



# FLASH ATHLETICS CLUB

SINGAPORE  
(FOUNDED 1968)

*Celebrating 50 Years In Athletics*

## FLASH MULTI-SKILL & EVENTS MEET (PRI) RULES AND REGULATIONS 2022

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## 1. INTRODUCTION

**Flash Athletics Club** (FAC) is organising the Pre-National Schools Games Track & Field competition to help schools participating in the Singapore Primary Schools Sports Council (SPSSC), National Schools Games (NSG) prepare and familiarise students with the competition format and events. Athletes can participate through their schools or affiliate clubs of Singapore Athletics (SA). The rules and regulations stipulated in this document are based on the **SPSSC NSG Track & Field Rules and Regulations 2022**.

## SECTION A – ADMINISTRATIVE RULES & REGULATIONS

### 2. ORGANISATION STRUCTURE AND GOVERNING BODIES

- 2.1 The Flash Multi-Skill & Events Meet shall be conducted according to the General Rules and Regulations of the SPSSC.
- 2.2 In the absence of a set of recognised rules to govern the occurrence of situations during the competitions, the Organising Committee (OC) shall make the necessary decisions.

### 3. AGE GROUPS / DIVISIONS

- 3.1 All participants shall compete in the following 2 divisions for Boys and Girls:

Former Division	New Division	Year of Birth	Age
D Division	Junior 1 (J1)	a. 1 Jan to 31 Dec 2014	8 years (P2)
		b. 1 Jan to 31 Dec 2013	9 years (P3)
		c. Jan to 31 Dec 2012	10 years (P4)
C Division	Junior 2 (J2)	a. 1 Jan 2012	10 years
		b. 1 Jan to 31 Dec 2011	11 years (P5)

### 4. ENTRIES

- 4.2 For J1 Division,

- 4.2.1 Each competitor shall be allowed to enter:

- **the REQUIRED individual multi-skill event which all individual Junior 1 Division athletes must participate in.**



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- up to **2 other Optional** individual events which must be from 2 different event groups.
  - the Junior 1 Division 4 x 50m Relay event.
- 4.2.2 Each school/club shall be allowed a maximum of **2 ENTRIES** per optional event, subject to a maximum of 18 individual competitors per gender in the optional events.
- 4.2.3 A school/club shall be eligible to enter only 1 Team per gender in the 4 x 50m Relay. Any registered competitor can represent the school/club in the relay.
- 4.3 For J2 Division
- 4.3.1 Each competitor shall be allowed to enter:
- up to **2** individual events which must be from 2 different event groups
  - Junior 2 Division relay event.
- 4.3.2 Each school/club shall be allowed a **maximum of 6 entries per event per school/club except for Scissors Jump and Vertical Jump (maximum 2 entries per school/club)**.
- 4.3.3 A school/club shall be eligible to enter only 1 Team per gender in the 4 x 50m Relay. Any registered competitor can represent the school/club in the relay.
- 4.4 All relay representatives must be registered in the registration form.
- 4.5 Appeals for late/erroneous entries submitted by schools/clubs may be accepted on a case-by-case basis at the discretion of the Organising Committee.

## 5. REGISTRATION

- 5.1 Registration fees are at \$10 per participant, per event and \$25 per relay team event.
- 5.2 Schools/Clubs are to register using the Registration Form link as follows:  
<https://drive.google.com/drive/folders/1EWqBqt-xxBCH0n1Sv1thOLeW5Ty79Fw->
- 5.3 **Payment is to be made (together with the submission of the Registration Form) via electronic bank transfer to:**  
**SPORTECA PTE LTD (UEN: 202217995H), OCBC Bank Account No: 601-828759-001**  
**(please indicate School/Club Name under remarks/comment)**

## SECTION B – MEET RULES & REGULATIONS

### 6. COMPETITION FORMAT

- 6.1 Events to be contested:



