

Dublin Spraoi

Competition Booklet

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Introduction

Competition Concept

The primary concept of the Dublin Spraoi for the indoor season is a move away from individual athlete competition towards a team based competition.

It is aligned with the Long Term Athlete Development protocol of ensuring there is appropriate competition for the 8 to 10 year old athlete.

Age Groups

For the 2026 season, the ages in scope are:

U9 (born in 2018)

U10 (born in 2017)

U11 (born in 2016)

Events

All athletes on a team will compete in one Track event and one Field event.

Track:

60m race in traditional format with multiple rounds (Heat, Semi-Finals, Final)

300m race with multiple heats, no finals.

Jump: Standing Long Jump (u9 & u10) and Regular Long Jump (u11) with take off zone and not board.

Throw: Standing Turbo Throw.

Team Composition

Each Club can enter a Girls team and a Boys team in each age group. The minimum requirement to score as many Team Points as possible is four athletes per Team. If a Club does not have four athletes in an age group they can still compete and they will still score Team Points.

The Competition Spectrum

A principle of the competition is that it can cater for athletes at various levels of the 'Competition Spectrum'. From already or 'naturally' competitive athletes to those who are reluctant or unlikely to compete, the competition can meet their specific needs.

Rules

General:

1. A team is made up of between 4 and as many athletes as you wish. All athletes are encouraged and can compete in two events (60m, 300m, Standing Long Jump and Turbo Throw).
2. **Athletes can compete in one track event only (60m or 300m) and one field event only (Long Jump or Turbo).**
3. Athletes will pay €5 to enter via the standard only entry system.
4. Athletes do not need to specify which events they are doing when entering.
5. Coaches will not be permitted into the Competition Area.

60m:

6. Athletes will have an assembly area before their race.
7. Officials will create heats based on athletes in the assembly area at the communicated time.
8. Traditional qualification process will follow for the 60m. For example, if there are 64 athlete in an age group there will be 8 heats. The Top Four in each heat will proceed to the semi-finals. There would be 4 semi-finals with the Top Two in each progress to the Final.
9. Athletes who do not qualify from a heat will get an opportunity for a second race so that all athletes compete in at least two races.
10. As an athlete is finished competing and they have no more rounds they will return to the Athlete Team Area. The Athlete Team Area is an area within the competition arena where athletes can assemble and wait for their next event. Parents will not be allowed in the Athlete Team Area and must remain in the stands.
11. If an athlete qualifies they will be directed immediately to the start area to be seeded for the next round of races.
12. No named results are recorded of athletes.

300m:

1. Athletes will have an assembly area before their race.
2. Officials will create heats based on athletes in the assembly area at the communicated time.
3. There will be just heats and no finals (see Scoring Section for how teams will be scored).
4. No named results are recorded of athletes.

Standing Long Jump:

13. Each athlete will complete three competition jumps. They can also have one practice jump.
14. The Jump is a conventional Standing Long Jump. Two feet together at take off and ideally two feet together at landing. In the event of a split landing, the furthest back foot is used to measure.
15. Athletes must 'stick' on landing. Athletes who stick will be rewarded a skill bonus to add to their distance measure. This is to encourage and reward the plyometric skills of being able to jump but also land solidly on your feet. Coaches will be encouraged to teach their athletes this skill in advance and in preparation for the event. It is a good skill to develop.

16. The 'in the pit' official will mark an athletes best jump. The jumps are measured in 25cm increments, using a specific long jump mat. Athletes will receive a 5 point bonus if they master the two leg stick landing. See Appendix A for a picture of the Long Jump mat.
17. All athlete jumps are measured but no names are recorded.
18. This is for u9 and u10.

Long Jump:

1. Each athlete will complete three competition jumps. They can also have one practice jump.
2. The Jump is a conventional Long Jump into a pit.
3. However, it will use a take off zone (as in the Childrens Games) as opposed to a Board.
4. All athlete jumps are measured but no names are recorded.
5. This is for u9 and u10.

Turbo Throw:

6. Each athlete will complete four competition throws.
7. The Throw is a standing throw with no run up, they can 'step in' as they will have a 3 meter throwing area.
8. The athlete must throw over-arm, so release above the shoulder. This is to encourage the over the shoulder throwing skill.
9. The athletes will throw towards segmented targets at 5m intervals with points gained by landing in the target. More points are awarded for the targets furthest away. Appendix B has an visual example.
10. Four athletes (from the same Team) will throw at the same time, each with their own set of coloured Turbos bags.
11. The 'in the sector' official will record an athletes furthest throw after they have completed all four throws.

Scoring

There are two scoring aspects. Event Scoring and Match Scoring.

Match Scoring

Each of the four events will have scoring rules to determine the winner or ranking of a team within that event. The team with the most points in an event win that event and score 21 match points. The second team score 19th match points and so on.

Event Team Rankings	Match Points for their Team
1 st	21pts
2 nd	19pts
3 rd	18pts
4 th	17pts
5 th	16pts
6 th to 20 th	15pts

At the end of all the events, teams are ranked based on their total Match Points.

Event Scoring

To determine the team ranking with an event, each event will have it's own scoring rules.

60m

Every athlete that qualifies for a semi-final will earn 1 point for their team. This is capped at 2 points per team at this round.

Every athlete that qualifies for a final will earn an additional 1 point for their team. This is capped at 2 points per team at this round.

The athletes who wins the final will earn 3 points for their team, the athlete in second will earn 2 points and the athlete in third, 1 point.

All team points are added up and teams ranked to determine the allocation of match points.

Note if two teams are tied in the event for first for example, they both receive 21 points.

Example: assume your team are 3rd best team in this event, you score 18pts.

300m

Points are awarded in each heat as follows:

1st = 6pts

2nd = 4pts

3rd = 3pts

4th = 2pt

5th -10th = 1pt

A team's Top Two scores are added up and teams ranked to determine the allocation of match points.

Note if two teams are tied in the event for first for example, they both receive 21 points.

Example: assume your team are 3rd best team in this event, you score 18pts.

Long Jump

The two best athlete performances from a team are added up to determine a team's overall distance.

These are then ranked to determine the allocation of match points.

Note if two teams are tied in the event for first for example, they both receive 21 points.

Example: assume your team are 4th best team in this event, you score 17pts.

Turbo Throw

The two best athlete performances from a team are added up to determine a team's overall distance.

These are then ranked to determine the allocation of match points.

Note if two teams are tied in the event for first for example, they both receive 21 points.

Example: assume your team are 6th best team in this event, you score 15pts.

Officials

To run this program off within the desired window and ensure the athletes and parents have the best experience possible, there is the need for officials from all Club. The request is two officials from each Club entering a team. Alternatively, if Clubs have teenage athletes (aged 15 or older) who are willing to be officials, 4 teenage officials can be provided instead of adults.

Appendix A – Standing Long Jump Mat



If an athlete jumps 1.00m they get 5pts, if they jump 2.00m they get 9pts etc.

Appendix B – Throws Area

