

# SCHOOL GAMES



## Merseyside School Games

### Year 5/6 Mixed Sportshall Athletics Information Pack

**“Through the power of competition, the Merseyside School Games will inspire children and young people to unlock their potential.”**



## Competition Information

<b>Event Date</b>	18th March 2026
<b>Event Time</b>	Arrival: 12.30 Competition: 13.00-15.00
<b>Event Venue</b>	Greenbank Sports Academy, Green Lane, L17 1AG
<b>Event Type</b>	<b>Aspire</b> – Participation in these events will follow the traditional schools' games pathway, with the winners at the borough competitions representing their borough at the Merseyside School Games competition.
<b>Year Group</b>	Year 5/6
<b>Gender</b>	Mixed
<b>Squad/team size</b>	9 boys and 9 girls minimum and 15 girls and 15 boys maximum  Athletes able to complete a maximum of two track and two field events.
<b>Event Organiser</b>	Please contact MSP for any queries via <a href="mailto:b.mccrudden@merseysidesport.com">b.mccrudden@merseysidesport.com</a>
<b>Additional Information</b>	Participants should bring a packed lunch and plenty of water to keep them hydrated throughout the day.  Cones may be used instead of reverse boards/turn cone at one end of the hall. This is dependent on the venue. Athletes will be asked to place one foot between two cones (of the same colour) to turn if this is used.

# Information Points

- A Team Manager's Declaration Form must be completed online in advance of the event. Details of the web address where you can access the form and deadlines will be provided to you by your local School Games Organiser. Declaration forms will be available on the day of the event and teams who have not been registered by the deadline will not be able to compete.
- Players should bring plenty of water to keep them hydrated throughout the day. There are no on-site facilities for purchasing food or drinks throughout the day.

# Competition Rules, Format and Running Order

Events	Participants
1 + 1 Lap Relay (Track)	2 Girls and 2 Boys
2 + 2 Lap Relay (Track)	2 Girls and 2 Boys
6 Lap Paarlauf (Track)	2 Girls and 2 Boys
Obstacle Relay (Track)	4 Girls and 4 Boys
Over/Under Relay (Track)	4 Girls and 4 Boys
4 x 1 Lap Relay (Track)	4 Girls and 4 Boys
Chest Push (Field)	3 Girls and 3 Boys
Standing Triple Jump (Field)	3 Girls and 3 Boys
Soft Javelin (Field)	3 Girls and 3 Boys
Speed Bounce (Field)	3 Girls and 3 Boys
Standing Long Jump (Field)	3 Girls and 3 Boys
Vertical Jump (Field)	3 Girls and 3 Boys

## Track Events

- Track events will be explained and demonstrated on the day of the event.
- Running events will be recorded once the athlete's torso crosses the finish line.
- Judges will compare results and any difference with results the chief judge will make the final decision.

## Field Events

### *Chest Push*

- The athlete holds the ball against their chest and pushes with both hands.
- The athlete's chest must face forward and there must be no rotation in the trunk.
- Both feet must be behind the throwing line and remain on the floor at all times. One foot may be in front of the other but no run ups or steps are permitted.
- The athlete must not pass the throwing line during their throw.

- Once thrown, the ball doesn't have to land on the mat.
- The distance thrown is measured from the throwing line to the point where the ball first lands.

### ***Standing Triple Jump***

- The athlete must stand with both feet behind the selected take off line.
- Techniques involving a crouch or rocking motion leading up to the jump are permitted; the free leg does not have to be in contact with the mat and may be used to generate momentum by raising the knee up and down. The takeoff foot can be rocked from heel to toe as long as some part of the foot remains in contact with the mat before the start of the jump.
- No part of the athlete must touch the mat in front of the start line prior to take off.
- A one footed take off starts the hop with the athlete landing onto the same foot, the step is taken onto the other foot after which the jump is performed by landing on both feet.
- The athlete must land on both feet, with both feet being placed on the mat. The measurement lines printed on the mat are for guidance only. If an athlete's foot lands outside the graduated area and the judges are able to measure the jump, it should be recorded as a good trial.
- The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.
- Measurement is taken from the take off line to the back of the closest heel on landing.

### ***Soft Javelin***

- The javelin is thrown from a standing position with both feet behind the throwing line and in contact with the floor.
- The throw is measured from the front of the throwing line to where the tip of the javelin first contacts the ground.
- The distance is measured in metres and always down to the nearest metre.
- Athletes may collect their Javelin once instructed but **MUST NOT** throw them back.

### ***Speed Bounce***

- Participants must wear suitable footwear. An athlete is not permitted to compete in bare feet.
- Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet – the athlete's feet should leave the mat simultaneously and land on the mat simultaneously.
- The athlete should cross the wedge as many times as possible within the allocated time period as follows: Under 11's (years 5 & 6) 20 seconds
- The number of "good" bounces will be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge.

### ***Standing Long Jump***

- The athlete must stand on the mat with both feet behind the takeoff datum line.
- Techniques involving a crouch or rocking motion prior to the jump are permitted provided that both feet are alongside each other and retain contact with the mat until the start of the jump.
- No part of the athlete must touch the mat in front of the start line prior to take off.
- The athlete should jump as far as possible from a standing position, with a two footed take off. One footed takeoff is not permitted.
- The athlete must land on both feet, with both feet being placed on the mat. The measurement lines printed on the mat are for guidance only. If an athlete's foot lands outside the graduated area and the judges are able to measure the jump, it should be recorded as a good trial.
- The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.
- Measurement is taken from the take off line to the back of the closest heel on landing

### ***Vertical Jump***

- The athlete stands with their back, head and heels touching the wall.
- Both arms should be stretched upwards to push the sliding scale up with their fingertips. Elbows and fingers must be straight and arms should touch the side of the head. Feet must stay flat on the floor.
- The athlete must stand sideways on to the wall with the nominated jumping arm closest to the wall. They then jump from a standing position and touch the scale at the highest possible point.
- An athlete may bend their knees and swing their arms in preparation for the event but their feet must not leave the ground until they take their jump.
- It is deemed a no jump if an athlete's "free" hand touches the wall during the jump.
- Measurement should be taken to the nearest centimetre below the highest point of the chalk mark on the scale. The judges may pull down the sliding scale to record the exact height of the jump.