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<b>J1 DIVISION EVENTS (BOYS &amp; GIRLS)</b>		
A. Compulsory Event: Multi Skill Event		
B. Up to 2 Optional Events from different event groups:		
<b>Run Events</b>	<b>Jump Events</b>	<b>Throw Events</b>
40 metres 60 metres 80 metres 1 000 metres 60 metres Hurdles (5 hurdles, 52cm)	Scissors Jump (High Jump) Long Jump with 80cm Take-off zone Standing Long Jump (Standing Broad Jump)	Overhand Beanbag Throw (Boys-330gm, Girls- 220gm) Medicine Ball Throw (1kg)
<b>Relay Event</b>		
4 x 50 metres Circular Relay (Start at 200m Starting point)		
<i>Note: A school/Club shall be eligible to enter 1 relay team per gender in the 4 x 50 metres relay</i>		
<b>J2 DIVISION EVENTS (BOYS &amp; GIRLS)</b>		
Each athlete MUST compete in 2 events from different event groups		
<b>Run Events</b>	<b>Jump Events</b>	<b>Throw Events</b>
25 metres 60 metres 80 metres 120 metres 1 000 metres 60 metres Hurdles (5 hurdles, 52cm)	Scissors Jump (High Jump) Vertical Jump Long Jump with 80cm Take-off zone Standing Long Jump (Standing Broad Jump)	Long Implement Throw (Turbo-Jav, 300gm, 70cm) Medicine Ball Throw (2kg)
<b>Relay Event</b>		
4 x 50 metres Circular Relay (Start at 200m Starting point)		
<i>Note: A school/Club shall be eligible to enter 1 relay team per gender in the 4 x 50 metres relay</i>		

## 7. Prizes

7.1 The form of the medals awarded shall be as follows:

<b>Position</b>	<b>Form of Medals</b>
1st	Gold
2nd	Silver
3 <sup>rd</sup> & 4 <sup>th</sup>	Bronze



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## 8. REPORTING TO THE CALL ROOM

- 8.1 All competitors must report to the call room at least **30 minutes before the scheduled time of the event for all track events except relays.**
- 8.2 For relays and all field events, all competitors must report to the call room at least 50 minutes before the scheduled time of event.
- 8.3 A competitor who reports late or does not report to the call room can be barred from the event. (Coaches may report on behalf of their athletes provided the latter are already in the Arena).
- 8.4 All events will commence as scheduled. It may be necessary to start an event ahead of or behind schedule. In such cases announcements will be made over the public-address system.
- 8.5 After clearance by the Competitor Stewards, competitors must remain in the designated competitors' shed and **wait to be ushered into the competing arena** by the officials.
- 8.6 No competitor is allowed to report directly to the Start or Field Event Pit.

## 9. POSTPONEMENT

- 9.1 The OC shall, when necessary, postpone a race if the conditions are unfit for competition, or for other reasons concerning safety & wellbeing. Teams must abide by the decision of the OC.

## 10. WITHDRAWAL

- 10.1 Any withdrawal without valid reason is considered contrary to the spirit of the sport.

## 11. PROTEST

- 11.1 For any disagreement against the conduct, eligibility or placing of another competitor/team in any event, a protest may be made to the OC within 30 minutes after the announcement of the result. Only coaches/TMs will be allowed to lodge any protest, which shall be resolved by the Meet Manager/Referee. Only video recordings by the OC are admissible as evidence.

## 12. TEAM MANAGER (TM)/Coaches

- 12.1 Each participating team is encouraged to be accompanied by a TM or coach, who shall remain with the team throughout the duration of competition.
- 12.2 The TM should be an adult appointed by the participating school/club.
- 12.3 TMs/Coaches are expected to conduct themselves with decorum (**Annex A**) during competitions and adhere to the Rules and Regulations.
- 12.4 TMs/Coaches are not allowed to interfere with the final decision taken by the referee/umpire/judge/official on points of laws/rules after clarification has been sought.

## 13. REFEREES/UMPIRES/OFFICIALS

- 13.1 All meet officials will be arranged for by the OC.

## 14. DISQUALIFICATION



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14.1 A school/club will be disqualified if:

- a) it fields an ineligible participant who is:
  - i. an overaged or underaged participant
  - ii. an unregistered participant
  - iv. a suspended participant
  - v. a participant without a valid student pass
  - vi. a non-bona fide student
- b) its participants cause an event to be abandoned
- c) its participant behaves in an unsporting manner and deliberately violates a rule.

