

# Kids athletics

Competition: Kids rules

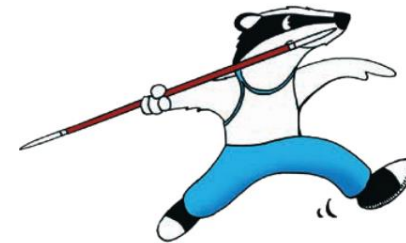
Erasmus Helsinki

21.-22.10.2021

# Main principles

- Rules are modified so that they would teach more than punish
- Rules are still equal to each individual but compared to adult rules they are softer and guiding
- IAAF rules are the baseline for the kids rules
  - IAAF rules are valid unless stated differently in kids rules
- Kids rules are applied to kids under 14y

**”Safe, practical, fair to everyone,  
officials can guide and teach”**



## Kids Rules -manual

### **Kids Rules manual**

Finnish Athletics Federation has PDF-manual that guides the competition manager to educate the officials for the kids sports & competition

What are the principles  
of each event

How to measure

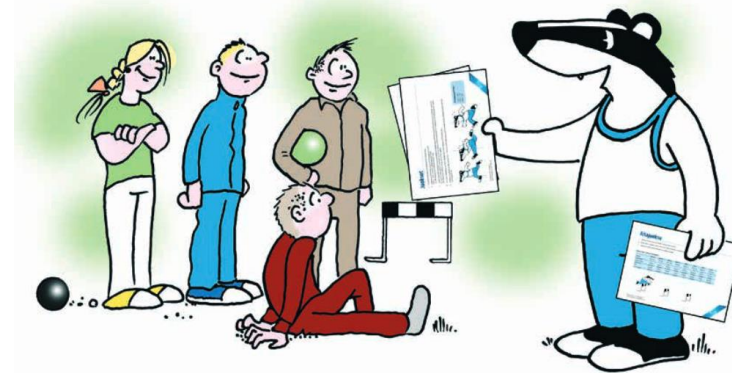
How does this kid rule  
differ from the adult rule

Good examples

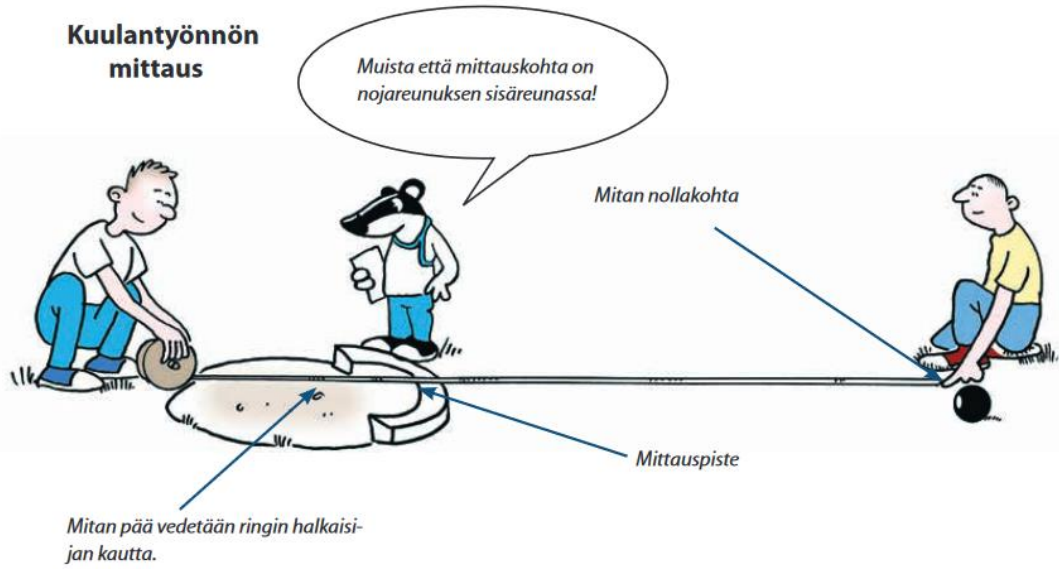
How to deal with if there are  
one event on top of the other

