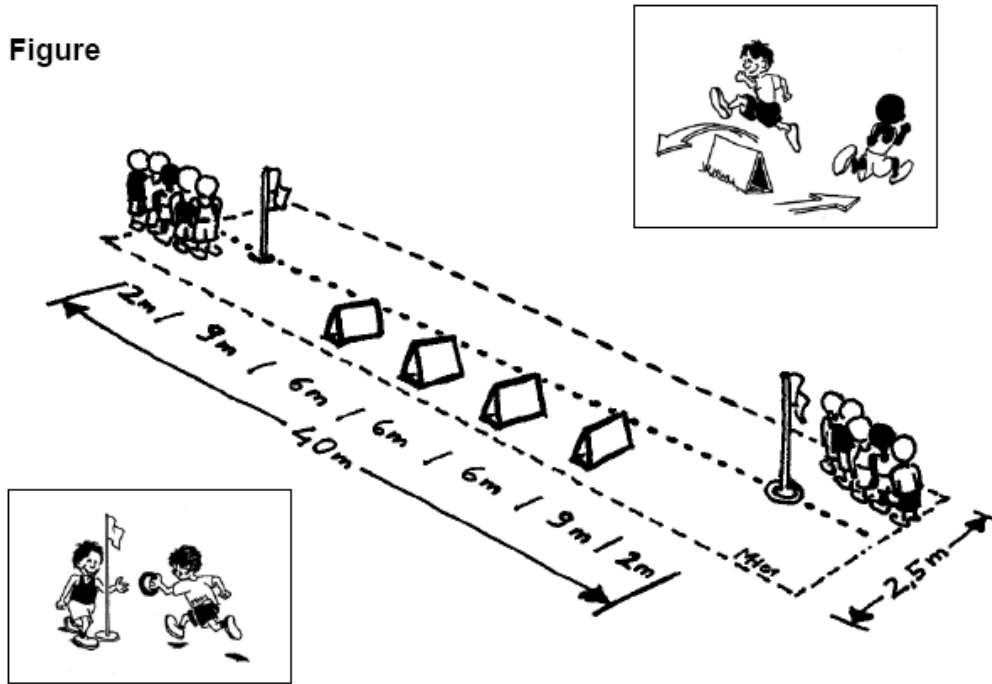
### 3. Events

#### - Events for the 7/8 years old

##### 3.1 Sprint/Hurdles Shuttle Relay

**Brief description:** Shuttle relay of combined sprint and hurdle distances

Figure



##### Procedure

The equipment is installed as in the above figure. Two lanes are necessary for each team: one lane with and the other lane without hurdles. The first distance is the hurdle distance and then the team members run the sprint distance as a regular Relay. The event is completed once each team member has run both sprint and hurdle distances. The relay is conducted so that the changeover is made with the left hand.

##### Scoring

The ranking is evaluated according to the time: the winning team being the one with the best time. The next teams are ranked according to their finishing time.

### **Assistants**

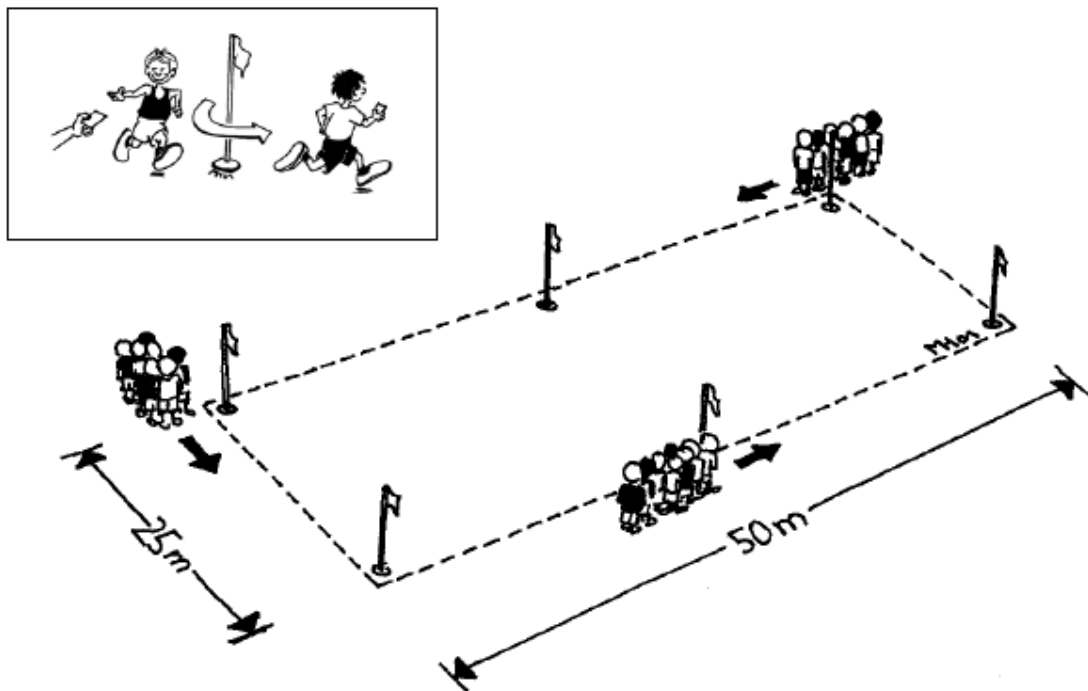
For efficient organisation, one assistant per team is required. This person has the following duties:

- To control the regular course of the event.
- To keep the time.
- To score and to record the scores on the event card.

### 3.2 "8' Endurance" Race

**Brief description:** Eight-minute race using a course that is about 150m

**Figure**



#### **Procedure**

Each team has to run around a course of 150m (see figure above) from a given starting point. Each team member tries to run around the course as often as possible in 8 minutes. The start command is set for all teams at the same time (by blowing a whistle or by starting pistol, etc.).

Each member of the team starts with one card (ball, piece of paper, cork or similar) which he/she has to take back to his/her team after each completion of a round on the course, and before starting again, he/she takes a new card or similar, and so on. After 7 minutes, the last minute is announced by another blow of a whistle or by starting pistol. After 8 minutes the completion of the run is indicated by a final signal.

### **Scoring**

After having finished the course, all participants hand the collected cards to the assistant who counts them for scoring. Only completed rounds are counted; those which are not completed are ignored.

### **Assistants**

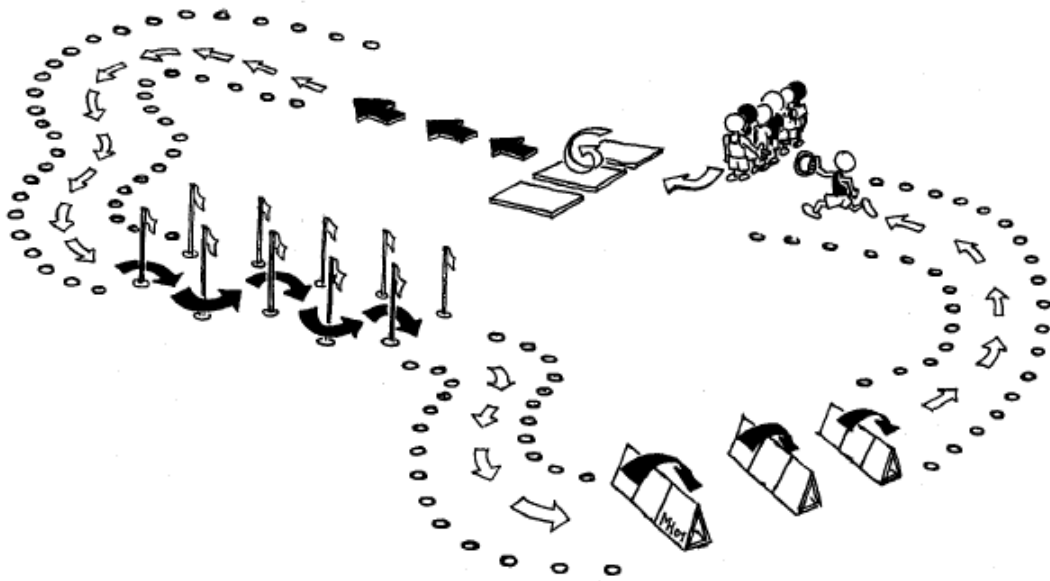
For efficient organisation of the event, at least two assistants per team are required. They are responsible for designating the starting line, as well as for dealing, collecting and counting the cards. They also must record the scores on the event card. In addition, a starter is required for time keeping and giving the other signals (last minute and final signal).



### 3.3 Formula One

**Brief description:** Relay as a combination of flat-, hurdles- and slalom-sprint

**Figure**



#### **Procedure**

The distance is about 60m or 80m long and is divided into one area each for flat sprinting, for sprinting over hurdles and for sprinting around slalom poles (see figure). A soft ring is used as the relay baton. Each participant has to start with a forward roll on the tumble mat.

The “Formula-One” is a team event in which each team member has to complete the full course. Up to six teams can compete at the same time on one course.

#### **Scoring**

The ranking is evaluated according to the time: the winning team being the one with the best time. The next teams are ranked according to their finishing time.

### **Assistants**

For each of the areas (hurdles, slalom) at least two assistants are required to set up the equipment properly. Apart from the team attendants, two additional assistants are required to serve as exchange zone judges.

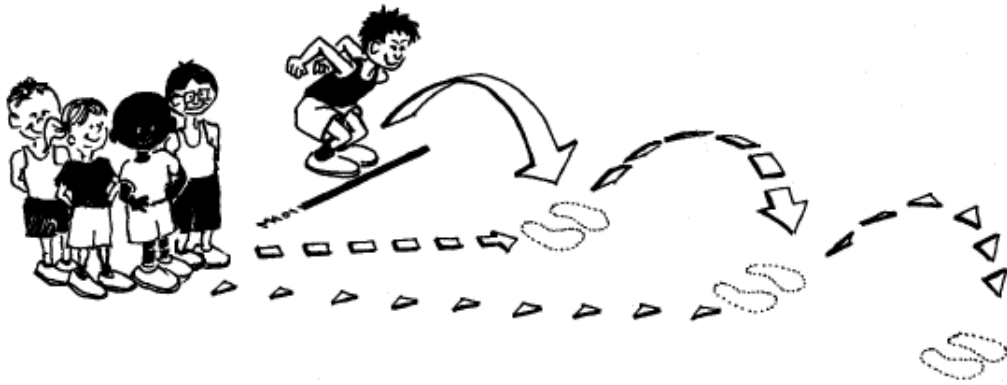
One person also needs to be a starter.

Finally, there is a need to have as many timekeepers as there are teams competing in the event. Timekeepers are also responsible for recording the scores on the event cards.

### 3.4 Forward Squat Jumps

**Brief description:** Two feet forward hops from a squat position

**Figure**



#### **Procedure**

From a starting line the participants carry out a “frog-jump” one after another (“frog-jump”: two feet forward squat jump). The first participant of the team stands with the tips of the toes at the starting line. He/she then squats down and jumps forward as far as possible, landing on both feet. The assistant marks the landing point that is nearest to the starting line (heels). If a participant falls back the landing point of his/her hand for example is the one marked. The landing point, in turn, becomes the starting line for the second jumper of the team, who carries out his/her “frog-jump” from there. The third team-mate jumps from the landing point of the second one, and so on. The event is completed when the last member of the team has jumped and that landing point is marked.

The entire procedure is repeated a second time (second trial).

#### **Scoring**

Each team member competes. The total distance of all jumps is the team result.

The team scoring is based on the best result of two trials.

The measurement is recorded in 1cm intervals.

**Assistants**

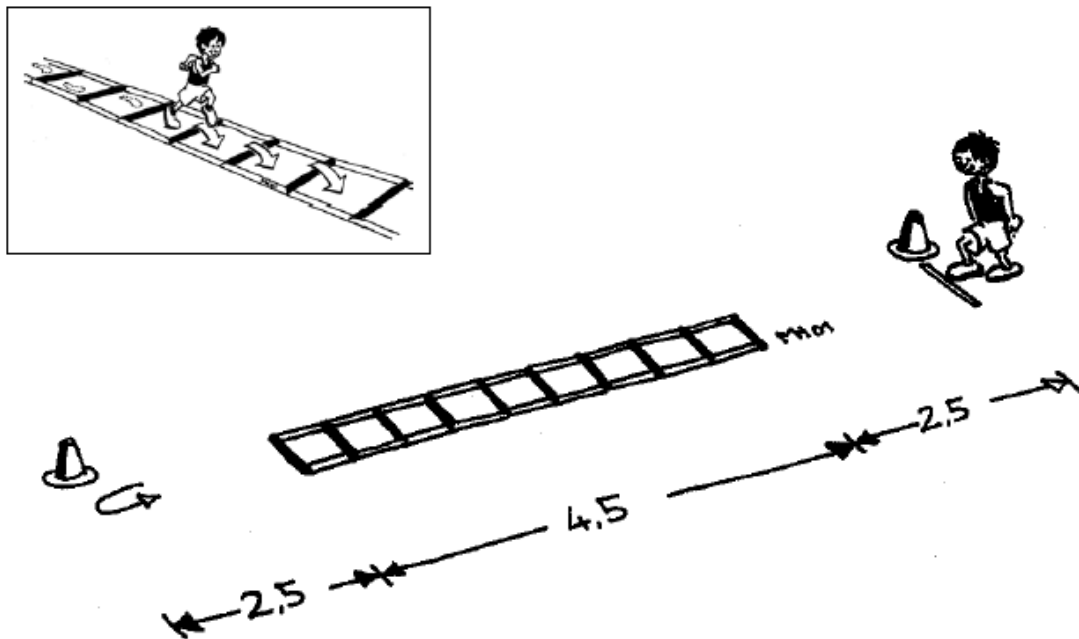
One assistant per team is required for this event and she/he has to:

- To control and regulate the procedure (starting line, landing).
- To measure the total distance of each trial
- To record the scores on the event card.