14.2 All results involving the team which has been disqualified will be null and void.

## 15. COMPETITOR NUMBERS AND ATTIRE

15.1 Each athlete is assigned a specific number with each Division having a different colour a follow:

<b>J2 Division:</b>	WHITE BACKGROUND WITH GREEN NUMBERS
<b>J1 Division:</b>	WHITE BACKGROUND WITH BLUE NUMBERS

- 15.3 It is the responsibility of the schools and athletes to have the correct number tags and safety pins when reporting to the competitors' steward.
- 15.4 Every competitor must wear two number tags bearing his/her assigned number, displayed visibly at the chest and back. Each number tag must be pinned securely at the four corners.
- 15.5 All competitors must be in their school's/club's attire, bearing the school/club logo, badge or name. These should be visibly displayed on their attire for easy identification.
- 15.6 Competitors must put on proper footwear subject to the rules and regulations for each event.
- 15.7 Competitors are required to produce valid identification proof with photos when required.
- 15.8 Those who do not comply with the above requirements shall be disqualified.

## 16. ARENA

16.1 Only Officials on duty and competitors competing shall be allowed on the competition arena. All athletes must leave the competition arena upon completion of their event.

## 17. RESULTS OF THE MEET

- 17.1 Results of the meet shall be posted on the Information Board and announced when possible.
- 17.2 RE-RUNS: All competitors in the track events are advised to remain behind until the heats of their particular events are completed in case of re-runs.



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## 18. PARTICIPANT SAFETY AND MANAGEMENT

- 18.1 The OC reserves the right to stop a competitor from competing should they
- (i) detect signs of danger (e.g., heat stroke, heat exhaustion, injury)
  - (ii) notice indications that the competitor is physically unable to compete or;
  - (iii) if advised by the appointed paramedics.
- 18.2 Schools/clubs should ensure that water and suitable refreshments are available for their teams.
- 18.3 Schools/Clubs and their participants are to look after their personal belongings at the venue.
- 18.4 Coaches/accompanying adults are to ensure the general discipline and well-being of their athletes at the stadium throughout the competition.
- 18.5 All coaches are to ensure the cleanliness of the stadium before vacating the area they occupied

## SECTION C – EVENT RULES & REGULATIONS

### JUNIOR DIVISION RULES AND REGULATIONS

#### 19. INDIVIDUAL MULTI-SKILL EVENT (FOR J1 ONLY)

- 19.1 All J1 participants must take part in the Individual Multi-Skill Event.
- 19.2 The event will be conducted on an appropriate Field of Play as arranged by the OC.
- 19.3 The individual multi-skill event will be run as one continuous event with the following components (refer to **Annex B** for the course layout).

- **42 metre timed component** that includes:
  - ❖ A standing start
  - ❖ Running over 3 hurdles
  - ❖ Picking up one (1) set of beanbags while running
- **Throwing component that includes:**
  - ❖ 2x one-handed over-hand throw with two different hands

#### 19.4 Specifications

	Height	Start to 1 <sup>st</sup> Hurdle	Between Hurdles	Last Hurdle to Beanbag	Weight of Beanbag
Boys	44.0cm	12m	7m	8m	330gm
Girls	44.0cm	12m	7m	8m	220gm

- 19.5 No spiked shoes are allowed for the multi-skill event.
- 19.6 **42 metre timed component**
- 19.6.1 Two (2) methods of timekeeping shall be recognised as official (Hand-timing or Light Gates)



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- 19.6.2 A standing start will be used for the race.
- 20.6.3 There shall be three (3) hurdles and 2 sets of beanbags in each lane, set out in accordance with the table in para. 19.3.
- 19.6.4 Each athlete shall go over each hurdle. In addition, an athlete should not:
- at the instant of clearance, have his foot or leg beside the hurdle (on either side), below the horizontal plane of the top of any hurdle; or
  - in the opinion of the Referee, deliberately knock down any hurdle.
- 19.6.5 After clearing the third hurdle, the athlete shall pick up one beanbag before entering the throwing area.
- 19.6.6 The timing of the athlete shall stop once the athlete crosses the line demarcating the start of the throwing area.
- 19.7 2 x one-handed over-hand throw with two different hands**
- 19.7.1 The two (2) throws should be done using 2 different hands in an overhand manner. If the first throw was done using the right hand, then the second throw must be done using the left hand and vice versa.
- 19.7.2 The athlete will take the two (2) throws in his/her own time once he/she enters the throwing area. The time taken to complete the throws will not affect the points awarded to the athlete for the timed component of the race. However, both throws must be completed within 1 minute from the start of the race.
- 19.7.3 The first throw shall be taken with the beanbag that the athlete picked up. The second throw shall be taken with the beanbag that has been placed in the throwing area.
- 19.7.4 If the athlete fails to pick up the beanbag and enters the throwing area without any beanbag, the athlete may proceed to throw the beanbag that is placed in the throwing area only.
- 19.7.5 Once the athlete enters the throwing area, the athlete must remain within the throwing area until the completion of the race as indicated by the race official.
- 19.7.6 In taking the throws, the athlete should not touch the ground outside the throwing area with any part of his body.
- 19.7.7 The throws will be valid even if it lands in another lane.
- 19.7.8 If an athlete fails to use 2 different hands for the throws, points will not be awarded for the 2nd throw.
- 19.8 Scoring – Criterion-based recognition for Multi-skill event**
- 19.8.1 The total points (maximum 24 points) scored by the athlete will be based on the following tables and will include:
- a) points awarded for the timed component (maximum 12 points)
  - b) points awarded for the 1st throw (maximum 6 points)
  - c) points awarded for the 2nd throw (maximum 6 points)