## Guidelines to the officials

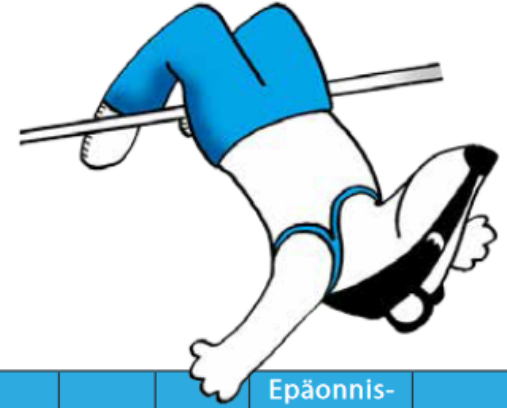
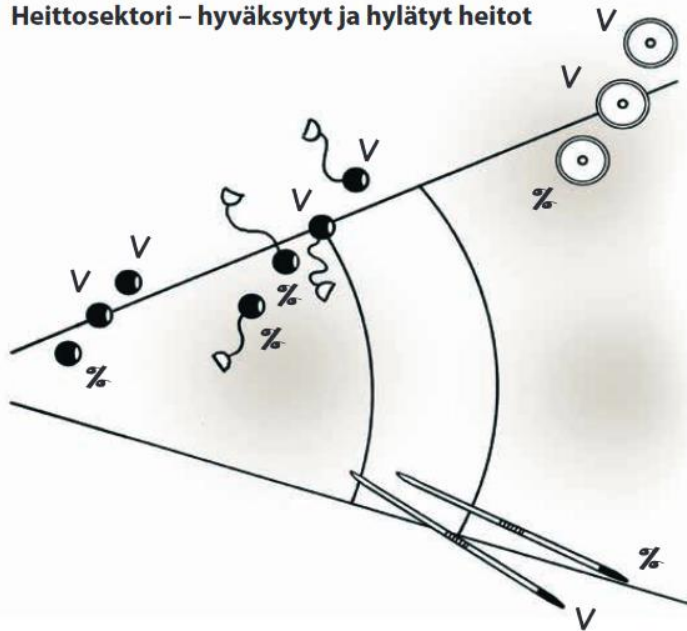
- Gather all the participants together and tell them the rules
  - F.ex what kind of performance is correct and what is false
- Introduce the officials to the kids
- Go through the competition – what happens and when
- Support the competitors and other officials and build up the good atmosphere
- Arrange the competition so that there are no danger to competitors, officials or other people at the field