### 3.5 Speed Ladder

**Brief description:** Running up and back through a ladder

**Figure**



#### Procedure

Between two marker cones at a distance of 9,5m apart, a coordination ladder is placed on the floor at equal distance between the cones (See figure above). At the start the participant stands in a striding position (standing start) with the tip of his/her toe at the starting line that is level with the first cone. After a starting command the participant runs to the ladder, steps/runs through the ladder (distance between the wedges: 50cm) as quickly as possible and runs to the second cone. After having touched the cone with his/her hand, the participant turns quickly and runs back through the ladder to the first cone. When touching this cone the timekeeper stops the clock.

If a participant leaves out an area of the ladder or jumps over it, the distance is extended by 1m by the assistant at the appropriate next cone (one assistant is positioned at each cone). In this way the participant is penalised by having to run

a longer distance if the task is not done properly. If two mistakes are made, the distance is extended by 2m and so on.

### **Scoring**

The best trial is scored out of two.

### **Assistants**

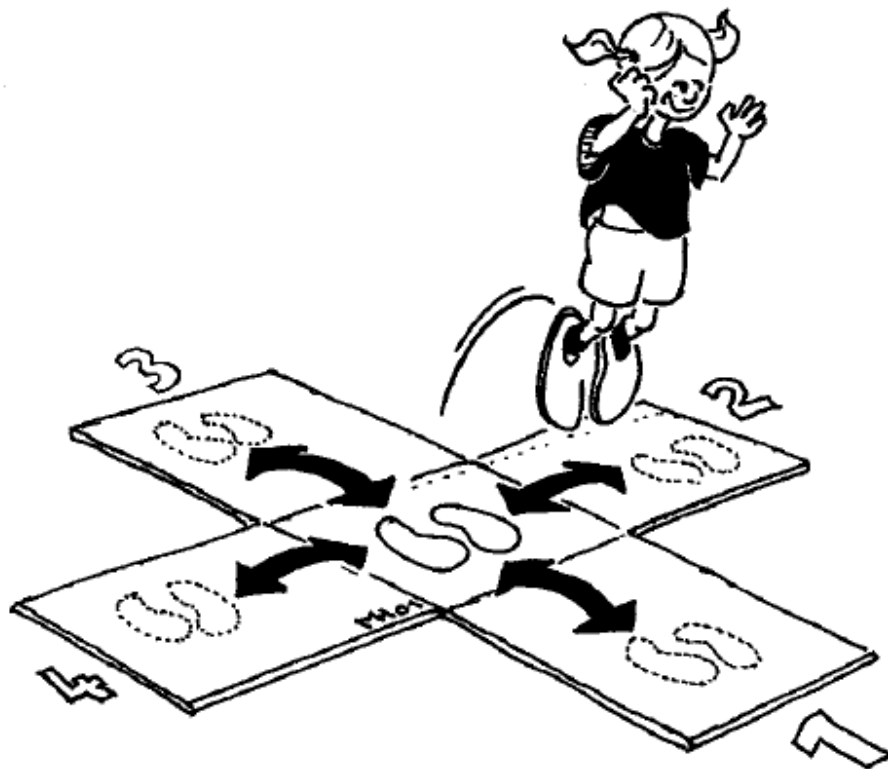
For efficient organisation of this event, two assistants are required. They have the following duties:

- To start the event.
- To control and regulate the event.
- To keep time.
- To record the scores on the event card.

### 3.6 Cross Hop

**Brief description:** Two feet hops with change of direction

**Figure**



#### **Procedure**

From the centre of a jumping cross the participant jumps forward, backward and to the sides. Specifically, the starting point is from the centre of the cross forward; then backward to the centre; then to the right and back to the centre; then to the left and back to the centre; and, finally, backward and back to the centre.

#### **Scoring**

Each team member has a 15-second-time trial in which he tries to carry out as many two-footed bounces as possible. Each square (front, centre, both sides, back) is scored with one point so that in one round a maximum of eight points can be obtained. Out of two trials the best one is scored.

**Assistants**

One assistant per team is required for this event and this person has the following duties:

- To give the command to start.
- To control and regulate the procedure.
- To keep the time and count the number of bounces.
- To record the scores on the event card.



### 3.7 Rope Skipping

**Brief description:** Rope skipping (15 seconds)

**Figure**



#### **Procedure**

The participant stands with feet parallel in the starting position holding the skipping rope behind the body with both hands. On command, the rope is brought forward over the head and down in front of the body and the participant hops over the rope. This cyclic process is repeated as many times as possible in 15 seconds. This event is meant exclusively for Age Group I. The children should hop on both feet. Each child gets two trials.

#### **Scoring**

Each team member competes. Every touch of the ground by the rope is counted. The best result of each team member is scored for the total of the team.

**Assistants**

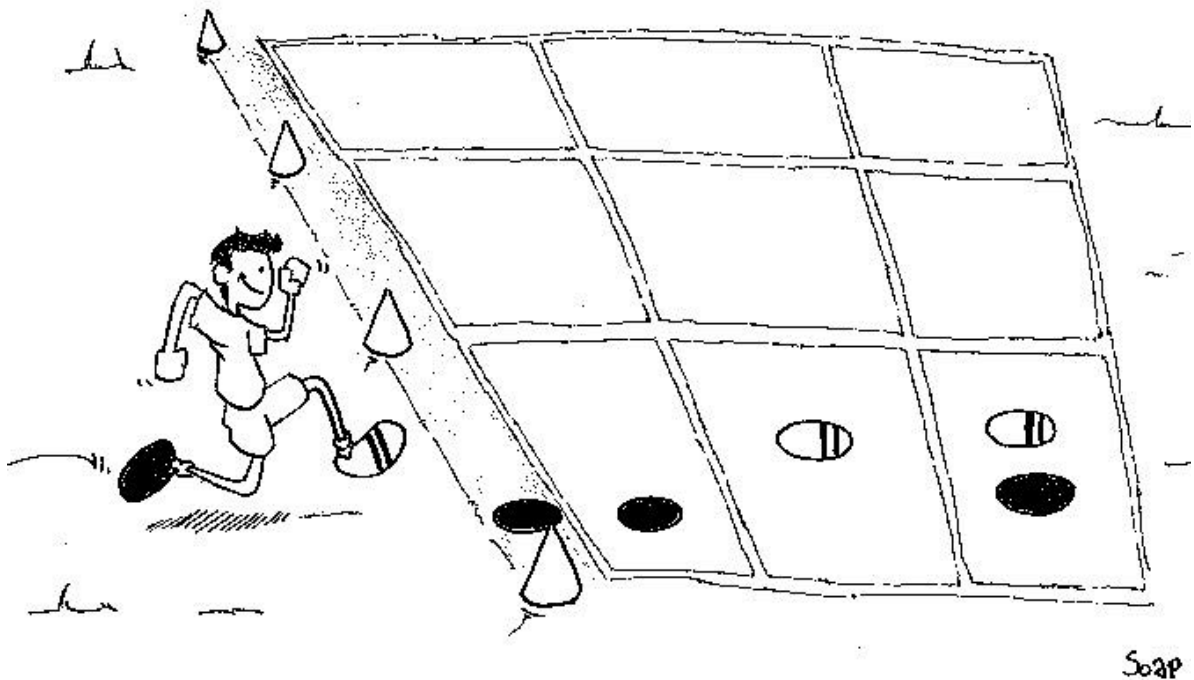
For efficient organisation of this event one assistant is required. He/she has the following duties:

- To start the event.
- To regulate the skipping and make sure it is done correctly.
- To keep the time.
- To score and record the scores on the event card.

### 3.8 Triple Jump within a limited area

**Brief description:** Triple Jump completed within a limited area

**Figure**



*The grid can be replaced with hoops: the scores are measured from the centre of each delimited area or from the centre of each hoop.*

#### **Procedure**

The athlete selects a Triple Jump area adapted to his level. After taking a run-up of 5m at the most, he/she completes a hop, step and jump. The best trial is scored out of two. Each score is recorded and the best result is retained for the total of the team.

For the 7/8 years old, the event needs to be carried out within the two defined lanes. Jumping areas (scoring table): 1m=1 point, 1,25m=2 points, 1,50m=3 points.

For the 9/10 years old, the event can be completed in any selected lane. Jumping areas (scoring table): 1,50m=1 point, 1,80m=2 points, 2,15m=3 points.

### **Scoring**

The ranking is based on the results: the winning team being the one with the best total score. The other teams are ranked according to their results order. The points are granted according to the regular procedure (9 teams: 1<sup>st</sup> score=9 points, 2<sup>nd</sup> score=8 points, etc.).

### **Assistants**

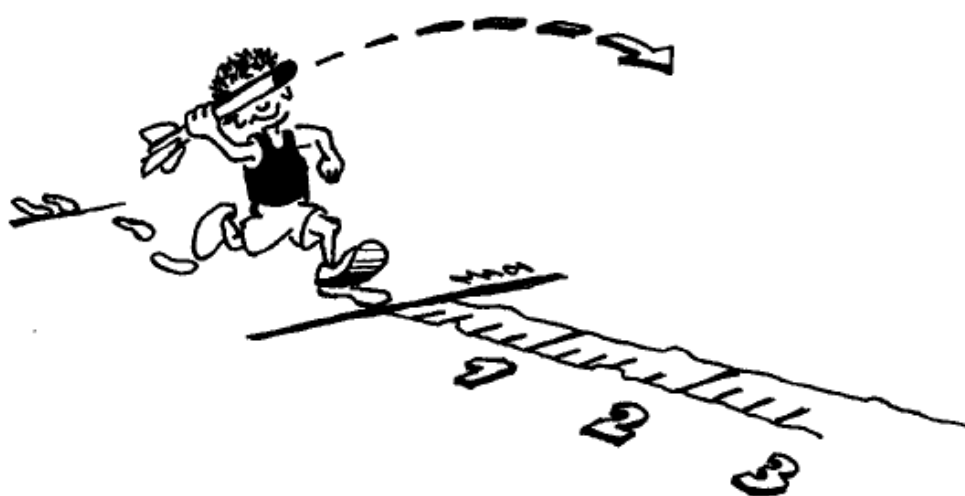
For efficient organisation of this event one assistant is required. He/she has the following duties:

- To control the regular course of the event.
- To take the results down.
- To score and record the scores on the event card.

### 3.9 Kids' Javelin Throw

**Brief description:** One-armed throws for distance with a Kids Javelin

**Figure**



#### **Procedure**

The Kids Javelin throw is carried out in a 5-m area. After a short run-up the participant throws the javelin into the throwing area from a foul line (Age Groups I and II throw soft-javelins, while Age Group III throws the TURBO-JAV). Each participant gets two trials.

Safety Note: As safety is critical in the Kids-Javelin Throwing competition, only assistants are allowed to be in the throwing (landing) area. It is strictly prohibited to throw the javelin back to the foul line.

#### **Scoring**

Each throw is measured at 90° (right angle) to the foul line and recorded in 20cm intervals (taking the higher figure where the landing is between the lines). The better of two trials of each team member contributes to the team total.

### **Assistants**

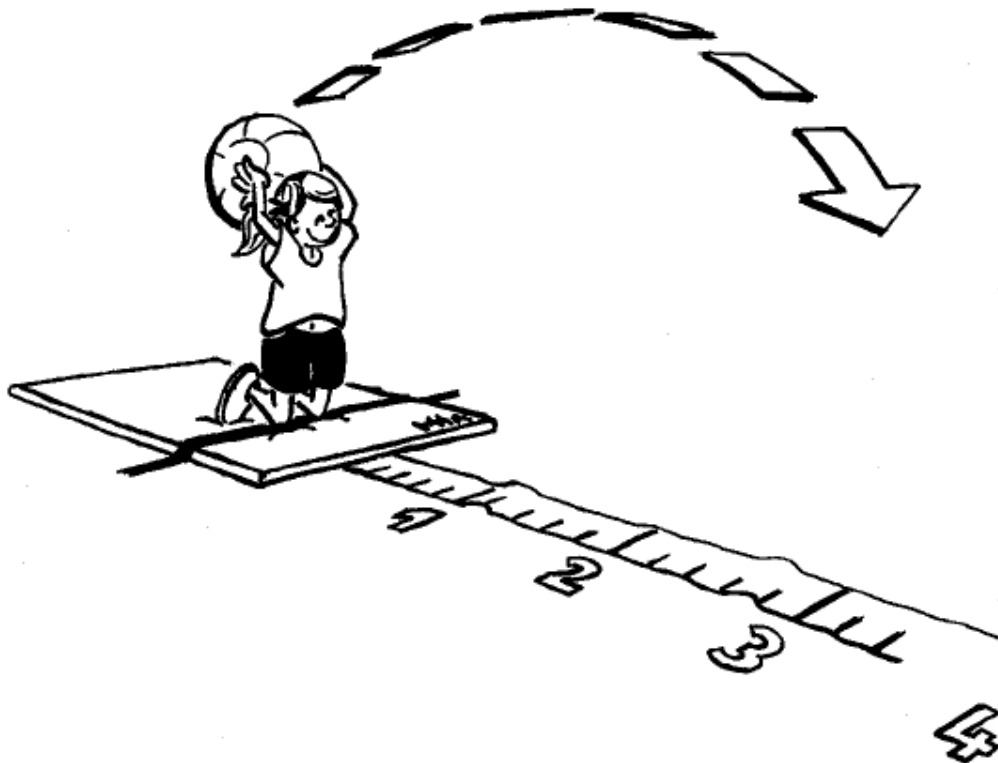
This event requires two assistants per team. They have the following duties:

- To control and regulate the procedure.
- To assess the distance where the javelin lands (90° measurement from the foul line).
- To carry the javelin back to the foul line.
- To score and record the scores on the event card.