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<b>Points for Timed Component</b>		
<b>Boys</b>	<b>Girls</b>	<b>Points</b>
< 8.5 sec	< 9 sec	12
8.5 to 8.9x sec	9 to 9.4x sec	11
9 to 9.4x sec	9.5 to 9.9x sec	10
9.5 to 9.9x sec	10 to 10.4x sec	9
10 to 10.4x sec	10.5 to 10.9x sec	8
10.5 to 10.9x sec	11 to 10.4x sec	7
11 to 11.4x sec	11.5 to 11.9x sec	6
11.5 to 11.9x sec	12 to 12.4x sec	5
12 to 12.4x sec	12.5 to 12.9x sec	4
12.5 to 12.9x sec	13 to 13.4x sec	3
13 to 13.4x sec	13.5 to 13.9x sec	2
13.5 to 13.9x sec	14 to 14.4x sec	1
<b>Distance (per throw)</b>		
<b>Boys</b>	<b>Girls</b>	<b>Points</b>
Beyond F (>16m)	Beyond E (>14m)	6
F (14m)	E (12m)	5
E (12m)	D (10m)	4
D (10m)	C (8m)	3
C (8m)	B (6m)	2
B (6m)	A (4m)	1

19.8.2 Based on the total points scored, the Top-8 competitors will be awarded the Gold Medal (minimum points required is 22 points).

19.8.3 In the event of a tie, the athlete with a higher score for the timed component will rank higher. Should there be still a tie, the higher score for the 1<sup>st</sup> throw will rank higher.

19.9 Failure to participate in the multi-skill event will render an athlete ineligible to compete in the optional individual events.



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## 20. RUN EVENTS

20.1 Timed final races and Lanes are drawn by the Organising Committee. Competitors shall run in the Lanes in which their names appear in the programme.

20.2 In races up to and including 120 METRES, each competitor shall run in his/her own lane.

20.3 The standing or crouch start may be used. Starting blocks will not be provided.

20.4 The 2022 World Athletics Technical Rules C2.1 Rule 16.8 of The Start given below shall be followed:

“Except in Combined Events, any athlete responsible for a false start shall be disqualified by the Starter.”

20.5 All Run events will be run as timed finals and Jump & Throw direct final.

20.6 Spiked shoes with spike nails no longer than 6mm can be used except for the multi-skill event.

20.7 Hurdles – the specifications for 60m hurdles are as follows:

J1 & J2 Division	Height	Start to 1 <sup>st</sup> Hurdle	Between Hurdles	Last Hurdle to Finish
Boys (60m)	52.0cm	12m	7m	20m
Girls (60m)	52.0cm	12m	7m	20m

## 21 JUMP EVENTS

### 21.1 Standing Long Jump

21.1.1 The standing long jump will be conducted according to the rules of the standing broad jump in the National Physical Fitness Award test protocol.

21.1.2 The test shall be conducted on a rubber mat with distance markings and a take-off line.

21.1.3 The jumper shall take off from a stationary position with both feet just before the take-off line. Any shift in the position of the feet before the take-off shall render the jump an invalid one.

21.1.4 The measurement shall be based on the nearest point in the landing area touched by any part of the jumper's body, or anything that was attached to the body at that time.

21.1.5 Appropriate footwear shall be worn for the event. No spiked shoes (with or without spike nails) or bare feet are permitted for the event

21.1.6 The event will be conducted in a Direct Final format.

21.1.6 Each competitor shall have 3 consecutive attempts.

### 21.2 Long Jump With 80cm Take-Off Zone

21.2.1 Long Jump with take-off zone shall be conducted according to the IAAF rules for Long Jump except for the use of a take-off zone instead of the standard take-off board.

