

***scottishathletics Local and Regional
Competition Framework for Under 11
athletes***

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Section One Introduction and Background

In a recent competition consultation **scottishathletics** received feedback from clubs, coaches and parents that more opportunities should be considered for the Under 11 age category. This paper outlines a framework for competition at a local and regional level for young athletes in the under 11 age group.

The paper has been prepared as a guide for clubs and other local partners. Throughout the document there is reference to flexibility which depends on a range of factors including time available, geography, pre – existing activity, number of athletes, facilities and the athletes age and stage of development.

Competition is a vital ingredient in developing athletes and it requires to be at the appropriate level. There are a number of common themes throughout this guide:

- **Short formats** which could be delivered between 30 minutes and 2 hours 30 minutes;
- Often team and relay formats which include **maximum participation**;
- **Simple formats** that require little organisation and can be delivered, if required, without a formal athletics facility or many/any qualified officials;

It is important to recognise that there are a number and range of pre – existing competition opportunities across Scotland including open and league events for Under 11 athletes both in the summer and winter. When planning additional opportunities at a local and regional level these pre – existing events should be carefully considered.

Although this paper is written specifically focussed at Under 11 age athletes many of the principles can be applied to the Under 13 age groups.

Section Two Competition Formats

There are a variety of competition formats that can be considered for the Under 11 age group. This list is not exhaustive, and each format can be adapted to meet the needs of the clubs own environment. The table below highlights various options:

Summer (April to September)

Event	Description
Super Teams (Outdoors)	<p>Four athletes in a team with all athletes competing in all four events.</p> <p>Events can be flexible with suggested formats as follows:</p> <ul style="list-style-type: none">➤ 100m, Long Jump, Shot Putt and Relay (4x 200m)➤ 200m, High Jump, Javelin and Relay (4 x 100m)➤ 60m, 600m, Long Jump and Shot Putt <p>Every athlete scores in each event and points can be calculated using Awards Scoring Sheets or a simple scoring format could be adopted.</p> <p>This can be delivered in 2 – 2.5 hour period.</p> <p>Scottish Athletics will provide support to event organisers (as required) with a view to developing an organiser guideline pack for Clubs and local partners.</p>
Track and Field format (i.e. Open Graded, Club Championships, Time/Distance Trials)	<p>Simple track and field competition for athletes to compete against athletes of a similar ability. This would be a short programme (2 hours) with a range and variety of events throughout the season. This could be an Open Graded format, Club Championships or Time/Distance monthly trials.</p> <p>These could be delivered on an evening (i.e. normal club training night) or at a weekend.</p> <p>You could possibly introduce a simple points scoring system for an Inter-Club event for teams or Club Championships for individuals. Relay competitions should also be encouraged and implemented. There may be local open graded events that already cater for Under 11 athletes that are available to athletes.</p>

Winter (September to April)

Event	Description
Super Teams (Indoors)	<p>Four athletes in a team with all athletes competing in all four events.</p> <p>Events can be flexible with suggested formats as follows:</p> <ul style="list-style-type: none"> ➤ 60m, Vertical Jump, Shot Putt and Relay ➤ Shuttle Runs (4 x 15m), High Jump, Chest Push and Relay ➤ 60m, 600m, Long Jump and Shot Putt ➤ Shuttle Runs (6 x 10m), Chest Push, Vertical Jump, Standing Long Jump <p>Every athlete scores in each event and points are calculated using Awards Scoring Sheets or a simple scoring format could be adopted.</p> <p>Scottish Athletics will provide support to event organisers (as required) with a view to developing an organiser guideline pack for Clubs and local partners.</p>
Endurance Running	<ul style="list-style-type: none"> ➤ Option One - Cross Country event over 1 km to 1.5 miles depending on age and experience. Start with group warm up and finish with group cool down. ➤ Option Two - Organise a cross country relay where each athlete completes 1 mile loop (teams of between four and six) ➤ Option Three – Paarlauf – Teams of 2 or more who run in turn until completing a set distance. For example four athletes would complete 3 miles running 400m each turn. ➤ Option Four - World Marathon and 5000m Challenge - http://www.sportshall.org/secondary/secondary-endurance/secondary-endurance-world-marathon-challenge <p>30 – 45 minutes total duration</p>
Sportshall Athletics	<p>Sportshall Athletics is an indoor team competition format, delivered in a normal sports hall, and includes events such as 2 lap, 4 lap, 6 lap, Shot, Speed Bounce, Standing Long Jump, Standing Triple Jump, Vertical Jump</p> <p>2.5 hour format</p> <p>Full resources to support the event can be found here: http://www.sportshall.org/</p> <p>Like other event formats numbers and events can be flexible depending on equipment available and numbers.</p>
Scottish Athletics Indoor League	<p>The Scottish Athletics Indoor League that takes place at the Emirates Arena. The league includes three matches plus final and has an Under 11 age category for clubs to compete in.</p>