### 3.10 Knee Throw

**Brief description:** Two-handed medicine ball throwing for distance from a kneeling position

**Figure**



#### **Procedure**

The participant kneels on a mat (or some other type of soft surface) in front of a raised, soft object (e.g. soft tumble mat or foam mat). The participant then leans back (pre-tensing the body) and heaves the medicine ball (1kg) using a two-handed over-head forward throw for maximum distance while kneeling. After having thrown the participant may fall forward onto the soft, raised cushion that is in front of him/her.

**Safety Note:** The medicine ball should never be thrown back to the participants. It is advisable to carry it back or to roll it back to the foul line for the next thrower.

### **Scoring**

Each participant gets two trials. The measurement is recorded in 20cm intervals (taking the higher figure when the landing happens between the lines) and is taken at 90° (right angle) to the foul line. The better of the two trials of each team member is the one that is included in the team total.

### **Assistants**

This event requires two assistants per team. They have the following duties:

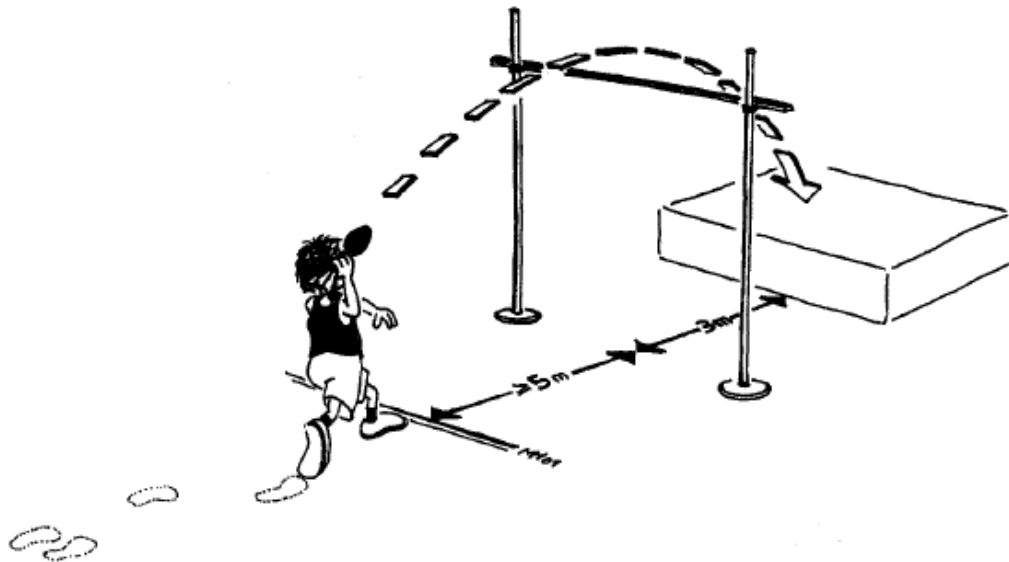
- To control and regulate the procedure.
- To assess the distance where the medicine ball lands (90° measurement from the foul line)
- To carry back or roll back the medicine ball to the foul line.
- To score and record the scores on the event card.



### 3.11 Target Throw over a barrier

**Brief description:** One-armed target throw

**Figure**



#### **Procedure**

The target throw is carried out from a 5m area. A high barrier is set at a height of about 2,5m, with the target area set out on the floor 2,5m beyond the barrier (See figure above). The designated object is thrown at the target over the barrier as the participant throws from a selected distance from the barrier. Four throwing lines need to be marked out: 5m, 6m, 7m or 8m away from the high barrier. Each participant gets three trials to hit the target with the throwing object. On each trial, a participant may choose to throw from any one of the four lines; potentially more points can be won as distance from the barrier increases.

#### **Scoring**

Hitting the target area - or at least the edge of it - is considered to be a successful attempt. Points are scored for each hit (Throws from 5m = 2 points, 6m = 3 points, 7m = 4 points, and 8m = 5 points). If the object is thrown over the

barrier but misses the target area, 1 point is scored. Each participant has three trials, the sum of which contributes to the team total.

**Assistants**

One assistant per team is required to organise this event. This person has the following duties:

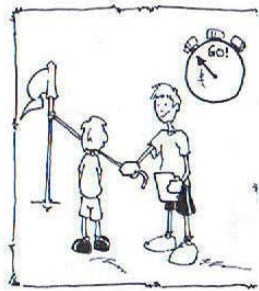
- To control and regulate the procedure of the event (throwing distance and hits).
- To score and record the scores on the event card.

## - Events for the 9/10 years old

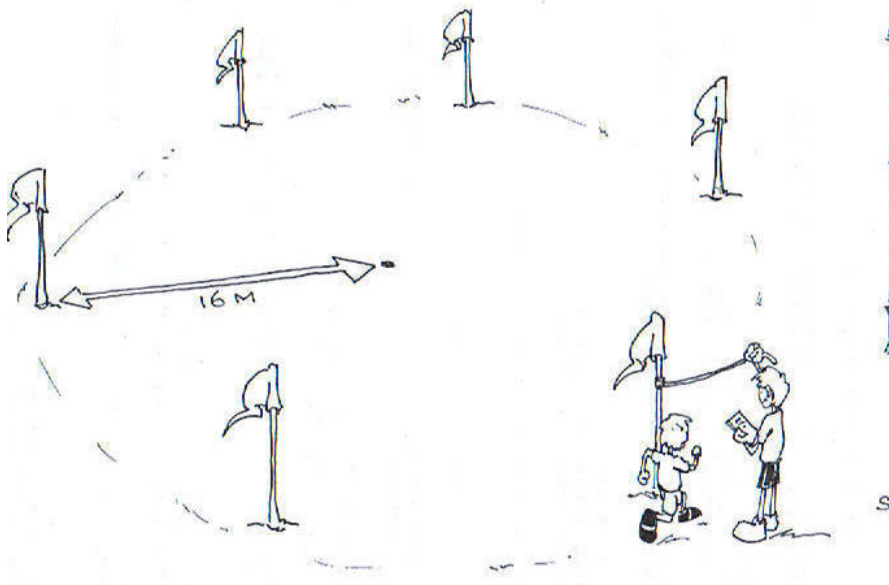
### 3.12 Progressive Endurance Race

**Brief description:** Long race over a short marked out distance at a progressive speed.

#### Figure



Closed gate: 5' according to the event planning



#### Procedure

Each team member has to run around a course of about 100m as often as possible at a progressive pace (See figure above and Speed/Time tables below). Each completion of a round on the course scores one point for the team. Every completions of a round carried out by all team members, are recorded.

## Scoring

The team result is based on the total of individual completions achieved by the team.

## Assistants

At least 4 assistants per team are required to organise this event. One is responsible for the Speed/Time Table, one for the "opening/closing gate" and the others take the laps completed and record the scores on the event card.

## Instructions for use

Drawing a Race Table, opening the 5' gate on the split time arranged for the race.

| Speed Table   |                  |
|---------------|------------------|
| Speed<br>km/h | Time<br>sec/100m |
| 8 km/h        | 45''             |
| 9 km/h        | 40''             |
| 10 km/h       | 36''             |
| 11 km/h       | 33''             |
| 12 km/h       | 30''             |
| 13 km/h       | 27''             |
| 14 km/h       | 25''             |
| 15 km/h       | 23''             |
| 16 km/h       | 22''             |
| 17 km/h       | 21''             |
| 18 km/h       | 20''             |
| 19 km/h       | 19''             |
| 20 km/h       | 18''             |

| Example of Tables    |                 |  |                      |                 |
|----------------------|-----------------|--|----------------------|-----------------|
| Running<br>Speed/lap | Opening<br>Gate |  | Running<br>Speed/lap | Opening<br>Gate |
| 12 km/h              | 30''            |  | 10 km/h              | 36''            |
| 12 km/h              | 1:00            |  | 10 km/h              | 1:12            |
| 13 km/h              | 1:27            |  | 11 km/h              | 1:45            |
| 13 km/h              | 1:54            |  | 11 km/h              | 2:18            |
| 14 km/h              | 2:19            |  | 12 km/h              | 2:48            |
| 14 km/h              | 2:44            |  | 12 km/h              | 3:18            |
| 15 km/h              | 3:07            |  | 13 km/h              | 3:45            |
| 15 km/h              | 3:30            |  | 13 km/h              | 4:12            |
| 16 km/h              | 3:52            |  | 14 km/h              | 4:37            |
| 16 km/h              | 4:14            |  | 14 km/h              | 5:02            |
| 17 km/h              | 4:35            |  | 15 km/h              | 5:25            |
| 18 km/h              | 4:55            |  | 15 km/h              | 5:48            |
| 19 km/h              | 5:14            |  | 16 km/h              | 6:10            |

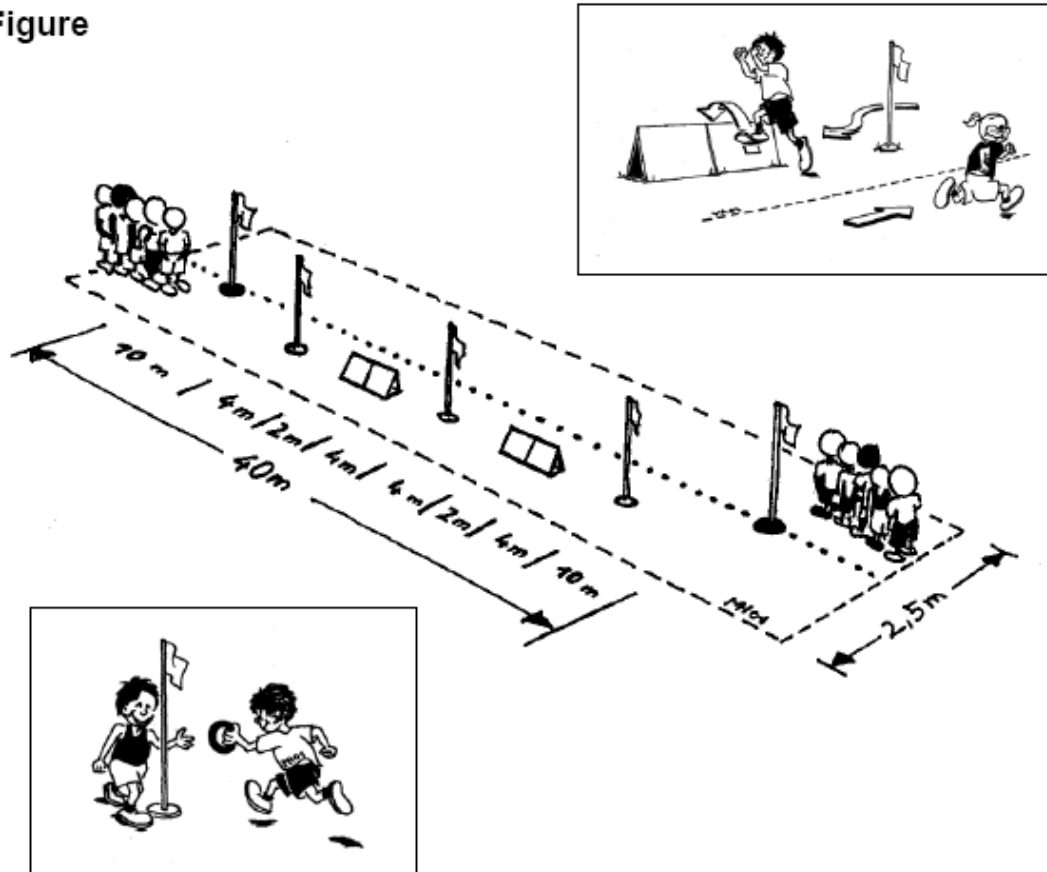
**NB:** These tables are presented by way of an example: from 10 to 19km/h.

Time for a 100m distance is rounded off to make things easier. The athletes run two laps at each speed pace, except for the final sprinting at the end of the race. According to the standard of the pupils, the animators will select the appropriate race formula. The scoring will be based on the number of laps completed (1 point per lap).

### 3.13 Sprint/Hurdles/Slalom Shuttle Relay

**Brief description:** Shuttle relay of combined sprint and slalom distances

**Figure**



#### **Procedure**

The station is organised as indicated in the above figure. Two lanes are necessary for each team: one lane with and the other one without hurdles. The first distance is the hurdle distance combined with slalom poles, then the team members run the sprint distance as a regular Relay.