21.2.3 The take-off zone will measure L80cm x W122cm. If a rubber mat is used as the take-off zone, it will be 3mm ( $\pm 2$ mm) thick.

21.2.4 The jump shall be measured:



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- a. from the nearest break in the landing area made by any part of the body, or anything that was attached to the body at the time it made a mark,
- b. to the point nearer to the landing area from which the jumper took off as judged by the official conducting the jump. take-off line, or take-off line extended.

21.2.5 Spiked shoes with spike nails no longer than 6mm can be used.

21.1.6 The event will be conducted in a Direct Final format.

21.1.7 Each competitor shall have 3 attempts.

## 21.3 Scissors Jump

21.3.1 Competitors will be given 3 attempts to clear the starting and subsequent heights.

21.3.2 The starting height shall be decided based on the trial jump by the Field Referee and Chief Judge for Scissors Jump in consultation with the OC.

21.3.3 The event will be conducted in a Direct Final format.

21.3.4 For all jumps, the jumper must contact the mattress with the lower half of the body first. Failure to do so will render the jump invalid.

21.3.5 Spiked shoes with spike nails no longer than 6mm can be used.

## 21.4. Vertical Jump

21.4.1 The Vertical Jump shall be conducted using the Vertec.

21.4.2 Prior to their 1<sup>st</sup> attempt, the jumper's standing reach height shall be taken and set.

21.4.3 After the height has been set, the jumper shall have 3 consecutive attempts.

21.4.4 The jumper shall take off from a stationary position with both feet just before the take-off line. Any shift in feet position before the take-off shall render the jump invalid.

21.4.4 The event will be conducted in a Direct Final Format.

## 22. THROW EVENTS

### 22.1 Medicine Ball Throw (Annex D)

22.1.1 The medicine ball throw shall be conducted at the Long Jump pit with a L40cm x W122cm stepping area, 3m away from the nearer edge of the Long Jump Pit.

22.1.2 A 1kg medicine ball will be used.

22.1.3 Starting position – The thrower starts in a standing position with both feet just before stepping area with the medicine ball held at chest level in both hands.

22.1.4 Throwing Action:

a. The throw must be performed in a chest-pass like action:

b. From the start of the throw, the ball must not go lower than the waist of the thrower.

c. The ball must be released with both hands.

d. During the throw, the thrower's feet are allowed to push off from the ground, but the medicine ball must be released before the feet are re-grounded.

e. The feet must be re-grounded no further than the edge of the stepping area nearer to the landing pit.



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f. The distance shall be measured from the edge of the stepping areas (further from sand pit) to the mark made by the medicine ball nearest to the stepping area.

- 22.1.6 The event will be conducted in a Direct Final format.
- 22.1.7 Each competitor shall have 3 attempts.
- 22.1.8 Spiked shoes with spike nails no longer than 6mm can be used.

## 22.2 Overhand Beanbag Throw (J1 Only)

- 22.2.1 The overhand beanbag throw shall be conducted from a L200cm x W200cm box marked on the ground.
- 22.2.2 The weights of the beanbags are as follows: Boys – 330gm, Girls – 220gm
- 22.2.3 Throwing Action – The throw must be performed in an overhand manner:
  - a. The beanbag shall be held with one hand only. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted.
  - b. The thrower should not touch the ground outside the throwing area with any part of his/her body.
  - c. Until the implement has been thrown, an athlete shall not at any time turn completely around.
- 22.2.4 The distance shall be measured from the edge of the throwing area to the mark made by the beanbag nearest to the throwing area when it first lands.
- 22.2.5 The event will be conducted in a Direct Final format.
- 22.2.6 Each competitor shall have 3 attempts.
- 22.2.7 Spiked shoes with spike nails no longer than 6mm can be used.

## 22.3. Long Implement Throw (J2 Only), Annex D

- 22.3.1 The long implement throw shall be from a L500cm x W200cm area marked on the ground.
- 22.3.2 The Tom Petroff Turbo Javelin (300 grams/70cm) or similar implement shall be used for the competition.
- 22.3.3 Throwing action - The throw must be performed in an overhand manner:
  - a. The implement shall be held with one hand only. It shall be thrown over the shoulder or upper part of the throwing arm and not slung or hurled. Non-orthodox styles are not permitted.
  - b. The thrower should not touch the ground outside the throwing area with any part of his / her body
  - c. Until the implement has been thrown, an athlete shall not at any time turn completely around.
- 22.3.4 A throw shall be valid only if the front tip of the implement strikes the ground before any other part of the implement.
- 22.3.5 The distance shall be measured from the edge of the throwing area to the mark made by the implement nearest to the throwing area when it first lands.



