# 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 2024 season, the ages in scope are:

U9 (born in 2016)

U10 (born in 2015)

U11 (born in 2014)

#### Events

All athletes on a team will compete in a Run, Jump and Throw event.

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

Jump: Standing Long Jump

Throw: Overarm Weighted Bean Bag Throw

Medley Relay: A traditional relay but with various distances. First & second leg are 200m, third leg is 100m and final leg is 300m.

#### Team Composition

Each Club can enter a Girls team and a Boys team in each age group. The minimum requirement is four athletes per Team.

Winning teams will receive 8 team medals so if a Club has more than 8 athletes, it is recommended that they enter more than one team.

If a Club does not have four athletes in an age group they have two options:

* Compete with less than four athletes which will still mean less team points being scored or:
* Request a merge with another Club who may have less than four athletes available in an age group so they can compete as a merged team in that age group.

#### 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.

#### Competition Structure

For u9 to u11 athletes, the 2024 Competition Structure will look as follows:

|  |  |  |
| --- | --- | --- |
| **Season** | **Day** | **Event** |
| Indoor | 1 | Relays (4x200) |
|  | 2 | Spraoi Teams |
| Outdoor | 1 | Dublin League (u10 & u11 only) |
|  | 2 | Dublin League (u10 & u11 only) |
|  | 3 | Dublin League (u10 & u11 only) |
|  | 4 | Dublin Childrens Games (Pairs & Relays) |
|  | 5 | All-Ireland Childrens Games (Pairs & Relays) |
| Cross-Country | 1 | Dublin League |
|  | 2 | Dublin League |
|  | 3 | Dublin League |
|  | 4 | Dublin Championships |
|  | 5 | All-Ireland Championship (u11 only) |

### Rules

#### General:

* 1. A team is made up of between 4 and 8 athletes. All athletes are encouraged and can compete in all three events (60m, Standing Long Jump and Throw) but it is not compulsory.
  2. Only 4 athletes can compete in the medley relay.
  3. If a Club cannot field four athletes, on a best efforts basis, they will be merged with another Club. Advance notice to Dublin Officials on this will help.
  4. There is no pre-entry, athletes will pay €xx at the door. Arrangements will be made for Clubs who wish to pay for their athletes in bulk.
  5. Clubs will follow a similar self-numbering process as used in cross-country leagues. If a Club has more than one team in an age group, this will be distinguished in the number.
  6. Each team is allowed one Designated Coach who can accompany their athletes in all areas of the Competition Arena. This Designated Coach is asked to fulfil more of a support and chaperone role as opposed to specific coaching. This is particularly on the Jump and Throw events where in-event coaching will not be allowed.

#### *60m*:

* 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. Athletes will assemble their athletes together in the designated seated area in the assembly area.
  4. Clubs are asked to not ‘seed’ their athletes when seating them, ie, do not always put their fastest athletes in their first seats etc but in fact randomly seat them. If all Clubs put their fastest athletes in first seats then the earlier heats may have the fastest athletes. Clubs are always ask to not strategically or tactically seat or assemble athletes, but just randomly seat them. Appendix A shows how the 60m Assembly Area will be set up.
  5. Traditional qualification process will follow for the 60m. For example, if there are 100 athlete in an age group there will be 13 heats. The Top Four in each heat will proceed to the quarter-finals. There would be 7 quarter-finals with the Top Four in each progress to the semi-finals. There would then be four semi-finals with two from each race progressing to the final.
  6. As an athletes is eliminated they will return via their Designated Coach to the stands.
  7. If an athlete qualifies they will be directed immediately to the start area to be seeded for the next round of races.
  8. No named results are recorded of athletes until the final when finishing positions for each athlete is recorded.

#### Standing Long Jump:

* 1. Each athlete will complete three competition jumps. They can also have one practice jump.
  2. The Jump is a conventional Standing Long Jump. Two feet together at take off and ideally two feet together at landing.
  3. Athletes must ‘stick’ on landing. So landing and falling forward or backwards will count as a foul and no measure. This is to encourage and reward the plyometric skills of being able to jump but also land solidly on your feet. Officials will use discretion and allow one foul per athlete but due to time constraints won’t have exhaustive discretion to ensure an athlete gets a measure. 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.
  4. The ‘in the pit’ official will mark an athletes best jump (without measuring each one) and then when the athlete has completed their three jumps then measure. The jumps is then recorded.
  5. There will be four jump stations in operation and Teams will complete their jumps in rota and as a team. For example if your team has 8 athletes and you are designed 3rd in the team rota, the Designated Coach (DC) must have their team ready and in queue while the 2nd team in the rota is completing their jumps.
  6. Once called, the DC will quickly direct an athlete to each of the four stations. The officials will then manage the athlete and complete and measure the jump. The DC will then move their next four athletes to each of the four stations, managing the four athletes who have just compete. Note again technical coaching is not allowed from the DC unless exceptional circumstances where an athlete is obviously uncomfortable or struggling with fouls etc.
  7. Once all athletes on the team have completed their jumps, the DC then moves the athletes away and back to the Stands, allowing the 4th team in the rota to enter to the pits.
  8. All athlete jumps are measured but no names are recorded. Full results will be provided after the event so if the DC wished to know who jumped want, they could themselves record which athlete jumped at which jump station, each station will have a number, 1-4.