The event is completed once each team member has run both the flat and the slalom/hurdles distances. A soft-ring (relay baton) is carried in the left hand and handed over to the left hand of the receiving runner each time.

### **Scoring**

The ranking is evaluated according to the time: the winning team being the one with the fastest time. The next teams are ranked according to their time order. If there are fewer teams per age group than lanes available, the ranking can be scored directly according to the final placing of each team.

### **Assistants**

For efficient organisation, one assistant per team is required. This person has the following duties:

- To control the regular course of the event.
- To keep the time.
- To score and to record the scores on the event card.

### 3.14 Long Jump with a Pole

**Brief description:** Jump for distance using a pole

**Figure**



#### **Procedure**

From a 5m run-up area (the starting line being marked with a cone or crossbar) the participant runs toward a hoop/tire/mat. The take-off has to be carried out with a jump off one leg (right-handed jumpers – giving a left foot impulse - have to grasp the pole with their right hand above). Planting the pole downwards and forcing it into the ground, the participant then swings past the pole. 'Riding' the pole, the jumper carries himself/herself over a second marker in the direction of a target object (tires or mats).

The target objects are laid out as in the above figure, the first target object being placed 1m beyond the marker. It is recommended not to drop the pole during the jump. The pole should be no longer than 2m.

### **Scoring**

Each participant has two trials. If he/she lands inside object #1, 2 points are awarded; if the landing happens inside object #2, 3 points are given; and so on [object #3 (= 4 points), object #4 (= 5 points) and object #5 (= 6 points)]. When touching the edge of a tire/mat upon the landing, the jump is regarded as "successful". If, upon landing, one leg is inside the tire/mat and the other leg is outside, one point is deducted. For this event, children have three trials. Judges need to advise the athletes of the rules.

### **Assistants**

One assistant is required for this event and this person has the following duties:

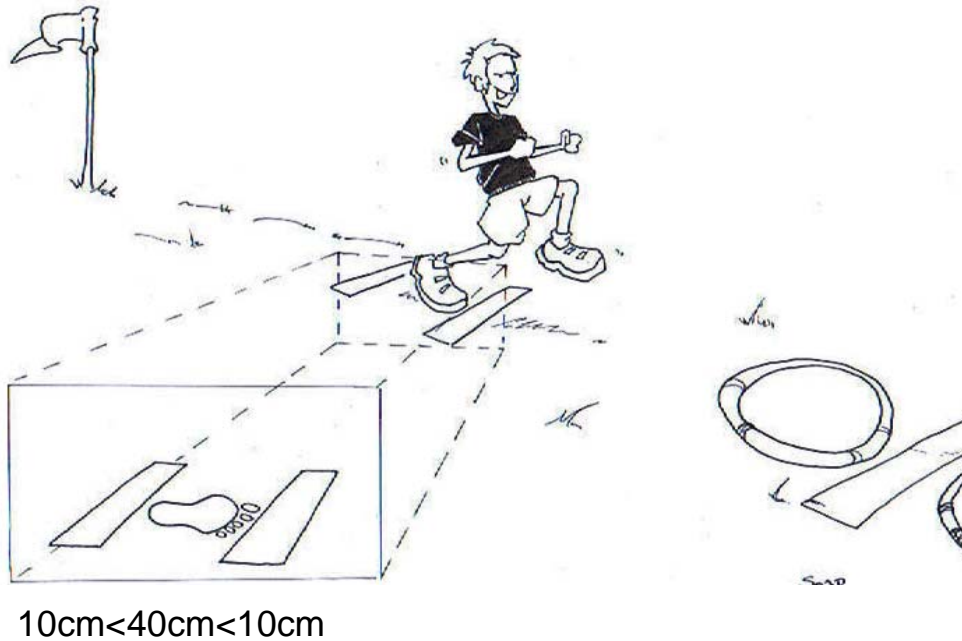
- To control the height and width of the grip.
- To control the correct landing.
- To score and record the scores on the event card.



### 3.15 Precision Long Jump

**Brief description:** Reduced running jump for distance with precision requirements

**Figure**



#### **Procedure**

From a 10m run-up area at the most, the participants complete a long jump with strict requirements regarding the precision of the starting impulse and the landing.

Scores are recorded as following (the various areas being defined beforehand):

- landing area: points are awarded according to the target reached in an unstable position (area #3 = 3 points)
- if landing in both feet standing position, 1 additional point is granted
- if a precise impulse is given: +2 points = in the impulse area  
+1 point = in the defined areas +/- 10cm  
0 point = miss the impulse area

### **Scoring**

Each team member has three trials. Every score is recorded. The best result of each team member is scored for the total of the team.

### **Assistants**

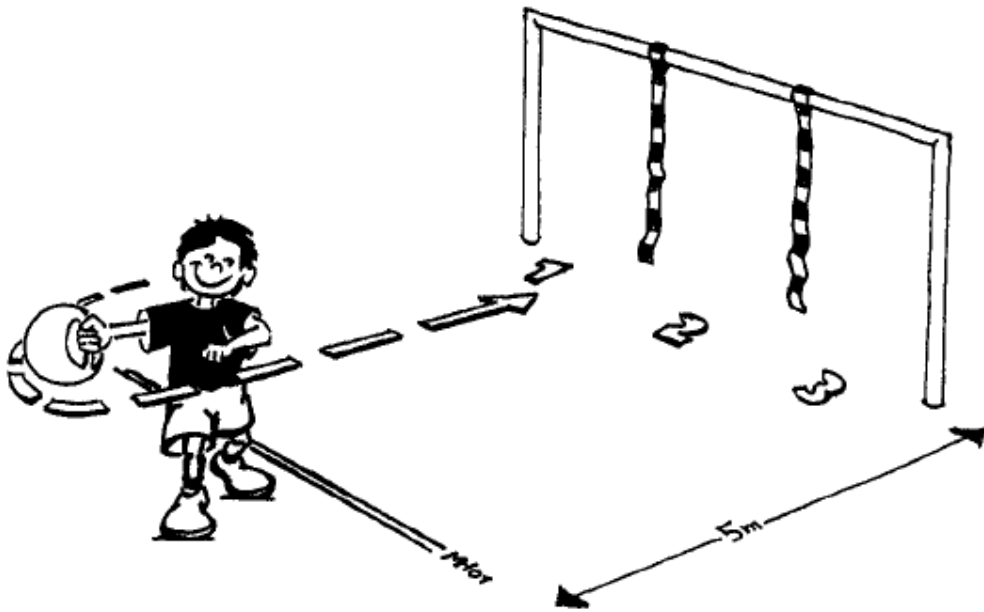
One assistant per team is required for this event. This person has to:

- control the precision of the impulse.
- control the precision of the landing.
- count the points for each athlete.
- score and record the scores on the event card.

### 3.16 Rotational Throw

**Brief description:** Throws at various targets with a rotational motion

**Figure**



#### **Procedure**

The entire area between two stands (or between soccer goal posts) is divided into three equal-sized zones: left zone, centre zone and right zone. From a lateral standing position 5m in front of the centre zone, the participant throws a ball (or any similar object) side arm, with arm fully extended, at the net or soccer goal (in a manner resembling a discus throw or the side swing of a tennis racquet). Each participant gets two attempts at trying to throw the object through the zone that best matches his/her throwing arm (e.g. left-handed thrower tries to get the object through the left zone).

### **Scoring**

If the right-handed participant throws the object through the right zone, 3 points are scored. Two points are scored for throwing through the centre zone and 1 point is scored for throwing through the left zone. If the edge of an area is hit, the higher score is granted. For left-handed throwers, points are scored in the reverse sequence.

If a thrower misses the target area (beside, above, below) or has over-stepped the foul line, he/she has only one extra throw to try to score points.

The better of the two trials of each team member contributes to the team total.

### **Assistants**

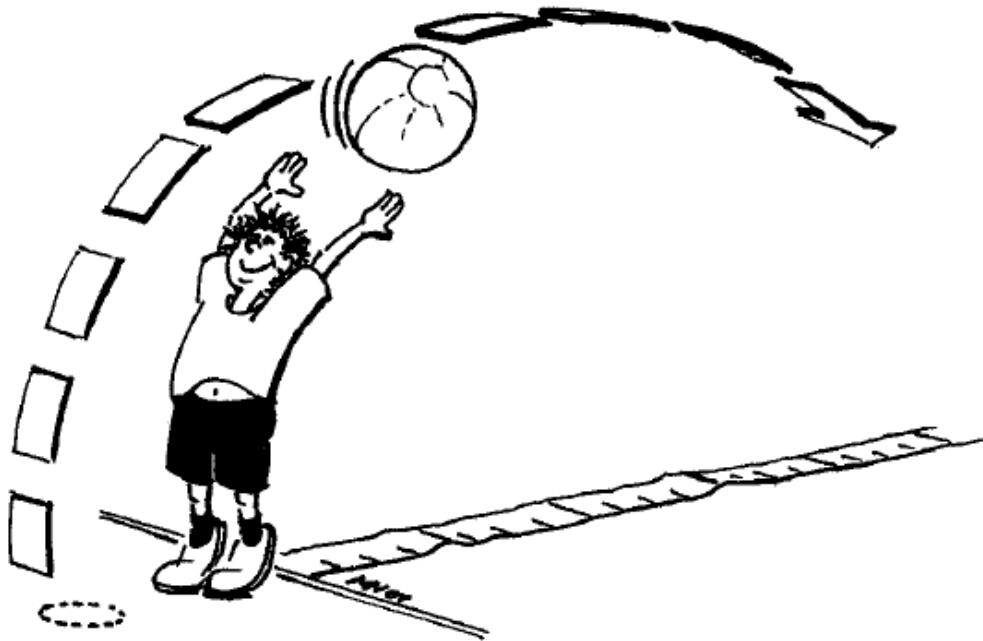
Two assistants per team are required for this event. They have the following duties:

- To control and regulate the procedure.
- To carry back the throwing equipment to the foul line.
- To score and to record the scores on the event card.

### 3.17 Overhead Backward Throw

**Brief description:** Overhead backward throwing for distance with a medicine ball

**Figure**



#### **Procedure**

The participant stands with legs parallel, heels on the foul line and back to the direction of the throw. The medicine ball is held down at arms' length with both hands. The participant then squats down (to pre-tense the thigh muscles) and quickly extends the legs, then the arms in order to heave the medicine ball backward over the head for maximum distance into the throwing area. After the throw, the participant may overstep the foul line (i.e. step backward). Each participant gets two trials.

### **Scoring**

The measurement is taken at 90° (right angle) to the foul line and recorded in 20cm intervals (taking the higher figure when the medicine ball lands between intervals). The better of two trials of each team member contributes to the team total.

### **Assistants**

This event requires two assistants per team. They have the following duties:

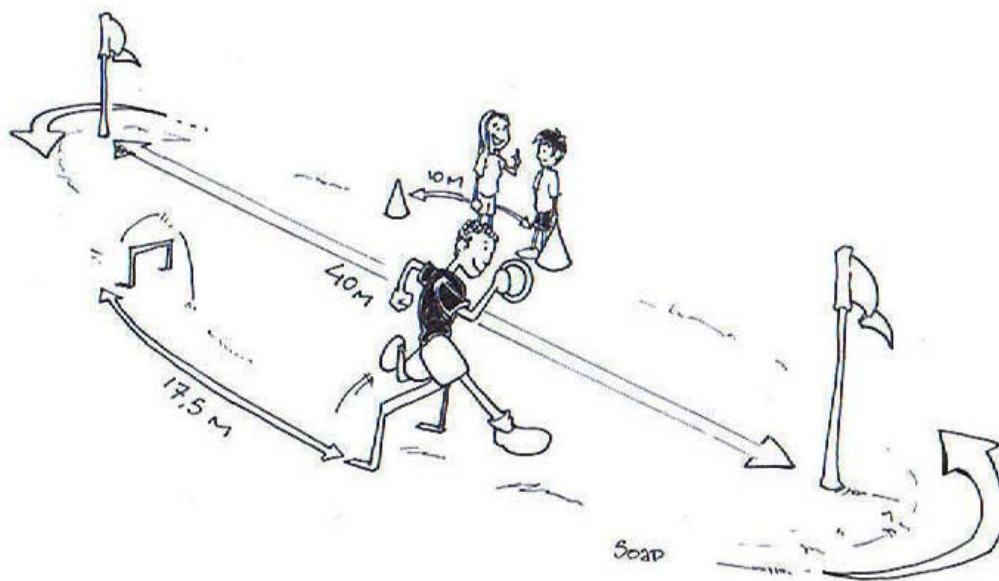
- To control and regulate the procedure.
- To assess the distance where the medicine ball lands (90° measurement from the foul line) and to carry back the ball.
- To score and to record the scores on the event card.

## - Events for the 11/12 years old

### 3.18 "Bends Formula": Sprint/Hurdles

**Brief description:** Relay of combined sprint and hurdles legs with curved corners

**Figure**



### **Procedure**

Two lanes are necessary for each team: one being the changeover/sprint leg and the other one being the 2-hurdle leg.

All the team members are gathered before the 10m changeover area. The first participant starts running the flat leg towards the first flagpole, turns around it before running the leg back over the hurdles towards the second flagpole, then turns around it to run back towards the team. Entering the changeover area, he/she hands over the soft-ring (relay baton) to his/her team-mate who runs the same leg until he/she hands over the ring to a third team member and so on.