## Kuulantynnön mittaus



## Heittosektori – hyväksytyt ja hylätyt heitot



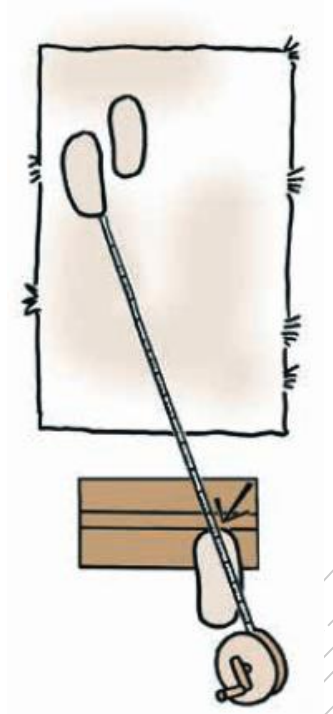
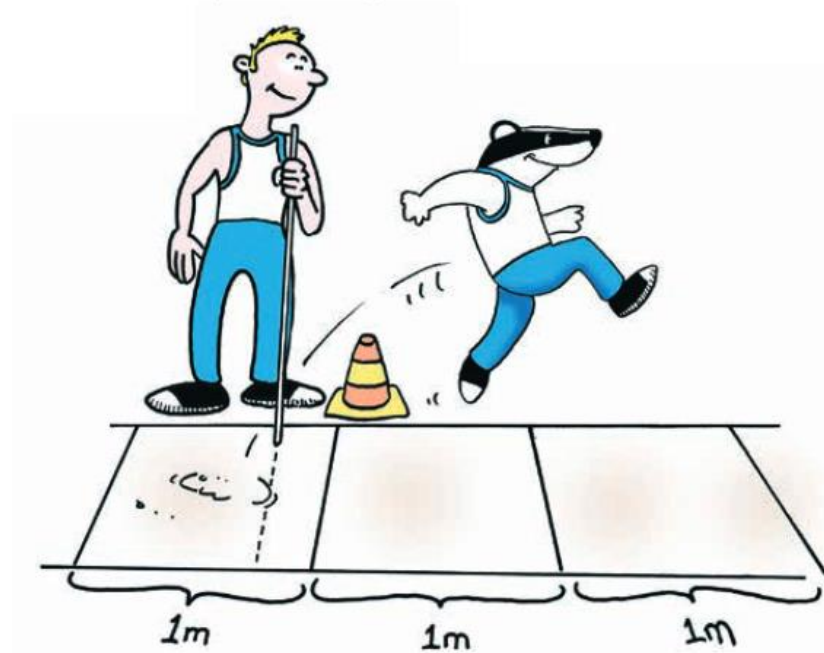
Esimerkki korkeushypyn (seiväshypyn) pöytä-  
kirjamerkinnoistä:

NIMI	SEURA	110	115	120	125	130	Epäonnis- tuneita yri- tyksiä yht.	TULOS	SIJA
Maija Mehiläinen	VpK	XXO	O	O	XXX		2	120	4
Meri Tuulispää	Lloiske	O	O	XO	---	XXX	1	120	5
Aino Merituuli	VpK	O	O	O	O	XXX	0	125	1
Ida Myrskytuuli	Jvoima	O	O	O	O	XXX	0	125	1
Kaisa Päivänsäde	Ttuiske	O	O	O	X-	XX	0	120	3
Emilia Tomera	Rtoverit	O	O	XO	XXX		1	120	5

# Examples

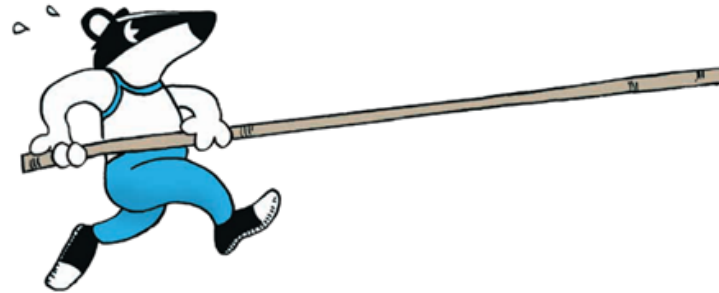
## Longjump & 3-jump

- U12 kids longjump and triple jump events have 1 meters wide take-off zone (not the board)
- The jump is measured from the toes to the mark in the sandpit
- Take-off point is marked with a sharp stick



## Examples

- **Polevault:** if the kid clears the bar and release his/her grip from the pole before the pole hits the bar – the clearance is accepted
- **Javelin:** we measure each throw which lands between the sector lines and is not stepped over. So if the javelin lands tail first, it's ok. Or if the javelin lands flat, the throw is measured from the tip.



# Competition system

- District has its own kids competitions "district championships"
  - Crosscountry
  - Relays
  - Multievents (two times during the summer)
  - All the individual events (two days)
- Finnish Athletics Federation has Club competition
  - How many participants in each of these competitions
  - How many licences club has for under 14y
  - total of 20 000 € prizes