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- 22.3.6 The event will be conducted in a Direct Final format.
- 22.3.7 Each competitor shall have 3 attempts.
- 22.3.8 Spiked shoes with spike nails no longer than 6mm can be used.

## **23. 4 X 50 METRES RELAY**

- 23.1 A school may send only 1 Boys and 1 Girls team for the relay race. Each team should be registered for the 4 X 50 Metres race only.
- 23.2 The starting point for the 4 X 50 Metres shall be at the 200m starting point
- 23.3 The standing or crouch start may be used. No starting blocks will be provided.
- 23.4 The World Athletics Technical Rules C2.1 Rule 16.8 of The Start given below shall be followed:  
“Except in Combined Events, ant athlete responsible for a false start shall be disqualified by the Starter.”
- 23.5 Each team will run the entire race in the assigned lane. All athletes shall keep within his/her assigned lane from start to finish.
- 23.6 There are no passing zones but the baton must be passed to **ALL** runners in the correct order.
- 23.7 If dropped, the baton shall be recovered by the athlete who dropped it. He/she may leave his lane to retrieve it provided that, he/she does not lessen the distance to be covered. In addition, where the baton is dropped and it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return to the point where it was last in his hand, before continuing in the race. Provided that no other athlete is impeded, dropping the baton shall not result in disqualification.
- 23.8 Relays will be run as timed finals.

## **SECTION D – AMENDMENTS AND MATTERS NOT PROVIDED FOR**

### **24. MATTERS NOT PROVIDED FOR**

- 24.1 All matters not provided for in these Rules & Regulations shall be dealt with by the OC.

### **25. AMENDMENTS**

- 25.1 The OC reserves the right to delete, add or amend the rules and regulations herein.



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**Annex A**

## **Code of Conduct for Coaches**

1. Coaches must be good role models for the student athletes and are expected to conduct themselves well in carrying out their duties.
2. They are to observe the rules and regulations of the National School Games and honour the SPSSC Coaches' Oath.
3. They should not replace the role of the team manager.
4. They are not allowed into the competition area except where the rule of the sport requires the presence of the coach
5. They cannot represent the school/club in any matters.
6. They must not interfere with the organisation of the competition.
7. They are not allowed to approach the officials to query their decisions. Only team managers are allowed to approach officials to seek clarifications.
8. Coaches violating the rules will be asked to leave the competition arena.
9. Action will be taken against the school/club if the coaches fail to comply with the competition rules.
10. It is the responsibility of coaches to adhere to the rules and to be well versed with the competition rules.
11. They must ensure that the student athletes have adequate rest and are given water breaks.
12. Coaches should refrain from using foul language or speak in a tone not becoming of proper behaviour.



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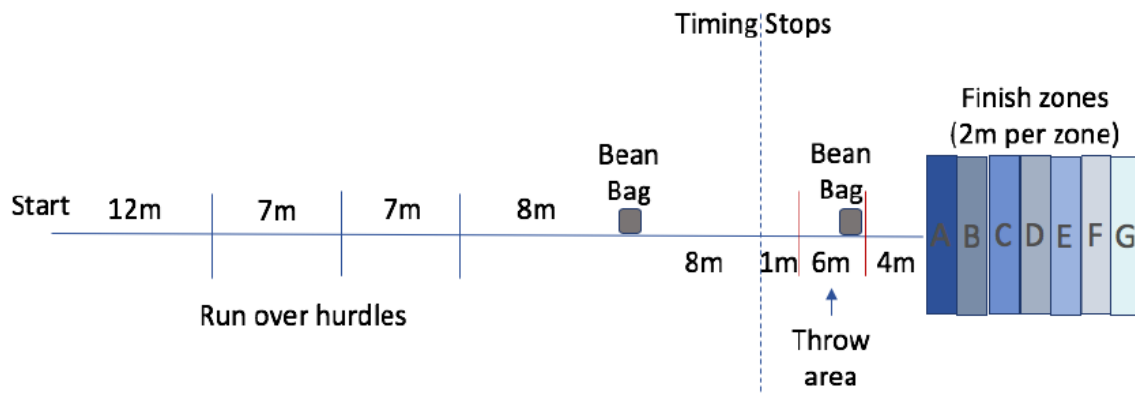
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Annex B

## Multi-skill Event Course Layout

4 main segments:

- Standing Start (Reaction)
- Run over hurdles (Coordination + Speed + Rhythm)
- Pick up bean bag + acceleration (Coordination + Dynamic balance + Speed)
- Overhand throw with master + non-master hands (Bilateral Development + Coordination)



Scoring: points given based on time range\* + finish zone

\*Time stops when athlete enters throwing area.