The receiving runner will start running the legs in the changeover area.

The stopwatch is activated when the first participant gets past the starting line (entry of the changeover area) and is stopped when the last team-mate crosses the finishing line (entry of the changeover area) once he/she completes the legs.

### **Scoring**

The ranking is evaluated according to the finishing time of the winning team. The next teams are ranked according to their finishing time.

### **Assistants**

For efficient organisation, one assistant per team is required. This person has the following duties:

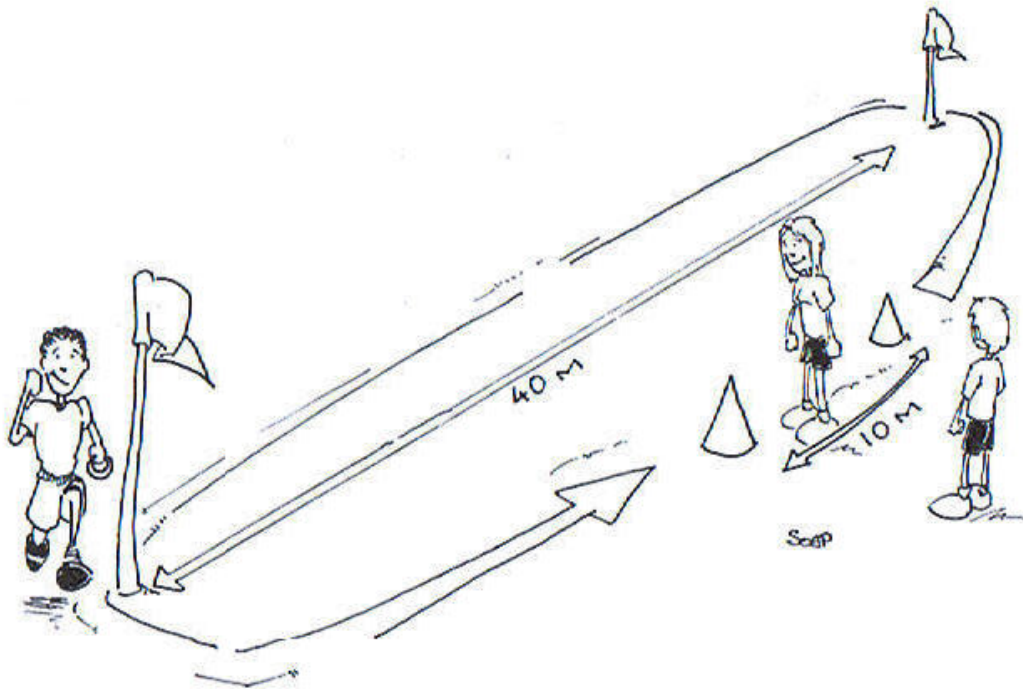
- To control the regular course of the event.
- To keep the time.
- To score and to record the scores on the event card.



### 3.19 "Bends Formula": Sprint Relay

**Brief description:** Relay sprinting event with curved corners

**Figure**



#### **Procedure**

Two lanes are necessary for each team: one with the changeover area and the other one without.

All the team members are gathered before the 10m changeover area. The first participant starts running the distance towards the first flagpole, turns around it before running in a straight line, then turns around the second flagpole to run back towards the team. Entering the changeover area, he/she hands over the soft-ring (relay baton) to his/her team-mate who runs the same distance until he/she hands over the ring to a third team member and so on.

The receiving runner will start running the distance (facing=the distance) in the changeover area.

The stopwatch is activated when the first participant gets past the starting line (entry of the changeover area) and is stopped when the last team-mate crosses

the finishing line (entry of the changeover area) once he/she completes the distance.

### **Scoring**

The ranking is evaluated according to the finishing time of the winning team. The next teams are ranked according to their time order.

### **Assistants**

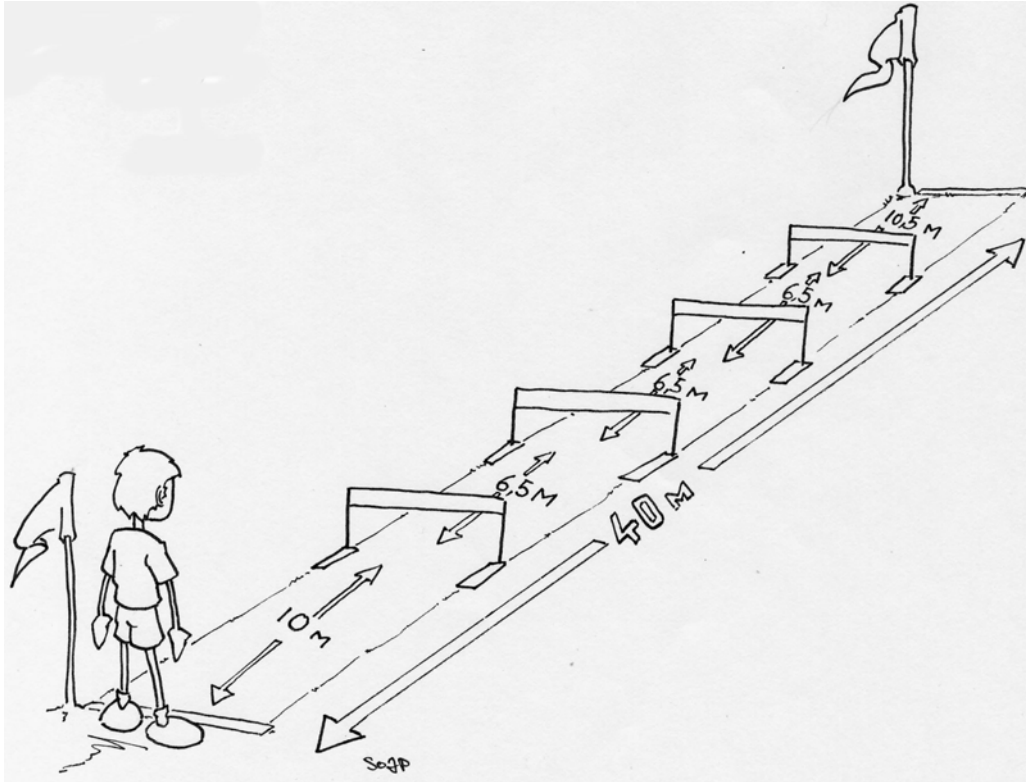
For efficient organisation, one assistant per team is required. This person has the following duties:

- To control the regular course of the event.
- To keep the time.
- To score and to record the scores on the event card.

### 3.20 Hurdles Race

**Brief description:** sprinting over hurdles at regular intervals

**Figure**



#### **Procedure**

The hurdles distance matches the above drawing.

This is a team event in which each participant runs individually.

The participant stands ready before the foul line to start when the starting signal is given, or at the rap of the clapper following the “steady” signal. He completes the distance to cross the finishing line as fast as possible and is given an individual result.

Two participants run simultaneously over two parallel distances on the one starting signal.

The distance is marked out with 4 hurdles at 7m intervals.

The foul line and the first hurdle = at 10m apart / Last hurdle and the finishing line = at 9m apart.

### **Scoring**

The ranking is based on the sum of the results achieved by the whole team: the winning team being the one with the best time. The next teams are ranked according to their finishing time.

### **Assistants**

For this event, one experienced timekeeper is required for each lane.

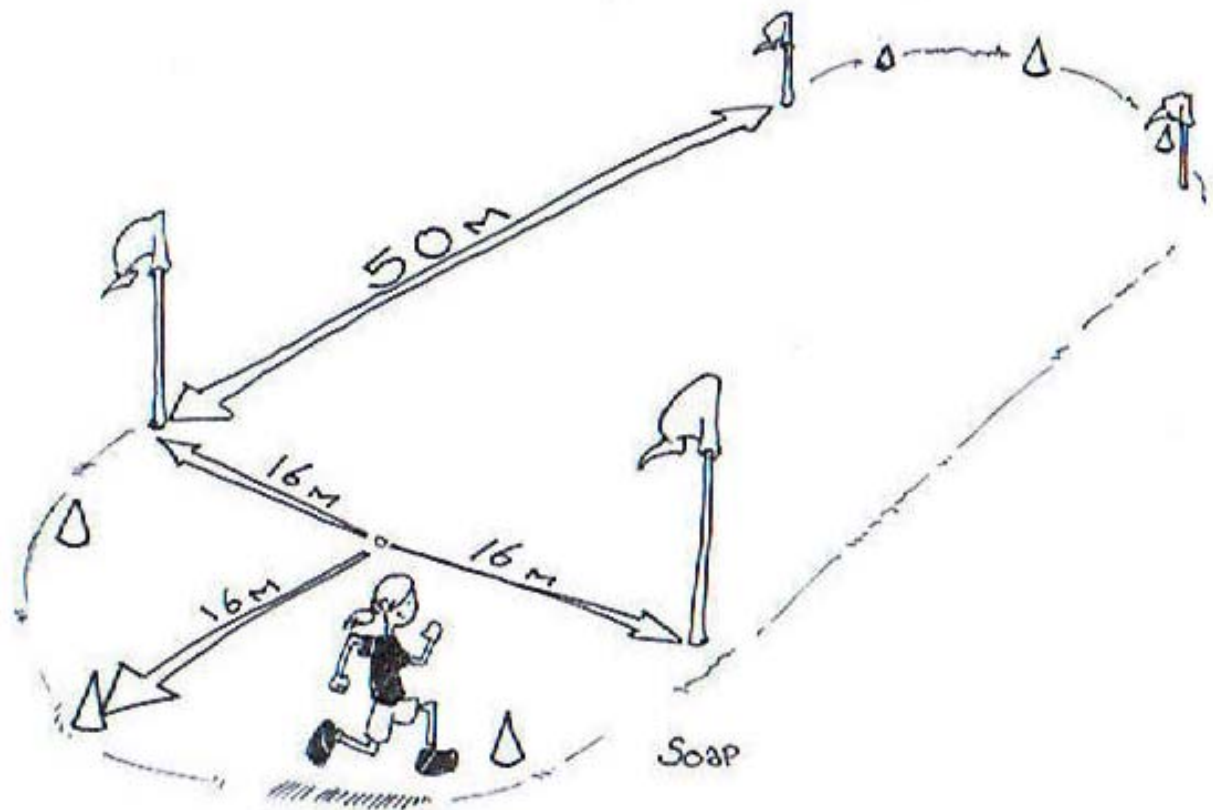
One person has to give the starting signal.

The timekeepers also have to record the scores on the event card.

### 3.21 1000m Endurance

**Brief description:** 1000m team race

**Figure**



#### **Procedure**

Each team has to run 5 times around a course of about 200m (See figure below) from a clearly given starting point.

Every team-mate's time is recorded.

The distance is carried out from two diametric starting points on the course, two teams at the most being located in each point.

#### **Scoring**

The team scoring is the sum of individual results.

#### **Assistants**

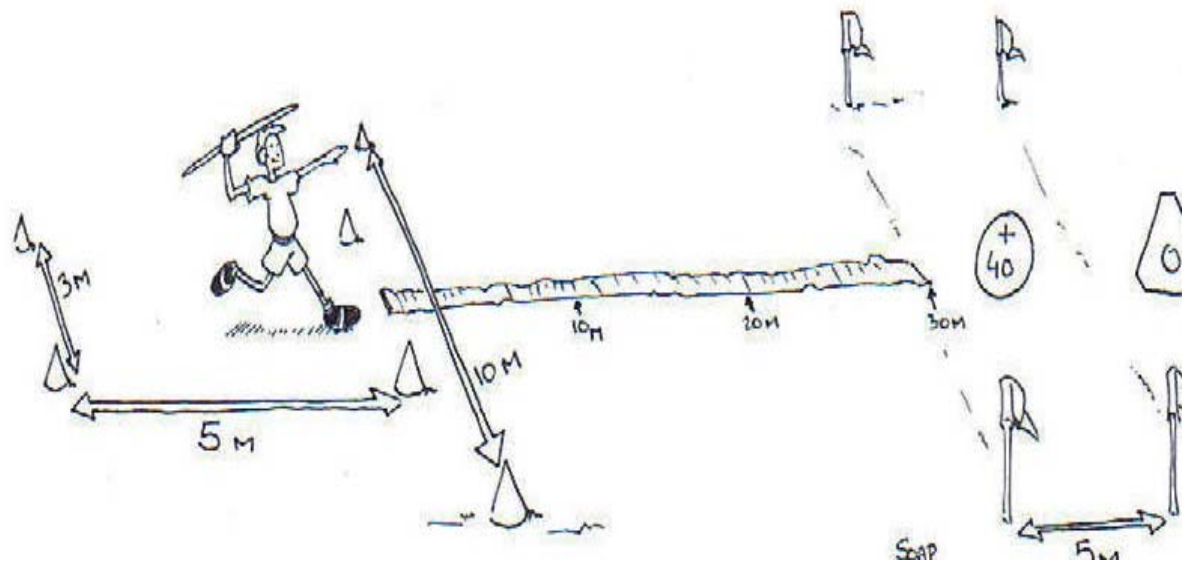
2 assistants per team are necessary for the organisation of the event.

There can only be 4 teams completing the same distance at a time, which implies that some assistants in other stations or team leaders are made available.