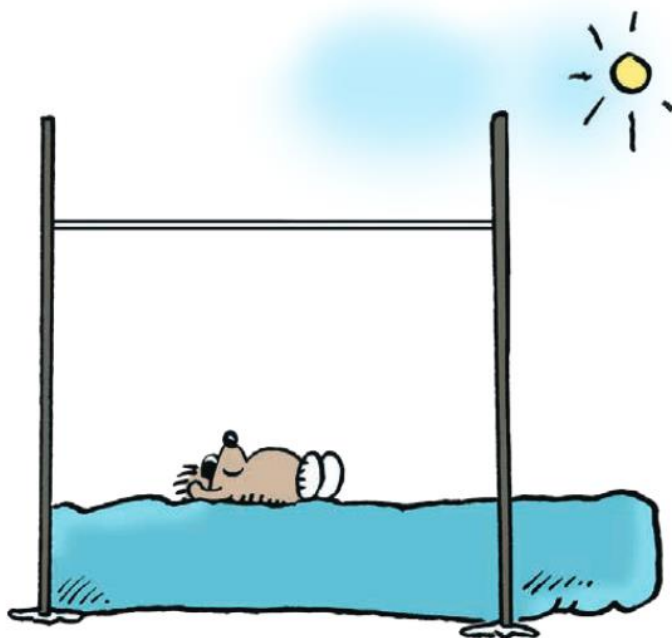


Official events for U14

	U10 (8-9)	U11 (10)	U12 (11)	U13 (12)	U14 (13)	U16
<b>Sprints</b>	40m	60m	60m	60m	60m	100m
				200m	200m	300m
<b>Hurdles</b>						
(distance)		60m H	60m H	60m H	60m H	B 100m H
(how many hurdles, height)		(7kpl; 60cm)	(7kpl; 60cm)	(6kpl; 76,2cm)	(6kpl; 76,2cm)	(10kpl; 83,8cm)
(to the 1st hurdle, between hurdles)		(10,50m;6,50m)	(10,50m;6,50m)	(11,50m;7,50m)	(11,50m;7,50m)	(13,00m; 8,50m)
						G 80m aj
						(8kpl; 76,2cm)
						(12,00m; 8,00m)
				200m aj	200m aj	300m aj
				(76,2cm)	(76,2cm)	(76,2cm)
<b>Distance</b>	1000m	1000m	1000m	1000m	1000m	800m
						2000m
						1500m SC (76,2cm)
crosscountry	1km	1,5km	1,5km	2km	2km	3 - 4 km
road	1-2km	2km	2km	3km	3km	4km
racewalking	600m	1000m	1000m	2000m	2000m	3000m

	<b>U10 (8-9)</b>	<b>U11 (10)</b>	<b>U12 (11)</b>	<b>U13 (12)</b>	<b>U14 (13)</b>	<b>U16</b>	
<b>Relays</b>	8x40m shuttle	4x50m	4x50m	4x100m	4x100m	4x100m	
	(girls+boys)	4x600m	4x600m	4x600m	4x600m	4x800m	
	(atleast 1G+1B)			4x60m H	4x60m H	4x80m H	
	4x400m						
<b>Jumps</b>	highjump	highjump	highjump	highjump	highjump	highjump	
		polevault	polevault	polevault	polevault	polevault	
	longjump	longjump	longjump	longjump	longjump	longjump	
		3-jump	3-jump	3-jump	3-jump	3-jump	
		<----- 1m take-off zone	----->				
<b>Throws</b>	shotput	shotput	shotput	shotput	shotput	shotput	
	(2kg)	(2/2,5kg)	(2/2,5kg)	(2,5/3kg)	(2,5/3kg)	(G 3,0kg, B 4kg)	
	discus	discus	discus	discus	discus	discus	
		(600g)	(600g)	(600g)	(G 600g, B 750g)	(G 600g, B750g)	(G 750g, B 1000g)
	hammer	hammer	hammer	hammer	hammer	hammer	
	(2,5 kg)	(2,5 kg)	(2,5 kg)	(G 2,5/ B 3kg)	(G 2,5/ B 3kg)	(G 3,0kg, B 4kg)	
	javelin	javelin	javelin	javelin	javelin	javelin	
	(400g)	(400g)	(400g)	(400g)	(400g)	(G 400g, B 600g)	