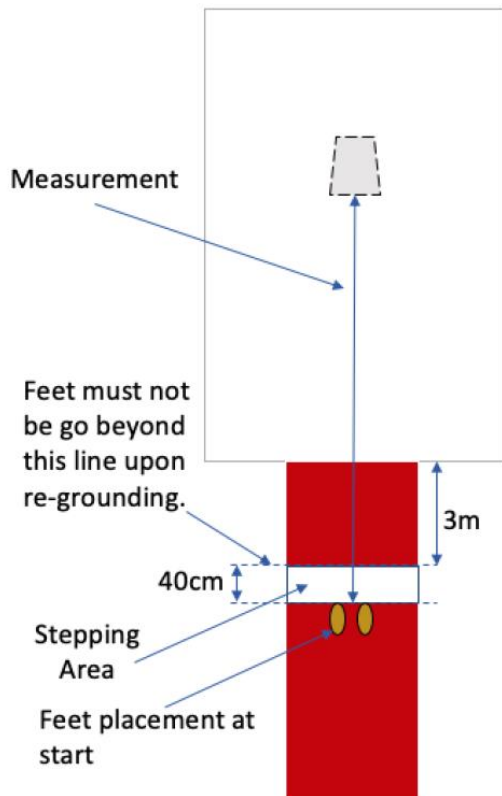
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## Medicine Ball Throw

## Annex C



### Weights

Junior 1 – 1kg

Junior 2 – 2kg

### Starting position

- Standing position with both feet just before the Stepping Area
- Medicine Ball is held at chest level with both hands

### Throwing

The throw must be performed in a chess-pass like action.

- From the start of the throw, the ball must not be lower than the waist of the thrower
- The ball must be released with both hands
- During the throw, the thrower's feet are allowed to push off from the ground, but the medicine ball must be released before the feet are re-grounded.
- The feet must be re-grounded no further than the edge of the stepping area nearer to the landing pit.





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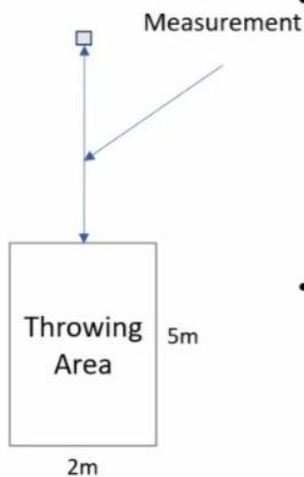
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Annex D

## Long Implement Throw Format

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- Implement – Turbo Javelin
  - Weight – 300gms
  - Length – 70cm
- Starting position
  - Thrower starts in any position in a 5m x 2m throwing area
- Throwing – The throw must be performed in an overhand manner:
  - Held with 1 hand only
  - Cannot be slung, hurled or use other non-orthodox methods
  - Cannot completely turn around until implement has been thrown.
  - Front tip of the implement must strike the ground 1<sup>st</sup> for throw to be valid
- 3 Attempts per thrower





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Annex E

## Competition Equipment

### MULTI SKILL EVENT

Beanbags for throw



Girls

Boys

Weighted Hurdles at height 44 cm



Beanbags and hurdles are customised by ACTIVO when we first introduced the Multi Skill event

## Jumps

<p>Standing Long Jump -use of SBJ mat</p>	<p>Vertical Jump Post</p>	<p>Scissors Jump</p>

## Throws

<p>Long Implement Throw Turbo Javelin - Plastic with <u>rubber tip</u> - 300grams - 70cm in length</p>	<p>Medicine Ball Throw JR1 : 1kg JR2 : 2kg Material : Rubber</p>	<p>Overhand Beanbag Throw</p>



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## Competition Schedule (Tentative)