### 3.22 Teens' Javelin Throw

**Brief description:** One-armed throws for distance/precision with an appropriate Javelin

**Figure**



#### **Procedure**

The throw is carried out from a 5-m run-up area. The athlete throws the javelin as far as possible (= 30m) in line with markers. If the javelin lands beyond the 30m distance, inside a 5m wide target-area, a 10m bonus is given.

The performance will be directly recorded from the marking out or from a measuring tape unrolled on the ground. Each individual result for each of the three trials is recorded.

#### **Scoring**

Each team member's best result is recorded and added to the other results of the team. The total performance of the team is then scored.

#### **Assistants**

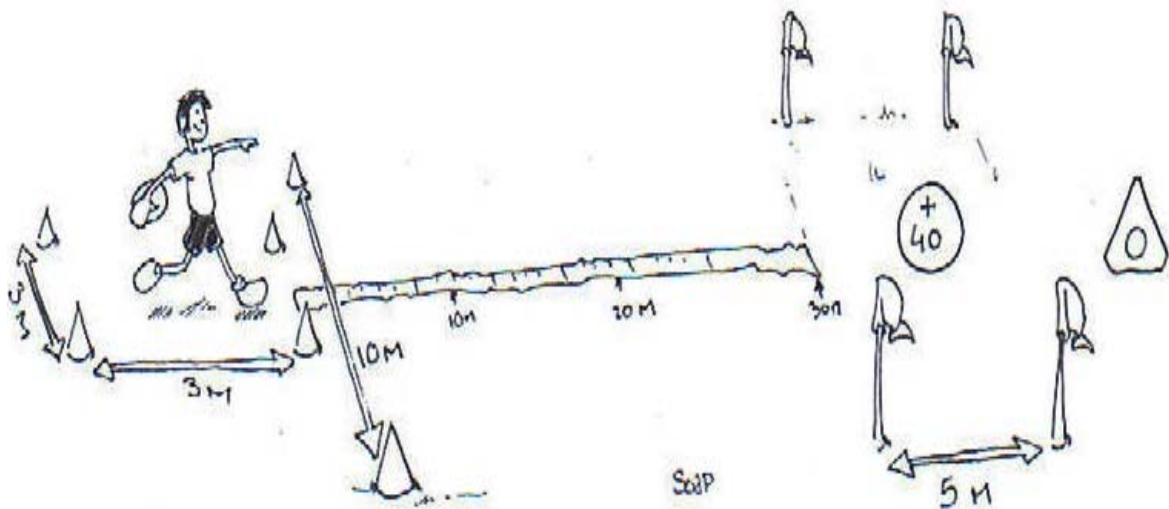
One assistant is required for the event and he/she is in charge of:

- controlling the regular course of the event.
- scoring and recording the scores on the event card.

### 3.23 Teens' Discus Throw

**Brief description:** Rotating throw for distance and precision using an appropriate discus ("Ludidisc")

**Figure**



#### Procedure

From a 3m run-up area, the athlete throws with a rotating movement a flat object which is easy to handle. The throwing object has to land inside a delimited area (10m wide at the most). The athlete achieves a throw at the farthest distance possible (as far as 30m) along a line defined with markers. If the Teens Discus lands beyond the 30m distance, inside a 5m wide target-area, a 10m bonus is given.

The measurement is made from the nearest mark made by the fall of the discus at a right angle to the measuring tape along the line of the landing area.

Each participant gets two trials, both being measured and recorded.

**Safety Note:** As safety is critical in the Discus Throwing event, only assistants are allowed to be in the throwing (landing) area. It is strictly forbidden to throw the discus before the starting signal is given.

### **Scoring**

Each throw is measured at 90° (right angle) to the throwing line. The better of two trials of each team member contributes to the team total. The latter is compared to the others for the ranking of this event.

### **Assistants**

This event requires two assistants per team. They have the following duties:

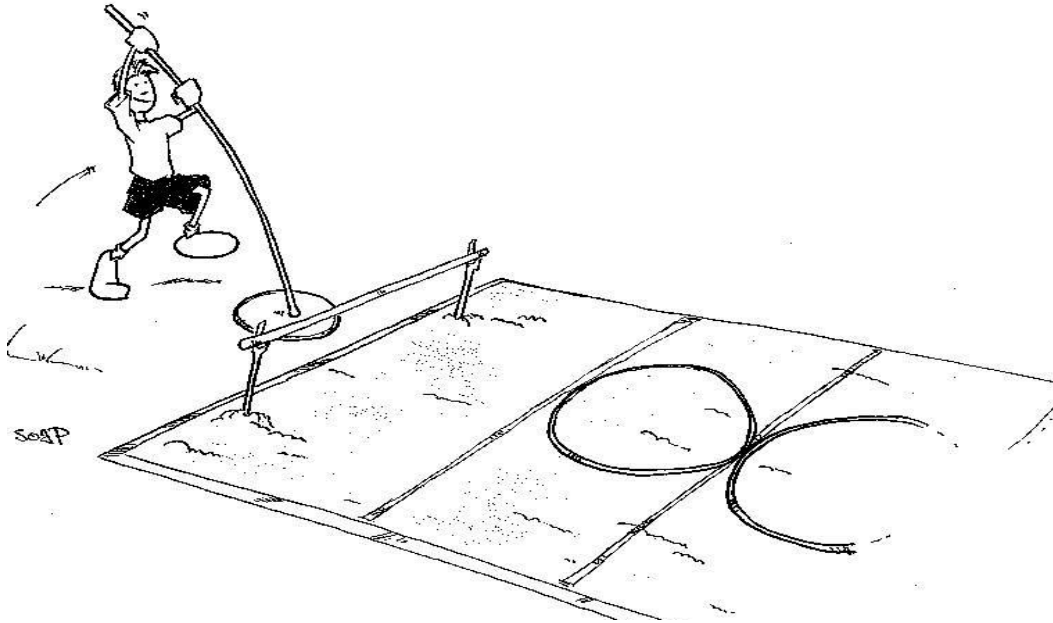
- To control and regulate the procedure.
- To assess the distance where the discus lands (90° measurement from the throwing line).
- To carry the discus back to the throwing line.
- To score and record the scores on the event card.



### 3.24 Long Jump with a Pole over a sandpit

**Brief description:** Jump for distance over an obstacle using a pole, landing in a sandpit

**Figure**



#### **Procedure**

From a 10m run-up area at the most (compulsory landmarks: a cone, a crossbar or a tape), the participant runs toward a hoop/tire/mat placed before the sandpit.

The take-off has to be carried out with a jump off one leg (right-handed jumpers – giving a left foot impulse - have to grasp the pole with their right hand above). Planting the pole downwards near the take-off line and forcing it into the ground, the participant then “rides” the pole and gets over a surmountable obstacle forcing him/her to achieve a basic high jump. Then he/she has to land inside a target object (tires or mats).

The target objects are laid out as in the above figure (the first target object is placed 1m beyond the box).

The participant has to land with two feet (to avoid any risks of injury). The pole must be grasped with both hands (!) as above until the landing is complete. Finally, changing the grip on the pole during the jump is forbidden.

### **Scoring**

Each participant has two trials. If he/she lands inside object #1, 1 point is awarded; if the landing happens inside object #2, 2 points are given; and so on [object #3 (= 3 points), object #4 (= 4 points)]. When touching the edge of a tire/mat upon landing, the jump is regarded as "successful". If, upon landing, both legs are inside the tire/mat, one additional point is awarded. When both feet come down outside of the tires/mats, the participant gets one extra trial to make it correct. Touching the obstacle is penalized with one point.

### **Assistants**

One assistant is required for this event and this person has the following duties:

- To control the height and width of the grip.
- To control the correct landing.
- To score and record the scores on the event card.

### 3.25 Short Run-up Long Jump

**Brief description:** Jump for distance

**Figure**



*For the older categories, a regular measuring tape can be unrolled along the sand pit to get more precise results.*

#### **Procedure**

Every participant starts from the very end of the run-up area, takes a 10m run-up (marked with a cone or crossbar) and carries himself/herself with a forward impulse in a 50cm wide area. He/she completes a jump and lands in the designated areas marked beforehand in the sand with cones and/or hoops.

Area 1 gives 1 point; area 2 gives 2 points, and so on.

#### **Scoring**

Each team member takes part in the event. All the results for an athlete are recorded. The better of his/her three trials is scored for the total of the team. The sum of individual results contributes to the team total.

#### **Assistants**

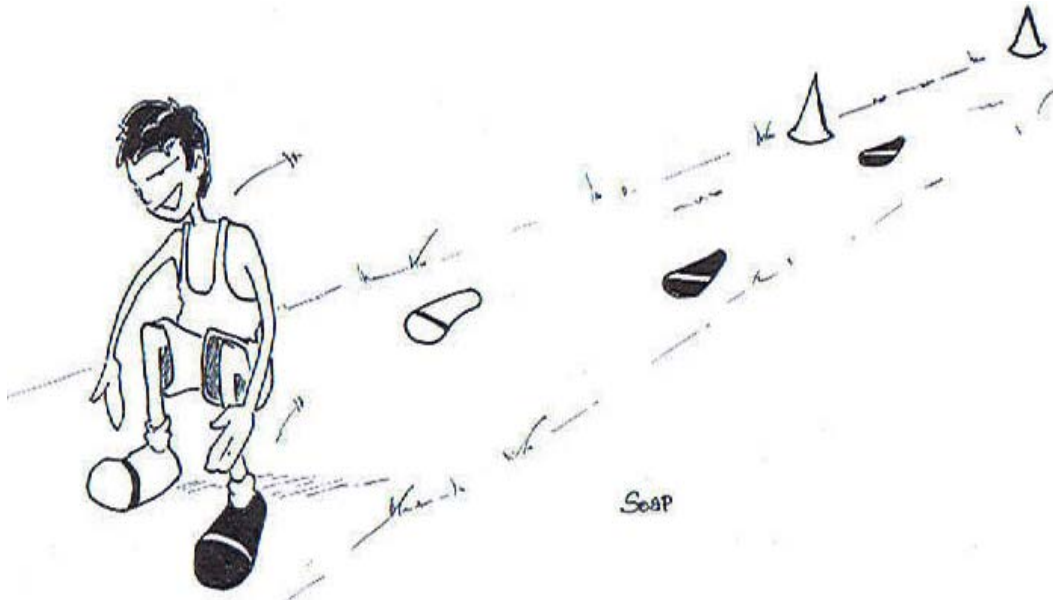
For efficient organisation, one assistant per team is required. He/she has to:

- control and regulate the procedure.
- score and record the scores on the event card.

### 3.26 Short Run-up Triple Jump

**Brief description:** triple jump after taking a very short run-up

**Figure**



#### **Procedure**

Each team member gets three trials.

After a run-up limited to 5m, the athlete completes a triple jump (a hop, a step, a jump and a two-footed landing). The measurements are taken from the landing point (heel) that is nearest to the take-off area with a measuring tape unrolled along the landing area.

#### **Scoring**

The best result of each athlete is scored and recorded for the total of the team.

#### **Assistants**

For efficient organisation, one assistant is required for this event. He/she has the following duties:

- To control and regulate the procedure (hop, step, jump, landing on both feet).
- To take the results down.
- To record the scores on the event card.

## **4. Event Scoring**

### **4.1 Scoring System**

The scoring system in “Kids’ Athletics” is straightforward and does not require any computer system, or any specific knowledge regarding athletics rules. Only one person is needed to keep the scoreboard for a competition of 9 teams. The results are simple enough to be posted two minutes after the end of the last event. No quotation table is required.

In summary, the scoring scheme is based on the following guidelines:

- The maximum score depends on the number of teams competing in an age group. For example, with 9 teams participating, the best one gets 9 points, the second one gets 8 points, the third one gets 7 points, and so on, until the last team which gets 1 point.
- Immediately following the completion of a particular event, the total result is transferred to and shown on the scoreboard.
- If two or more teams have an equal result, all teams get the score that is given to that place. The next team is ranked at the place following the one corresponding to the teams being level.
- The winner of the event is the team that reaches the highest total score at the end of all events.

### **4.2 Scoring of Running Events**

In the running events, time corresponds to the recorded result.

In the individual events of the 11/12 years old, time is recorded and added up for the team result.

### **4.3 Scoring of Field Events**

In the jumping and throwing events, each participant has to compete in all events with the given number of trials. The total of individual best performances is the team result in an event group. Recording and scoring of results is done on the event cards.

#### **4.4 Measurement of Field Events**

In IAAF Kids' Athletics, the measuring procedure (direct reading by measuring tape unrolled on the ground) is used for age groups I and II, even III. The distance is always measured at 90° (right angle) from the throwing line to the point where the object (ball, javelin etc.) lands. When an object lands between measurement increments, the higher figure is the one credited to the thrower.

#### **4.5 Final Ranking**

A "scoreboard" is used in order to have a quick registration and overall scoring. Any materials can be used for the scoreboard which indicates the scoring of the teams in all events.

Immediately after the course of an event, the event cards of each station are collected for calculation by the event assistants and submitted to the scoreboard assistant for further collation. As soon as all teams get through an event and the respective results are written to the scoreboard, the ranking of teams in that event is determined. The scores are then indicated in a large and legible manner. After the achievement of the competition, only the final ranking scores of each team are summed up, thus indicating the overall ranking of each team in accordance with overall scores. The winner is the team with the highest score.

