

SCHOOL GAMES



Merseyside School Games

Year 7 Girls 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

Event Date	17th March 2026
Event Time	Arrival: 12.30 Competition: 1-3.30
Event Venue	Greenbank Sports Academy, Green Lane, L17 1AG
Event Type	Aspire – 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.
Year Group	Year 7
Gender	Girls
Squad/team size	Squad size: 5-8
Event Organiser	Please contact MSP for any queries via b.mccrudden@merseysidesport.com

Information Points

- A Team Manager's Declaration Form must be completed via Google Forms 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. No 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 a packed lunch and plenty of water to keep them hydrated throughout the day. There are no on-site facilities for purchasing food or drinks throughout the day.
- Cones may be used instead of reversal boards/turn cones 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.
- Athletes can only participate in a maximum of 3 track and 2 field events
- Time will be limited and all efforts should be made to start events promptly and progress swiftly. Should an athlete be missing, please make a start and advise the field referee

Competition Rules

Events	Participants
2 Lap Individual Race (Track)	2 Athletes
4 Lap Individual Race (Track)	2 Athletes
8 Lap Paarlaf (Track)	2 Athletes
6 Lap Individual Race (Track)	1 Athletes
Obstacle Relay (Track)	4 Athletes
4x2 Lap Relay (Track)	4 Athletes
Shot (Field)	2 Athletes
Speed Bounce (Field)	2 Athletes
Standing Long Jump (Field)	2 Athletes
Standing Triple Jump (Field)	2 Athletes
Vertical Jump (Field)	2 Athletes

TRACK EVENTS

- The athlete steps up to the start line, ensuring that their feet remain behind the line.
- On the whistle/gun the athlete runs towards the first reversaboard/turn cone. They turn on the reversaboard/turn cone and run the return leg, turning at the set of cones. The lap finishes back at the start line with the competitor facing in the same direction as he started.
- In the event of an athlete causing an obstruction the athlete may, at the discretion of the track referee, be placed in last position. No athlete should be disqualified.
- In the event of an athlete not completing the prescribed number of laps, the athlete should be declared "Did Not Finish" and not be placed.

RELAYS

- All athletes contesting the relay sit on the team base mat.
- The first athlete from each team steps up to the start line, ensuring that their feet remain behind the line. A crouched start is not permitted and hands may not be placed on the floor.
- On the whistle/gun the first athlete runs towards the first reversaboard/turn cone. They turn on the reversaboard/turn cone and run the return leg, turning at the cones behind the team mat. They must return to the centre of the hall and hand the baton to the next runner, who proceeds as the previous runner.
- The retiring runner returns to the team base mat and sits behind the rest of the team.
- The last runner proceeds as the previous runners but, after turning at the cones behind the team, this runner must run through the finish line in the centre of the hall.
- The athletes that are not running must sit on their team mat to ensure a clear view for the judges.

- In the event of a team/athlete causing an obstruction or failing to complete the relay in the prescribed format, the team may, at the discretion of the track referee, be placed in last position. No team should be disqualified.

OBSTACLE RACES

- All four team members sit on the team base mat.
- The first runner from each team steps forward to the start line in front of the team base mat with their foam baton / bean bag, ensuring that their feet remain behind the line. A crouched start is not permitted and hands may not be placed on the floor.
- On the whistle they must run through the Hi-Stepper ensuring a foot is placed in each segment, complete 10 Speed Bounces, clear both hurdles and turn on the reversaboard/turn cone at the far end of the hall.
- They must run the return leg avoiding all the obstacles.
- Athletes turn on the cones next to the team base mat, pass the baton / bean bag on to the next runner, who will be standing waiting to receive it and then return to the team base mat and sit behind the rest of the team.
- The second and third runners proceed as the first runner.
- The last runner must also complete the course as above, having turned at the cones next to the team base mat they must run through the finish line in the centre of the hall.
- A half second time penalty is given for each fault noted. One fault will be given for each occasion an athlete:
 - Misses a segment of the hi-stepper (maximum two faults per athlete to be awarded).
 - Omits a bounce, e.g. an athlete who completes just seven bounces should receive three faults.
 - Omits a hurdle. Faults should NOT be given if an athlete knocks over a hurdle or if it's not been replaced.

FIELD EVENTS

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.

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.

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 centimeter 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.

SHOT

- Two parallel lines are to be marked out. The first of these represents the throwing line, with the second being placed two metres behind this. It is within this area that the athlete may take steps into their throw.
- Judges should ensure that an athlete throws an indoor shot of the correct weight as follows: Year 8 Girls 2.18 kg
- The shot should be placed at the base of the first three fingers of the hand, ensuring it does not rest on the palm. The thumb and little finger should provide support for the shot.
- The glide technique is permitted, whilst rotational techniques are strictly forbidden within a Sportshall competition.
- The shot must be put from the shoulder with one hand only. The shot should touch or be in close contact with the neck or chin. The hand should not drop below this position during the act of putting.
- The athlete must ensure that no part of their body touches the ground beyond the throwing line. If so, it is deemed a no-throw.
- The throw should be measured to the nearest cm, being rounded down as necessary. The measuring tape should be taken from the landing point, back at a right angle to the throwing line. The tape should not be pulled back to a central point as with the standard event.

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: Year 8 30 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.