Annex F

FLASH-ACTIVESG PRE-NATIONAL SCHOOLS GAMES TRACK & FIELD CHAMPIONSHIPS 2022 – JUNIOR DIVISION (J1)									
DAY 1 : SATURDAY, 25 JUNE 2022									
Session 1 (Morning) – 4 hrs					Session 2 (Afternoon) – 4.5 hrs				
Time	Event	Gender	Heats	Stage	Time	Event	Gender	Heats	Stage
0745hrs	Briefing & Orientation for TMs/Coaches				1400hrs	Overhand Beanbag Throw	Girls	1/1	Direct Final
0800hrs	Multi-Skill Event	Girls	12			Standing Long Jump	Girls	1/1	Direct Final
	Multi-Skill Event	Boys	15			Scissors Jump	Boys	1/1	Direct Final
1000hrs	Scissors Jump	Girls	1/1	Direct Final	1420hrs	40m	Girls	4	Timed Final
	1000m	Girls	2	Timed Final		40m	Boys	4	Timed Final
1015hrs	1000m	Boys	2	Timed Final	1500hrs	Medicine Ball Throw	Boys	1/1	Direct Final
	Medicine Ball Throw	Girls	1/1	Direct Final		60m Hurdles	Girls	2	Timed Final
1030hrs	80m	Girls	3	Timed Final	1530hrs	60m Hurdles	Boys	2	Timed Final
1045hrs	80m	Boys	3	Timed Final	1600hrs	Long Jump with 80cm Take off Zone	Boys	1/1	Direct Final
1100hrs	Long Jump with 80cm Take off Zone	Girls	1/1	Direct Final		Overhand Beanbag Throw	Boys	1/1	Direct Final
	60m	Girls	2	Timed Final		<b>Prize-presentation</b>			
1115hrs	60m	Boys	2	Timed Final	1700hrs	Standing Long Jump	Boys	1/1	Direct Final
<b>1130hrs</b>	<b>End of Session 1- Prize-presentation</b>					4 x 50m Relay	Girls	3	Timed Final
					1715hrs	4 x 50m Relay	Boys	3	Timed Final
					1800hrs	<b>End of Session 2- Prize presentation</b>			



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## Competition Schedule (Tentative)

FLASH-ACTIVESG PRE-NATIONAL SCHOOLS GAMES TRACK & FIELD CHAMPIONSHIPS 2022 - JUNIOR DIVISION (J2)										
DAY 2 : SUNDAY, 26 JUNE 2022										
Session 1 (Morning) – 4 hrs					Session 2 (Afternoon) – 4.5 hrs					
Time	Event	Gender	Heats	Stage	Time	Event	Gender	Heats	Stage	
0745hrs	Briefing & Orientation for TMs/Coaches						Scissors Jump	Boys	1/1	Direct Final
0800hrs	Scissors Jump	Girls	1/1	Direct Final	1400hrs	Long Implement Throw	Boys	1/1	Direct Final	
	Long Implement Throw	Girls	1/1	Direct Final		60m	Girls	4	Timed Final	
	1000m	Girls	2	Timed Final	1430hrs	60m	Boys	4	Timed Final	
0830hrs	1000m	Boys	2	Timed Final		Medicine Ball Throw	Boys	1/1	Direct Final	
0900hrs	Medicine Ball Throw	Girls	1/1	Direct Final	1500hrs	Vertical Jump	Boys	1/1	Direct Final	
	Vertical Jump	Girls	1/1	Direct Final		25m	Girls	2	Timed Final	
	120m	Girls	2	Timed Final	1515hrs	25m	Boys	2	Timed Final	
0915hrs	120m	Boys	2	Timed Final	1600hrs	Long Jump with 80cm Take off Zone	Boys	1/1	Direct Final	
0930hrs	Long Jump with 80cm Take off Zone	Girls	1/1	Direct Final	1600hrs	60m Hurdles	Girls	2	Timed Final	
	80m	Girls	2	Timed Final	1615hrs	60m Hurdles	Boys	2	Timed Final	
0945hrs	80m	Boys	2	Timed Final		Overhand Beanbag Throw	Boys	1/1	Direct Final	
1030hrs	Overhand Beanbag Throw	Girls	1/1	Direct Final	1700hrs	Standing Long Jump	Boys	1/1	Direct Final	
	Standing Long Jump	Girls	1/1	Direct Final	1730hrs	4 x 50m Relay	Girls	4	Timed Final	
1130hrs	<b>End of Session 1 – Prize-presentation</b>				1800hrs	4 x 50m Relay	Boys	4	Timed Final	
					1830hrs	<b>End of Session 2 – Prize presentation</b>				