Section Three Competition Levels

The competition can be arranged at various levels as follows:

Intra Club - One Club has a competition among their own members (and potentially includes athletes from local linked Run, Jump and Throw Centres)
Inter Club - This would potentially involve clubs from a Local Athletics Partnership/Local Authority Area (s). This would depend on local connections and geography. (This could also include athletes from a local linked Run, Jump and Throw Centre).
Inter Local Athletics Partnership/Local Authority/Region Wide – This would involve clubs working across a number of local authority areas/partnerships.

Note 1 - For the final two categories in the table above there would require to be local planning in regards to the hosting of fixtures and this could be rotated around different local facilities throughout the season.

Note 2 - Also careful planning will be required around pre – existing local and regional fixtures. There may be existing appropriate local and regional opportunities that are already in place and available to clubs (for example, East of Scotland Cross Country League).

Section Four Competition Calendar

The frequency and set up can be flexible depending on your local circumstances (i.e. geography, facilities, number of athletes etc). We would suggest approximate one competition opportunity per month. It is important, where possible, that competition is offered on a regular basis. This could be structured as follows:

Sample Yearly Calendar

Month	Competition
September	Club Under 11 Track and Field Championships – Saturday Morning Eight events available to athletes – maximum three allowed Individual Athletes receive a Thistle Award certificate
October	Intra Club Cross Country Series – Race 1 – Sunday morning 1000m race for boys and girls Scottish Athletics Indoor League – Match One
November	Club Cross Country Relay Event – Tuesday (Normal Club Training Night) Teams of 4 x 1000m – mixed teams.
December	Club World Marathon/5000m Endurance Challenge
January	Intra Club Cross Country Series – Race 2 – Sunday morning 1 mile race for boys and girls Scottish Athletics Indoor League – Matches Two and Three
February	Club Super Team Indoors – Saturday morning Shuttle Runs (6 x 10m), Chest Push, Vertical Jump, Standing Long Jump
March	Club Under 11 Cross Country Championships – Saturday morning 1 mile race for boys and girls Scottish Athletics Indoor League - Final
April	Club Time/Distance Trials – Thursday (Normal Club Training Night) 200m, 1000m, Javelin and Long Jump
May	Intra Club Super Teams Outdoors – Sunday morning 100m, Long Jump, Shot Putt and Relay (4x 200m)
June	Club attend Local Open Graded Track and Field – Wednesday evening Coaches support athletes at event
July	Club Relay Evening – 4 x 100m, 3 x 600m plus jump and throw opportunity
August	Club Time/Distance Trials – Thursday (Normal Club Training Night) 100m, 800m, Shot and High Jump

Section Five Case Studies

The following are example case studies of Inter and Intra Club competition currently taking place in Scotland which involve opportunities for Under 11 athletes.

➤ **Central AC**

Central AC hold Summer Track and Field 'Time Trials' on the last Thursday (a normal training night for the club) of every month in April, May, June, July and August. There are normally three events on an evening which include a selection from 100m, 200m, 600m, 800m, Long Jump, Shot Putt and Javelin. The Club also hold a pre-season track and field time trial in March and Club Track and Field Championships in September. The Club Track and Field Championships are jointly organised with Falkirk Victoria Harriers with an invite extended to Kirkintilloch Olympians. These events are open to a range of age groups including Under 11's.

In the Winter Central AC host a five event cross country series. These events take place in October, November, December, January and February normally on a Saturday morning. The final event culminates as the Club Cross Country Championships. The events are open to all age groups including Under 11's. The events rotate around different venues in Stirling and Clackmannanshire. Athletes arrive, walk the course, do a joint warm up led by a club coach/es, race – normally over approx. a mile, and warm down together.

All of the events above are open to Under 11 athletes in the Active Stirling Development Squads – their local linked Run, Jump and Throw Centre.