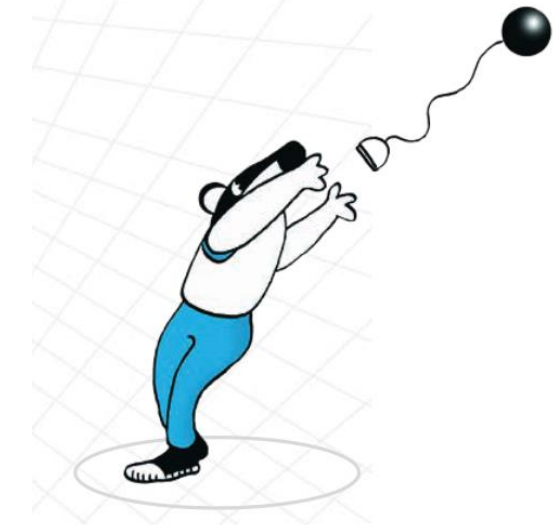
	U10 (8-9)	U11 (10)	U12 (11)	U13 (12)	U14 (13)	U16
<b>Multievents</b>	<b>3-ottelu</b>	<b>3-ottelu</b>	<b>3-ottelu</b>	<b>4-ottelu/G</b>	<b>4-ottelu/G</b>	<b>5-ottelu/G</b>
	40m	60m	60m	60m aj	60m aj	80m aj
	longjump	longjump	longjump	longjump	longjump	longjump
	shotput	shotput	shotput	shotput	shotput	javelin
				800m	800m	highjump
						800m
	<b>4-ottelu</b>	<b>4-ottelu</b>	<b>4-ottelu</b>	<b>4-ottelu/B</b>	<b>4-ottelu/B</b>	<b>5-ottelu/B</b>
	40m	60m aj	60m aj	60m aj	60m aj	100m aj
	highjump	highjump	highjump	shotput,	shotput	longjump
	javelin	javelin	javelin	highjump	highjump	javelin
	800m	800m	800m	800m	800m	polevault
						1000m



				<b>5-ottelu/B</b>	<b>5-ottelu/B</b>	
				60m aj	60m aj	
				longjump	longjump	
				javelin	javelin	
				discus	discus	
				800m	800m	
				<b>5-ottelu/G</b>	<b>5-ottelu/G</b>	
				60m aj	60m aj	
				longjump	longjump	
				highjump	highjump	
				javelin	javelin	
				800m	800m	

# Difference between implements

Age	Shotput G	Shotput B	Discus G	Discus B	Hammer G	Hammer B	Javelin G	Javelin B
9	2000	2000	600	600	2500	2500	400	400
11	2000	2500	600	600	2500	2500	400	400
13	2500	3000	600	750	2500	3000	400	400
15	3000	4000	750	1000	3000	4000	400	600
17	3000	5000	1000	1500	3000	5000	500	700
19	4000	6000	1000	1750	4000	6000	600	800
20->	4000	7260	1000	2000	4000	7260	600	800



# Hurdle progression

<b>Age</b>	<b>Distance</b>	<b>to the 1st</b>	<b>between</b>	<b>height</b>	<b>hurdles</b>
<b>G11</b>	60m	10,50m	6,50m	76,2cm	7
<b>G13</b>	60m	11,50m	7,50m	76,2cm	6
<b>G15</b>	80m	12,00m	8,00m	76,2cm	8
<b>W17</b>	100m	13,00m	8,50m	76,2cm	10
<b>W19</b>	100m	13,00m	8,50m	83,8cm	10
<b>Age</b>	<b>Distance</b>	<b>to the 1st</b>	<b>between</b>	<b>height</b>	<b>hurdles</b>
<b>B11</b>	60m	10,50m	6,50m	76,2cm	7
<b>B13</b>	60m	11,50m	7,50m	76,2cm	6
<b>B15</b>	100m	13,00m	8,50m	83,8cm	10
<b>M17</b>	110m	13,72cm	9,14m	91,4cm	10
<b>M19</b>	110m	13,72cm	9,14m	99,1cm	10



Thank you for  
your time!

