



**Sport:**  
**Athletics - Super 8 Start**

SUPER 8 is an eight event format competition designed as a stepping stone from QuadKids at Primary School level to traditional athletics

**Competition:**  
Devon School Games



**Teams**

There are 2 different age categories – START (Year 7)  
JUNIOR (Years 8 and 9)

Mixed teams of 8 girls and 8 boys compete with the scores of the all athletes added together to give the team score

It is a multi-event team based competition where individual performances are scored using a points table and the winners are the team with the highest cumulative points score Each athlete MUST take part in both a track and field event and a relay

Each team must enter two girls and two boys into each track and each field event so that all events are covered and no team can overload any one event

**Young Leaders:**

Young leaders will assist with Time Keeping and Officiating for the Level 3 competition.

**What are the events in a SUPER 8 competition?**

**Start**

Hurdles

100m

200m

800m

High Jump

Long Jump

Shot





Javelin  
4 x 100m Relay  
Medley Relay

**Junior**

Hurdles  
100m  
300m  
1500m  
High Jump  
Long Jump  
Shot  
Javelin  
4 x 100m Relay  
Medley Relay

**The Individual Events Hurdles How is it set up?**

The track set up for Hurdles depends on the age group and sex of the athletes. All the information is contained in the table below:

SUPER8 Format	Sex	Distance	Height and Topple Weight	Number of Flights
START	Boys	75m	76.2cm 2.7kg	8
	Girls	70m	68.5cm 2.7kg	8
JUNIOR	Boys	80m	84cm 2.7kg	8
	Girls	75m	76.2cm 2.7kg	8

**What happens at the start?**

Athletes take their marks behind the start line

The Starter will give them the instructions “On your marks, Set, Go”

It is a false start if one or more of the athletes start to run before the Starter says “Go”. If that happens





all the athletes in that race are recalled and the race is started again. If an athlete is responsible for two false starts he or she will receive a warning, if he or she is then responsible for a third false start he or she will be disqualified

### **What happens at the finish?**

The Timekeeper will record athletes' times

The Spotters will record the finishing order of the athletes using their numbers

### **How is it set up?**

The 100m is run down the 100m straight

The 200m starts at the appropriate place on the back straight and the athletes run off a stagger

The 300m starts at the appropriate place on track and the athletes run off a stagger

### **What happens at the start?**

Athletes are allocated lanes and must run the entire race in their lanes

The Starter will give them the instructions "On your marks, Set, Go" It is a false start if one or more of the athletes start to run before the Starter says "Go". If that happens all the athletes in that race are recalled and the race is started again.

If an athlete is responsible for two false starts he or she will receive a warning, if he or she is then responsible for a third false start he or she will be disqualified

### **What happens at the finish?**

The Timekeeper will record athletes' times

The Spotters will record the finishing order of the athletes using their numbers

### **800m and 1500m**

How is it set up?

The 800m is two complete laps of the track

The 1500m starts at the appropriate place on the back straight and the athletes start in a slightly curved line

### **What happens at the start?**

If the athletes are running off a stagger they start in lanes and remain in these lanes until the break line, this is usually a green line across the track approximately 150m from the start

If the athletes are not running off a stagger they are not allocated lanes but start behind a slightly curved line

The start should be explained to the athletes

The Starter will give them the instructions "On your marks, Go"

It is a false start if one or more of the athletes start to run before the Starter says "Go".

If that happens all the athletes in that race are recalled and the race is started again. If an athlete is responsible for two false starts he or she will receive a warning, if he or she is then responsible for a





third false start he or she will be disqualified

Once the athletes have started they no longer have to run in lanes but run as close as they can to the inside of the track. They must not bump or push each other

### What happens at the finish?

The Timekeeper will record athletes' times

The Spotters will record the finishing order of the athletes using their numbers

### High Jump

#### How is it set up?

The starting height for the high Jump track depends on the age group and sex of the athletes. See the table below:

SUPER8 Format	Sex	Starting Height
START	Boys	85cm
	Girls	85cm

### What does the athlete do?

The athlete is allowed one practice jump prior to the start of the competition proper

Once the event is underway no more practice attempts are allowed even if an athlete is late joining the competition

If an athlete is late joining the competition they must join at the height that the bar has then reached Athletes are allowed 7 attempts in all unless before then he / she has failed on 3 consecutive attempts whether or not at the same height

An athlete may choose the height at which he / she enters the competition provided that it is not below the specified starting height

All athletes who are attempting the same height jump in order, athletes who fail at their first attempt then take their second attempt and third attempt as the case may be

### What does the Field Team do?

The Field Team determines whether the jump is a valid jump

Normal high jumping rules apply for judging whether the jump is a foul or not e.g. no 2 footed take offs, no diving over the bar





The bar will go up in increments of 5cm

**Long Jump What does the athlete do?**

The athlete is allowed one practice jump prior to the start of the competition proper  
Once the event is underway no more practice jumps are allowed even if an athlete is late joining the competition

If an athlete is late joining the competition they must join at the stage of the competition has then reached e.g. they may not be entitled to a jump in the first round

The athlete runs down the runway and takes off on one foot from (or before) the usual take off board

The athlete must not cross the take-off line. This is the edge of the take-off board closest to the landing area. If this happens the jump is a “no jump” and will not be measured

The board in front of the take-off board which normally has a plasticine strip on does not form part of the take-off board and if the athlete’s foot touches this board whether or not it leaves a mark in the plasticine it is a “no jump”

Each athlete has 3 jumps, they are not consecutive, all 1st round jumps are taken, followed by 2nd round jumps, followed by 3rd round jumps

**What does the Field Team do?**

The Field Team determines whether the jump is a valid jump

A valid jump is measured from the point of contact with the landing area back to the edge of the take-off board closest to the landing area

The board including the plasticine strip does not form part of the take-off board and the measurement should therefore be made to where that board meets the take-off board

The point of contact is the rearmost point of contact with the landing area be it feet, hands etc.