➤ **Inter Club Competition from the West of Scotland**

Inverclyde AC, Kilbarchan AAC, West Dunbartonshire AC and Giffnock North AC held a Under 12 Quad Competition in the Summer of 2018. The event was hosted by Inverclyde AC and there were approx. 90 athletes competing. Under 12 athletes from the four clubs competed in a sprint, jump, throw and a relay event. The events and format replicated the Super Teams competition **scottishathletics** hosted in the Summer.

The event was delivered on a Saturday afternoon in a three-hour time slot. The event was led by young leaders alongside a number of adult volunteers to oversee the programme. There was a basic club/team scoring system in place with medals for winning teams. Individual athletes' performances were recorded with details sent on to clubs after the event.

Inverclyde AC also host regular all year-round bi monthly club 'Time Trial Tuesday's' and 'Paraluf Tuesday's' for their young athletes. This alternates between time trials and paraluafts throughout the year. In the Time Trial Tuesday's there are normally up to four events in an evening for young athletes and include events such as 60m, 600m, 1km, tennis ball throw, and standing long jump. On the same evening there are events for a range of age groups including Under 11's. On Parlauf Tuesday's all groups take part with the length varying between 10 to 20 minutes with two teams - White Zebras/Black Zebras.

➤ **Aberdeen AAC and competitions in the North East of Scotland**

Annually Aberdeen AAC organise twelve outdoor and four indoor track and field fixtures at Aberdeen Sports Village. All ages and abilities are catered for including under 11 athletes. The events are open so athletes from other clubs are also more than welcome alongside the athletes from The Sports Village Athletics programme.

There is a varied programme offered throughout the season involved a range of different individual events – with further details available here - www.aacresults.com

These competitions give the younger members the opportunity to compete without the added stress of league competition or travelling. It is also hoped that this introductory competition will be the catalyst for athletes to compete in league, district and national competition at the appropriate time. Additionally, under 11 athletes are able to compete in the four-match local RAM Track and Field League.

Note – *It should be recognised that there will be many other good examples -the examples above highlight some ideas in club settings that are being provided currently.*

Section Six Important Considerations

➤ Insurance and Licence

A competition organised by one or two clubs doesn't require a licence and you would be covered by the UK Athletics Club insurance if you are an affiliated Club. If your event has more than two clubs taking part you should consider taking a licence – for affiliated Clubs this is free of charge. More details can be found here -

<https://www.scottishathletics.org.uk/events/organising-an-event/>

Organisers should also consider appropriate Risk Assessments – see link above – and Welfare/Child Protection - <https://www.scottishathletics.org.uk/about/welfare/child-protection-and-wellbeing/> - arrangements.

➤ Officials

These competition formats would require few, if any, qualified officials. A club could organise an assistant officials course to help upskill helpers if desirable. Further details here - <https://www.scottishathletics.org.uk/officials/courses-for-officials/assistant-officials-award/>

➤ scottishathletics Thistle Awards

To complement the competition offering the recently re-launched **scottishathletics** Thistle Awards can be considered to offer an individual awards programme for athletes. Further details at this link - <https://www.scottishathleticsthistleawards.org.uk/>

➤ Para Athletes

Athletes with a physical, learning or sensory disability should be encouraged and engaged by clubs, coaches and competition providers to compete within the competition structure. Athletes should be integrated where possible and adaptations if required should be considered. For further support please contact Scottish Athletics Development Team – development@scottishathletics.org.uk

➤ Club Under 11 Competition Co-ordinator

We understand that recruiting and retain volunteers can be a challenge for clubs. However a club may consider a specific co-ordinator role or a small sub group for this area of club business. The events programme for Under 11's should ideally be easy to organise and administer.

➤ **Run, Jump and Throw Centres – How do they fit in with this?**

Run, Jump and Throw (RJT) Centres have been a part of the **scottishathletics** National Strategy since 2006. Essentially the programme is a regular opportunity for young athletes to participate in athletics – with the dual purpose of developing key athletics skills and enjoying the sport in a developmental environment. Broadly, across the country, Run, Jump and Throw Centres are closer aligned to clubs than ever before. By encouraging athletes from 9 years of age upwards from Run, Jump and Throw Centres to compete in the competitions outlined in this document will hopefully positively ensure that closer links continue to grow and that young athletes will be introduced to the vital ingredient of appropriate competition.

Section Seven Further Information and Support

For more information and support please contact your **scottishathletics** National Club Manager <https://www.scottishathletics.org.uk/about/people/staff/>