This open tabulation and calculation of results is a process of evaluation that is visible and transparent for everyone. Those involved can always keep updated on the progress of teams by looking at the current standings on the scoreboard throughout the event. The results being continuously displayed during the meeting remain the key to entertain excitement.

## **5. Organisation**

### **5.1 Set-up**

The following organisational tips should be considered when conducting a "IAAF Kids' Athletics" event so that the meeting goes smoothly:

- All of the equipment has to be delivered at the shortest distance possible from where the meeting takes place.
- Four to six people should be available who know and have mastered the set-up plan. A "Chief-Organiser" supervises and controls the set-up and the take-down.
- These six to eight people should split up according to the selected events (priority being given to Running events).
- A 'plan of set-up' for the competition needs to be drawn to achieve coordination.
- Once the set-up has been completed, a warm welcome should be given to the arriving children. Following a short introduction relative to the basic conduct of the event, a common warm-up session is organised for 10 minutes at the most, preferably with music playing.
- After the warm-up, the teams are identified; the children are distributed to the different stations and, at each station, brief specific instructions are given as to the conduct of the first exercise.

### **5.2 Entry and Competition Forms**

#### **- 5.2.1 Team Entry Forms**

For the competition to go smoothly, a pre-registration of the participating teams is essential. The events are selected in accordance with the number of pre-registrations. On the teams' arrival to the field, teams card with names listed are handed out to the assistants to carry out the scoring.

- **5.2.2 Competition Forms**

To facilitate the smooth running of the competition, Forms -identified below- are produced as templates. These can be photocopied as required by the organiser.

A) Event forms for “Running Events“ (Sprint/Endurance)

**RUNNING EVENTS FOR ALL AGE GROUPS**

Team/Colour: \_\_\_\_\_ Group: \_\_\_\_\_

| <b>TEAM</b> | <b>Sprint/hurdles</b> | <b>Sprint/slalom</b> | <b>“Formula 1”</b> |
|-------------|-----------------------|----------------------|--------------------|
|             |                       |                      |                    |
|             |                       |                      |                    |
|             |                       |                      |                    |
|             |                       |                      |                    |

IAAF KIDS' ATHLETICS

Up to four teams can be registered on this particular form. Under the caption, “No.”, the number of teams is booked, indicating the number of lanes on the track that will be needed.

Selecting distinctive colours for each team’s bib is highly recommended to identify them. The colour of each team is taken down on the event form, and is also indicated on the scoreboard.

The running events are also listed in sequential order on the event form.

For Endurance Races, the colour, specific to each team, should be well signposted.

The result of each team is transferred directly onto the scoreboard as soon as the event is completed.



## B) Event forms for Field Events (Jumping/Throwing)

**JUMPING/THROWING EVENTS**

Team/Colour: \_\_\_\_\_ Group: \_\_\_\_\_

|           | <b>First Name</b>  | <b>1<sup>st</sup> Trial</b> | <b>2<sup>nd</sup> Trial</b> | <b>Best Performance</b> |
|-----------|--------------------|-----------------------------|-----------------------------|-------------------------|
| <b>1</b>  |                    |                             |                             |                         |
| <b>2</b>  |                    |                             |                             |                         |
| <b>3</b>  |                    |                             |                             |                         |
| <b>4</b>  |                    |                             |                             |                         |
| <b>5</b>  |                    |                             |                             |                         |
| <b>6</b>  |                    |                             |                             |                         |
| <b>7</b>  |                    |                             |                             |                         |
| <b>8</b>  |                    |                             |                             |                         |
| <b>9</b>  |                    |                             |                             |                         |
| <b>10</b> |                    |                             |                             |                         |
|           | <b>Team Total:</b> |                             |                             |                         |

IAAF KIDS' ATHLETICS

The forms for both event groups are identical. However, the points discussed hereafter must be taken into consideration.

All performances should be taken down on the event forms, making sure that the colour of each team and the event performed are actually mentioned. The best performance selected along with the score achieved by the team (sum of individual results) is mentioned on the form.

- a) The caption "Group" means the age group of the team that is currently competing. It needs to be specified in the case of several age categories competing.

b) Only the names of the team members (first name and last name) are mentioned on the Team Forms, so as to gain time without interfering with the release of the results.

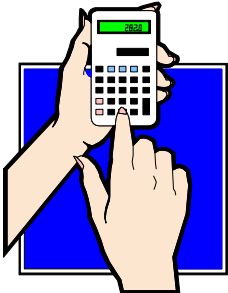
The captions, "1<sup>st</sup> Trial" and "2<sup>nd</sup> Trial", refer, of course, to the first and second attempts of a given exercise. Both trials are not to be carried out immediately after the other. The best performance is booked in the last column under the caption, "Best Performance".

Finally, the total of the best performances of each team member is entered under the caption, "Team Total".

### **5.3 Scoreboard**

As in formal track and field athletics competitions, a scoreboard is required. It should be installed at the centre of the event venue in order to remain continuously visible to everyone. The scoreboard is a significant element to captivate the interest of the children. The scoreboard needs to be kept seriously to make the results available very quickly at the end of an event. It should match the example below.

Example of a scoreboard- 7/8, 9/10 years old

|  |        |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
|---|--------|---------|--------|-----------|-----------|------------|---------------|---------------|---------------|--------|--------|---------|-------|-------------------|----------|--------|---------|
|   |        | Hurdles | Slalom | Formula 1 | Endurance | Pole Vault | Rope Skipping | Cross Hopping | Forward Squat | Ladder | Target | Javelin | Knees | Overhead Backward | Rotation | Points | Ranking |
| <b>Red</b>  | Result |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
|   | Points |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
| <b>Yellow</b>   | Result |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
|   | Points |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
| <b>Green</b>  | Result |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
|   | Points |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
| <b>Blue</b>   | Result |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
|   | Points |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
| <b>Orange</b>   | Result |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
|   | Points |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
| <b>White</b>  | Result |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
|   | Points |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
| <b>Brown</b>  | Result |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
|   | Points |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
| <b>Violet</b>   | Result |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
|   | Points |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
|   | Result |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |
|   | Points |         |        |           |           |            |               |               |               |        |        |         |       |                   |          |        |         |

#### **5.4 Identification of Teams/Venue Layout**

- The identification of teams is essential. It can be made with coloured training shirts ('bibs') or pieces of cloth as armbands for the captains of the teams. This distinctive feature is significant as to the membership to a team, and is a helpful marker for the organisers.
- The organisation of the Venue Layout is of great importance. The boundary of the competition area should be marked out clearly. Each event station also needs to be delimited (with blocks, plastic bottles, etc.). Taking some precautions is necessary to ensure the quality of the event and the safety of the participants and the crowd.

#### **5.5 Organisational Crew/Staff and Assistants**

As in standardised/adult track and field athletics competitions, the "IAAF Kids' Athletics" event requires helpers – assistants/judges who are committed to ensure that the event is conducted under certain regulations and procedures.

However, beyond their role as officials, the assistants have to bring support to the children and to act as motivators during the competition. Every decision which is taken aims at making the competition pleasant for the children.

This original approach implies the creation of a body of officials specialised in such audience.

The staff consists of the following individuals:

- The "Event Organiser": he/she has the survey and gets himself/herself involved in the organisation of the event as the main communicator and problem-solver. He/she announces the changes of event stations.
- The "Head of the Scoreboard": he/she functions as the general secretary, controlling the forms, deploying the assistants and preparing the release of the results.
- A "Starter" and two "Time Keepers" are required for the Sprinting/Running events. These individuals can also take part in the set-up and take down.
- One to two additional assistants are needed to supervise that rules, order and security are respected.

### **5.6 Official Release of the Results**

The victory ceremony is an absolute "MUST" for any "IAAF Kids' Athletics" competition.

For maximum positive effect, the announcement should be made immediately - no later than two minutes after the last event has been completed. Each team and each child should leave the competition knowing the overall result and understanding how individual effort contributed to that result.

Every participating child receives a diploma as a reward.

The Official Release of the Results is also the best opportunity to thank the assistants officially and publicly.

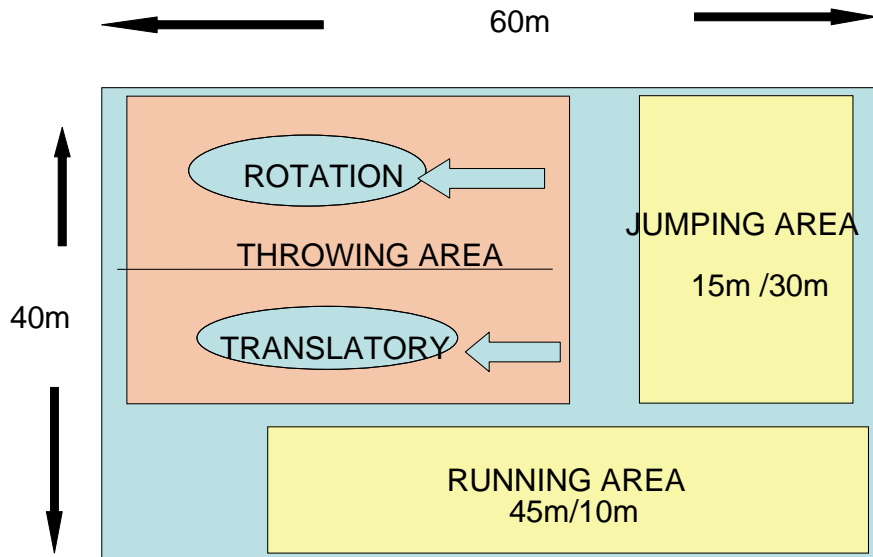
## 6. Forms and Tables

### 6.1 List of Equipment (9 Teams)

| Event                      | Equipment  |
|----------------------------|--|
| <b><u>RUNNING:</u></b>     |  |
| Sprint / Hurdles - Shuttle | 3 stopwatches, 12 hurdles, 6 poles (corner-poles), 3 batons/soft-rings                                     |
| Sprint / Hurdles - Bends   | 3 stopwatches, 6 flag-poles, 6 cones, 6 hurdles, 1 double-decametre  |
| Sprint / Slalom - Shuttle  | 12 slalom-poles (in addition to the equipment required for sprint / hurdles events)                        |
| Sprint Relay – Bends       | 3 stopwatches, 6 flag-poles, 6 cones   |
| Formula 1                  | 9 hurdles, 12 slalom-poles, 3 mats, 3 stopwatches, about 30 markers/cones, 3 batons/soft-rings             |
| Hurdles                    | 3 stopwatches, 6 flag-poles, 6 cones, 12 hurdles, 1 double-decametre                                       |
| 8' Endurance               | 9 corner-poles, 20 cards/chips per child, 1 stopwatch  |
| 1000M Endurance            | 10 cones, 2 flag-poles, 2 stopwatches, event cards, 1 double-decametre                                     |
| Progressive Endurance      | 10 cones, 2 flag-poles, 1 speed table, 1 stopwatch, 1 double-decametre                                     |
| <b><u>JUMPING:</u></b>     |  |
| Pole-flying                | 2 poles, 6 gum-mats, 1 measuring tape, 1 cone to mark out the starting line                                |
| High/Long Jump with Pole   | 1 surmountable obstacle (max. 1m high), 1 sand pit (in addition to the equipment required for Pole-flying) |
| Rope Skipping              | 1 rope, 1 stopwatch  |
| Frog Jump                  | 1 measuring tape (30m), 1 marker pen, 1 marker/cone and 1 block  |
| Cross Hopping              | 1 cross-hop-mat, 1 stopwatch   |
| Ladder Running             | 1 skipping-ladder, 1 stopwatch, 2 cones  |
| Short run-up TJ            | 1 measuring tape, 2 cones, 1 event card  |
| Short run-up LJ            | 1 measuring tape, 1 sand trap, 2 cones, 1 event card   |
| Exacting LJ                | 8 cones, 3 hoops   |

| <b><u>THROWING:</u></b>   |  |
|---|--|
| Target Throw  | 2 posts/poles (soccer goal), 1 crossbar or rope (2,5m high), 2 Vortex-balls  |
| Kids Javelin  | 2 soft-javelins (2 TURBOJAV), 1 measuring tape (30m), 1 cone per meter       |
| Teens Javelin   | 8 cones, 1 measuring tape (30m), 2 "advanced" javelins                       |
| Knee Throw  | 2 medicine balls (1 kg), 1 measuring tape (20m), 1 gym-mat, 1 cone per meter |
| Overhead Backward Throw   | 2 medicine balls (1kg), 1 measuring tape (20m), 2 blocks                     |
| Rotational Throw  | 2 throwing balls, 2 stands/posts (soccer goal), markers, 1 cone per meter    |
| Teens Discus  | 2 "ludidiscs", 8 cones, 1 measuring tape (30m)                               |
| <b><u>RESTING AREA:</u></b>   | 2 Vortex-balls, 1 rope, 2 poles, 1 pit                                       |
| <p>Comments:<br/>All stations must be signed by numbers to indicate the successive order of the events; one accompanying adult per team must be provided with all event cards and a plan of the stations.</p> |  |

## 6.2 Organisation of the Event Stations



**Organisation of competition area**

Every Event Organiser will conceive the installations for an event, after the analysis of the different factors have been taken into consideration. Safety and easy moving for the groups of children are the deciding factors for the organisation of the event stations.