All jumps for all athletes are recorded

**Shot How is it set up?**

The shot put takes place in the shot put circle and the usual rules apply. Information on weights of shot for the different ages and sexes are contained in the table below:

SUPER8 Format	Sex	Shot Weight
START	Boys	3kg
	Girls	2.72kg

**What does the athlete do?**

The athlete is allowed one practice putt prior to the start of the competition proper





Once the event is underway no more practice putts are allowed even if an athlete is late joining the competition

If an athlete is late joining the competition they must join at the stage of the competition has then reached e.g. they may not be entitled to a putt in the first round

The competition itself consists of three attempts that are not consecutive, all the athletes throw in the first round and then so on until all three rounds have been completed

The athlete putts the Shot from within the marked circle

The athlete must not touch the top of the stop board during the course of the putt, must not exit the circle until after the shot has landed and must not exit the circle through the front half. If any of these things happen it is a “no throw” and will not be measured

### What does the Field Team do?

The Field Team determines whether the putt is valid using standard shot putting rules

The putt is measured from the nearest edge of where the shot lands to the inner edge of the stop board

All putts in all rounds are recorded for each athlete

### Javelin How is it set up?

The javelin takes place in the javelin throwing sector and the usual rules apply. Information on weights of javelin for the different ages and sexes are contained in the table below:

SUPER8 Format	Sex	Javelin
START	Boys	400g
	Girls	400g

### What does the athlete do?

The athlete is allowed one practice throw prior to the start of the competition proper

Once the event is underway no more practice throws are allowed even if an athlete is late joining the competition

If an athlete is late joining the competition they must join at the stage of the competition has then reached e.g. they may not be entitled to a throw in the first round

The competition itself consists of three attempts that are not consecutive; all the athletes throw in the first round and then so on until all three rounds have been completed

The athlete can throw the javelin from a standing position or run up and throw it





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The athlete's foot must not touch or cross the marked throwing line nor can the javelin land outside the javelin sector, if either of these things happen it is a "no throw" and will not be measured

### What does the Field Team do?

The Field Team determines whether the throw is a valid throw using the usual javelin rules, e.g. the athlete must not cross the throwing line, the metal tip of the javelin must land before any other part of the javelin

The Field Team measures each valid throw from the point of landing to the edge of the line closest to the side from which the athlete threw

All throw in all rounds are recorded for each athlete

### The Team Events

4 x 100 Meters Relay

How are the relay teams made up?

Races are run for both boys and girls. Each teams consists of either 4 boys or 4 girls

### How is the race organised?

The athletes will go to the appropriate relay stations; this means the athletes do not start level with each other, they run off a stagger The first athlete starts with the baton

The baton must change hands within the marked relay boxes, "ticks" on the track usually indicate these Each athlete must run the race in his or her allocated lane

The Starter will give them the instructions "On your marks, Set, Go" It is a false start if one or more of the athletes start to run before the Starter says "Go".

If that happens all the athletes in that race are recalled and the race is started again.

If an athlete is responsible for two false starts he or she will receive a warning, if he or she is then responsible for a third false start he or she will be disqualified

If at any time during the race the baton is dropped the athlete who dropped it may pick it up and continue

### What happens at the finish?

The Timekeeper will record team times

The Spotters will record the finishing order of the teams using their numbers

### Medley Relay

How are the relay teams made up?

This is a mixed event, teams are made up of 4 boys and 4 girls

### How is the race organised?

The race consists of 4 x 100m, 4 x 200m





The running order is girl/boy/girl/boy/girl/boy/girl/boy

The first 4 athletes run the 4 x 100m in lanes, the fifth athlete can break lanes and run on the inside lane

The first athlete starts with the baton

For the 4 x 100m legs the baton must change hands within the marked relay boxes, "ticks" on the track usually indicate these. Athlete 5 receives the baton in her lane but can then break to the inside lane. For changeovers to Athletes 5, 6, 7 and 8 the baton must be passed within 5 meters of the start of their leg

The Starter will give them the instructions "On your marks, Set, Go" It is a false start if one or more of the athletes start to run before the Starter says "Go". If that happens all the athletes in that race are recalled and the race is started again.

If an athlete is responsible for two false starts he or she will receive a warning, if he or she is then responsible for a third false start he or she will be disqualified

If at any time during the race the baton is dropped the athlete who dropped it may pick it up and continue

### What happens at the finish?

The Timekeeper will record team times

The Spotters will record the finishing order of the teams using their numbers

### Notes:

