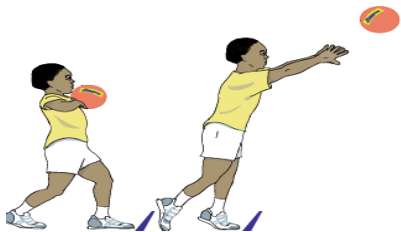
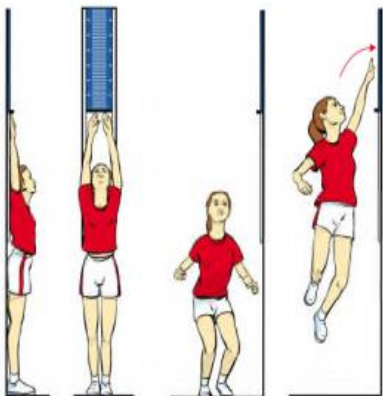


SportsHall Events Explained



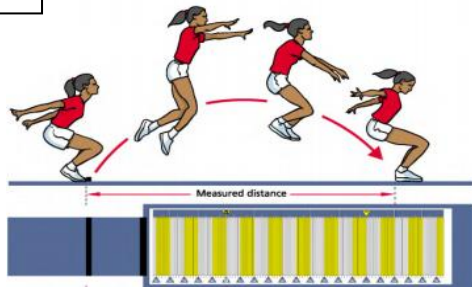
Chest Push

In this standing throw the participant pushes a weighted ball with both hands from the chest into a pre-measured throwing area. This is a good introduction to the push technique use in the shot put event. This technique is also used in Basketball and Netball where it is known as the chest pass.



Vertical Jump

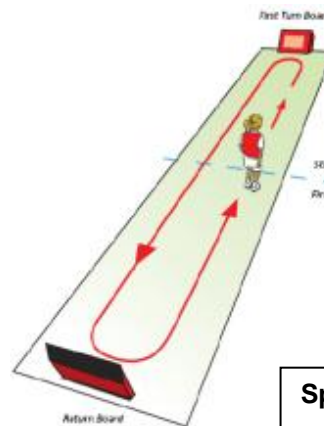
- The athlete stands with their back, head and heels touching the wall. Both arms should be stretched upwards to push the sliding scale up with their fingertips. Elbows and fingers must be straight and arms should touch the side of the head. Feet must stay flat on the floor.
- The athlete must stand 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.



Standing Long Jump

The athlete must stand on the mat with both feet behind the take off 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 takeoffs are 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.



1Lap, 2Lap, 3Lap

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. They turn on the Reversaboard and run the return leg, turning on the second Reversaboard. The lap finishes back at the start line with the competitor facing in the same direction as he/she started; hence one lap is the equivalent to running two lengths of the sports hall.

Speed Bounce

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, Under 13's and Under 15's (years 7, 8, 9 & 10) – 30 seconds.
- The number of "good" bounces should 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 Triple Jump

The athlete must stand with both feet behind the selected take off line. Their feet do not need to be next to each other. 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 take off 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 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.