**Marking out the jumping, throwing and running areas with flags/poles can be taken into consideration.**



### 6.3 Forms and additional documents

#### “8’ Endurance” Running (Ranking)

|   | <b>Team / Colour</b> | <b>Points</b><br>( 1 per ball) | <b>Place</b> |
|---|----------------------|--------------------------------|--------------|
| 1 |                      |                                |              |
| 2 |                      |                                |              |
| 3 |                      |                                |              |
| 4 |                      |                                |              |
| 5 |                      |                                |              |
| 6 |                      |                                |              |
| 7 |                      |                                |              |
| 8 |                      |                                |              |
| 9 |                      |                                |              |

IAAF KIDS' ATHLETICS

#### Team List

|    | <b>Team:</b>      | <b>Colour:</b> |
|----|-------------------|----------------|
|    | <b>First Name</b> | <b>Name</b>    |
| 1  |                   |                |
| 2  |                   |                |
| 3  |                   |                |
| 4  |                   |                |
| 5  |                   |                |
| 6  |                   |                |
| 7  |                   |                |
| 8  |                   |                |
| 9  |                   |                |
| 10 |                   |                |

IAAF KIDS' ATHLETICS

**Event card for Sprinting, Jumping and Throwing events – 11/12 years old****Teams :****Colours:**

| Group    | Trial 1 | Trial 2 | Trial 3        | Best score |
|----------|---------|---------|----------------|------------|
| <b>A</b> |         |         |                |            |
| <b>A</b> |         |         |                |            |
| <b>A</b> |         |         |                |            |
| <b>A</b> |         |         |                |            |
| <b>A</b> |         |         |                |            |
|          |         |         | <b>TOTAL A</b> |            |
| <b>B</b> |         |         |                |            |
| <b>B</b> |         |         |                |            |
| <b>B</b> |         |         |                |            |
| <b>B</b> |         |         |                |            |
| <b>B</b> |         |         |                |            |
|          |         |         | <b>TOTAL B</b> |            |

**NB:**

If the 11-12 years old have already experienced the types of events devoted to the younger categories, the competition between opponents in the events for this age category should be changed.

The age group competing in each event station consists of 2 and a half teams as following:

6 teams: AB CD EF: A1 with B1, A2 with B2, etc.

9 teams: ABC DEF GHI: A1 with B1, A2 with C1, B2 with C2, etc.

Partial results are posted on the overall scoreboard.

Regarding the Relay and individual races, the teams remain together.

**Scoreboard: Events for 11-12 years old**

|                | <b>E</b> | <b>E</b> | <b>E</b> | <b>E</b> | <b>E</b> | <b>E</b> | <b>E</b> | <b>E</b> | <b>E</b> | <b>E</b>  | <b>TOTAL</b> | <b>PLACE</b> |
|----------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|--------------|--------------|
|                | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b> |              |              |
| <b>teams</b>   |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>A1</b>      |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>A2</b>      |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>Total A</b> |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>B1</b>      |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>B2</b>      |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>Total B</b> |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>C1</b>      |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>C2</b>      |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>Total C</b> |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>D1</b>      |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>D2</b>      |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>Total C</b> |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>E1</b>      |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>E2</b>      |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>Total E</b> |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>F1</b>      |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>F2</b>      |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>Total F</b> |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>G1</b>      |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>G2</b>      |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>Total G</b> |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>H 1</b>     |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>H 2</b>     |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>Total H</b> |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>I 1</b>     |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>I 2</b>     |          |          |          |          |          |          |          |          |          |           |              |              |
| <b>Total I</b> |          |          |          |          |          |          |          |          |          |           |              |              |

**Progressive Endurance and 1000m Endurance Races**

**Team results Form**

|   | <b>Team</b> | <b>Results 1000m Endurance</b> | <b>Results Progressive Endurance</b> |
|---|-------------|--------------------------------|--------------------------------------|
| 1 |             |                                |                                      |
| 2 |             |                                |                                      |
| 3 |             |                                |                                      |
| 4 |             |                                |                                      |
| 5 |             |                                |                                      |
| 6 |             |                                |                                      |
| 7 |             |                                |                                      |
| 8 |             |                                |                                      |
| 9 |             |                                |                                      |

**Team forms with individual event results**

**Event/  
TEAMS /**

**COLOURS**

| <b>Group</b> | <b>Last Name</b> | <b>First Name</b> | <b>Performance/Event</b> |
|--------------|------------------|-------------------|--------------------------|
| <b>A</b>     |                  |                   |                          |
| <b>A</b>     |                  |                   |                          |
| <b>A</b>     |                  |                   |                          |
| <b>A</b>     |                  |                   |                          |
| <b>A</b>     |                  |                   |                          |
|              |                  | <b>Total A</b>    |                          |
| <b>B</b>     |                  |                   |                          |
| <b>B</b>     |                  |                   |                          |
| <b>B</b>     |                  |                   |                          |
| <b>B</b>     |                  |                   |                          |
| <b>B</b>     |                  |                   |                          |
|              |                  | <b>Total B</b>    |                          |

**6.4 List of Organisational Staff (9 Teams)**

| Function/Event        | Per Station | Total  |
|-----------------------|-------------|--------|
| Coordinator           | 1           | 1      |
| Assistant per team    | 1           | 9/6    |
| Speaker               | 1           | 1      |
| Scoreboard assistant  | 1 or 2      | 1 or 2 |
| Timekeeper            | 2/3         | 2/3    |
| Starter               | 1           | 1      |
| First throwing event  | 2           | 2      |
| Second throwing event | 2           | 2      |
| Third throwing event  | 2           | 2      |
| First jumping event   | 1           | 1      |
| Second jumping event  | 1           | 1      |
| Third jumping event   | 1           | 1      |
| (Endurance running)   |             | *      |
| Total:                |             | 25     |

\* Judges can fulfill several roles throughout the competition.

\* Athletes or parents may very well act as useful accompanying adults.

**APPENDIX 1****Group rotations in Kids' Athletics Competitions**

Example of the organisation of competition tables

**Organisation of a meeting: 6 teams of 10 athletes aged from 11 to 12 take part in a 7-event competition.**

| Team | Group | 1° sequence  | 2° sequence | 3° sequence  | 4° sequence | 5° sequence  | 6° sequence | 7° sequence |
|------|-------|--------------|-------------|--------------|-------------|--------------|-------------|-------------|
| A    | A1    | Sprint Relay | Hurdles     | Javelin      | Med ball    | Pole Vault   | Triple Jump | Endurance   |
|      | A2    | Sprint Relay | Hurdles     | Med ball     | Javelin     | Triple Jump  | Pole Vault  | Endurance   |
| B    | B1    | Sprint Relay | Hurdles     | Javelin      | Med ball    | Pole Vault   | Triple Jump | Endurance   |
|      | B2    | Sprint Relay | Hurdles     | Med ball     | Javelin     | Triple Jump  | Pole Vault  | Endurance   |
| C    | C1    | Javelin      | Med ball    | Pole Vault   | Triple Jump | Sprint Relay | Hurdles     | Endurance   |
|      | C2    | Med ball     | Javelin     | Triple Jump  | Pole Vault  | Sprint Relay | Hurdles     | Endurance   |
| D    | D1    | Javelin      | Med ball    | Pole Vault   | Triple Jump | Sprint Relay | Hurdles     | Endurance   |
|      | D2    | Med ball     | Javelin     | Triple Jump  | Pole Vault  | Sprint Relay | Hurdles     | Endurance   |
| E    | E1    | Pole Vault   | Triple Jump | Sprint Relay | Hurdles     | Javelin      | Med ball    | Endurance   |
|      | E2    | Triple Jump  | Pole Vault  | Sprint Relay | Hurdles     | Med ball     | Javelin     | Endurance   |
| F    | F1    | Pole Vault   | Triple Jump | Sprint Relay | Hurdles     | Javelin      | Med ball    | Endurance   |
|      | F2    | Triple Jump  | Pole Vault  | Sprint Relay | Hurdles     | Med ball     | Javelin     | Endurance   |

## Rotation Table for 5 Teams -7/8 & 9/10 years old (Example)

| Teams  | Event 10 | Event 10'      | Event 10 | Event 10'      | Event 10 | Event 10'      | Event 10' |
|--------|----------|----------------|----------|----------------|----------|----------------|-----------|
| Team 1 | F1       | Sprint/Hurdles | Javelin  | M. Ball        | Cross    | Pole           | Endurance |
| Team 2 | F1       | Sprint/Hurdles | M. Ball  | Javelin        | Pole     | Cross          | Endurance |
| Team 3 | Cross    | Pole           | F1       | Sprint/Hurdles | M. Ball  | Javelin        | Endurance |
| Team 4 | Pole     | Cross          | F1       | Sprint/Hurdles | Javelin  | M. Ball        | Endurance |
| Team 5 | M. Ball  | Javelin        | Cross    | Pole           | F1       | Sprint/Hurdles | Endurance |

### Table for 6 Teams- 7/8 & 9/10 (example of organisational table)

| Rotation of 6 teams                                |         |         |         |         |         |         |           |
|--|---------|---------|---------|---------|---------|---------|-----------|
| competition with 6 teams consisting of 10 athletes |         |         |         |         |         |         |           |
| stopwatch  | 10'     | 20'     | 30'     | 40'     | 50'     | 60'     | 70'       |
| team   |         |         |         |         |         |         |           |
| 1  | race 1  | race 2  | cross   | pole    | m. ball | vortex  | endurance |
| 2  | race 1  | race 2  | pole    | cross   | vortex  | m. ball | endurance |
| 3  | cross   | pole    | m. ball | vortex  | race 1  | race 2  | endurance |
| 4  | pole    | cross   | vortex  | m. ball | race 1  | race 2  | endurance |
| 5  | m. ball | vortex  | race 1  | race 2  | cross   | pole    | endurance |
| 6  | vortex  | m. ball | race 1  | race 2  | pole    | cross   | endurance |

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**Event station Rotation: 9 teams - 7/8 & 9/10 years old (example)**

| Team | 1°        | 2°        | 3°        | 4°        | 5°        | 6°        | 7°        | 8°        | 9°        | 10° |
|------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----|
| 1    | SPRINT F1 | SPRINT F1 | SPRINT F1 | LADDER    | CROSS     | POLE      | JAV       | ROT       | MB BACK   | END |
| 2    | SPRINT F1 | SPRINT F1 | SPRINT F1 | CROSS     | POLE      | LADDER    | MB BACK   | JAV       | ROT       | END |
| 3    | SPRINT F1 | SPRINT F1 | SPRINT F1 | POLE      | LADDER    | CROSS     | ROT       | MB BACK   | JAV       | END |
| 4    | JAV       | ROT       | MB BACK   | SPRINT F1 | SPRINT F1 | SPRINT F1 | LADDER    | CROSS     | POLE      | END |
| 5    | MB BACK   | JAV       | ROT       | SPRINT F1 | SPRINT F1 | SPRINT F1 | CROSS     | POLE      | LADDER    | END |
| 6    | ROT       | MB BACK   | JAV       | SPRINT F1 | SPRINT F1 | SPRINT F1 | POLE      | LADDER    | CROSS     | END |
| 7    | LADDER    | CROSS     | POLE      | JAV       | ROT       | MB BACK   | SPRINT F1 | SPRINT F1 | SPRINT F1 | END |
| 8    | CROSS     | POLE      | LADDER    | MB BACK   | JAV       | ROT       | SPRINT F1 | SPRINT F1 | SPRINT F1 | END |
| 9    | POLE      | LADDER    | CROSS     | ROT       | MB BACK   | JAV       | SPRINT F1 | SPRINT F1 | SPRINT F1 | END |



**APPENDIX 2****Safety of Participants**

Safety remains the main concern of the Event Organiser of Kid's Athletics Competitions.

**General instructions:**

- safe installations
- no dangerous equipment (throwing objects, poles)
- experienced Judges
- respect of the organisational procedure

| <b><i>Events</i></b>            | <b><i>Safety rules</i></b>   |
|---------------------------------|--|
| <b>Sprint/Relay</b>             | <b>Non-slippery ground, safe baton/soft-ring and markers</b>   |
| <b>Hurdles/Relay</b>            | <b>Non-slippery ground, safe baton/soft-ring, markers and surmountable hurdles</b>                             |
| <b>Formula 1</b>                | <b>Soft mat, safe markers and hurdles, non-slippery ground</b>   |
| <b>Hurdles</b>                  | <b>Non-slippery ground, surmountable hurdles, cleared area surrounding the finishing line</b>                  |
| <b>8,1000, Progr. Endurance</b> | <b>Track without risks, children must be looked after</b>  |
| <b>Jumps over a sand pit</b>    | <b>Turn over the sand pit , short run-up, no dangerous objects buried in the sand</b>                          |
| <b>Jump</b>                     | <b>Short run-up, mastery of TJ technique<br/>Non-slippery soft ground</b>                                      |
| <b>Pole</b>                     | <b>Maximum 2,50m long, no dangerous pole, landing in soft e.g. sand area, minimum mastery of the technique</b> |
| <b>Javelin Throw</b>            | <b>Appropriate Javelin (no dangerous), organisation of the group, appropriate recommendations</b>              |
| <b>Rotational Throw</b>         | <b>Appropriate throwing objects, organisation of the group, appropriate recommendations</b>                    |
| <b>Med. Ball Throw</b>          | <b>Ball of appropriate weight, cleared backward area (for loss of balance)</b>                                 |

APPENDIX 3

Example of Certificate