#### Weighted Bean Bag Throw:

* 1. Each athlete will complete four competition throws. They can also have one practice jump.
  2. The Throw is a standing throw with no run up
  3. The athlete must throw over-arm, so release above the shoulder. This is to encourage and reward the over the shoulder throwing skill.
  4. Athletes must hold the bean bag in the palm of the hand and not pincering the corners of the bag with their fingers.
  5. Officials will use discretion and allow one foul per athlete but due to time constraints won’t have exhaustive discretion to ensure an athlete gets a measure. 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.
  6. The throwing sector will be marked at 5m intervals so no measuring of each throw.
  7. Three athletes will throw at the same time, each with their own set of coloured bean bags, Green, Red, Blue.
  8. The ‘in the sector’ official will record an athletes furthest throw after they have completed all four throws.
  9. There will be two throw stations in operation and Teams will complete their throws in rota and as a team. For example if your team has 8 athletes and you are designed 3rd in the team rota, the Designated Coach (DC) must have their team ready and in queue while the 2nd team in the rota is completing their throws.
  10. Once called, the DC will quickly direct their first three athletes to the station. The officials will then manage the athlete and complete and measure the throws. The DC will then move their next three athletes to position, managing the athletes who have just competes. Note again technical coaching is not allowed from the DC unless exceptional circumstances where an athlete is obviously uncomfortable or struggling with fouls etc.
  11. Once all athletes on the team have completed their throws, the DC then moves the athletes away and back to the Stands, allowing the 4th team in the rota to enter to the pits.
  12. All athlete best throws are measured (to an increment of 5m) but no names are recorded. Full results will be provided after the event so if the DC wished to know who threw what, they could themselves record which athlete threw at which colour at each rotation.
  13. The estimated weight of the Bean Bag is 100g.

#### Medley Relay

* 1. Medley Relay consists of four legs.
     1. Leg 1: 200m
     2. Leg 2: 200m
     3. Leg 3: 100m
     4. Leg 4: 300m
  2. Conventional 4 x 200 relay rules apply with the exception of the 3rd leg which will take place at the 1500m start on the back straight.
  3. Only four members of each team can compete in the relay. Some athletes on a team may be disappointed with this but it can be countered by the fact that there is a separate relay competition and teams can enter multiple relay teams at that event.

### 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** |
| 1st | 21pts |
| 2nd | 19pts |
| 3rd | 18pts |
| 4th | 17pts |
| 5th | 16pts |
| 6th | 15pts |
| 7th | 14pts |
| 8th | 13pts |
| 9th | 12pts |
| 10th | 11pts |
| 11th to 26th | 10pts |

At the end of all the events, teams are ranked based on their total Match Points. In the event of a tie, the tie is broken by finishing position in the Medley Relay.

#### 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 quarter-final will earn 1 point for their team.

Every athlete that qualifies for a semi-final will earn an additional 1 point for their team.

Every athlete that qualifies for a final will earn an additional 1 point for their team.

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.

For example, if an athlete qualifies for a semi-final, they will have earned 2 points for their team (1+1) or an athlete that comes second in the final will have earned 5 points (1+1+1+2).

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.

**Standing Long Jump**

The four 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.

**Weighted Bean Bag Throw**

The four 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.

**Medley Relay**

Before the final event, the Medley Relay, scores are finalised to determine the composition of the relay heats. The Top Six teams will go in Final A, teams 7-12 in Final B, teams 13-18 in Final C and so on. Finals B to D may be smoothed out to ensure an equal number of teams in each heat, Final A will always have 6 teams.

In the event of a tie on Match Points before the medley, ranking will then be determined by the team with the highest event point from the previous three events. If still a tie it moves to the team with the highest second event point. If still a tie, then the toss of a coin is used.

Lanes draws are determined by match ranking going into the Medley Relay, see below for an example. Final A will also carry higher match points, then Final B and so on. Scoring is included in the below example also. Assume a 16 team match.

**Heats & Lane Draws**

|  |  |  |
| --- | --- | --- |
| Heat | Match Ranking (pre-Medley Relay) | Lane |
| Final A | 1st | 6 |
| Final A | 2nd | 5 |
| Final A | 3rd | 4 |
| Final A | 4th | 3 |
| Final A | 5th | 2 |
| Final A | 6th | 1 |
| Final B | 7th | 6 |
| Final B | 8th | 5 |
| Final B | 9th | 4 |
| Final B | 10th | 3 |
| Final B | 11th | 2 |
| Final C | 12th | 6 |
| Final C | 13th | 5 |
| Final C | 14th | 4 |
| Final C | 15th | 3 |
| Final C | 16th | 2 |

**Event Points**

|  |  |  |
| --- | --- | --- |
| **Heat** | **Finishing Positions** | **Pts** |
| Final A | 1st | 21 |
| Final A | 2nd | 19 |
| Final A | 3rd | 18 |
| Final A | 4th | 17 |
| Final A | 5th | 16 |
| Final A | 6th | 15 |
| Final B | 1st | 14 |
| Final B | 2nd | 13 |
| Final B | 3rd | 12 |
| Final B | 4th | 11 |
| Final B | 5th | 10 |
| Final C | 1st | 9 |
| Final C | 2nd | 8 |
| Final C | 3rd | 7 |
| Final C | 4th | 6 |
| Final C | 5th | 5 |

### Role of Designated Coach on the Day

1. Ensure all members of the team have the correct number. This number is confirmed in advance and the responsibility of the Club to provide own number/stickers with number printed.
2. Declare to Dublin Officials if your Club has more than 1 team in an age group.
3. Assemble all athletes in the **60m** Assembly Area, remain with athletes until heats are completed and athletes are brought onto the track.
4. Remain at track side to escort athletes who don’t qualify back to the stand
5. Once 60m is completed, assembled athletes at **Standing Long Jump** Assembly Area and be aware of your team’s position in the rota.
6. Once called, bring first four athletes to a jump station.
7. When those athletes are completed, bring the next four athletes to a jump station.
8. When all athletes are completed, leave the Long Jump area and proceed to the **Weighted Bean Bag Throw** Assembly Area.
9. Once called, bring first three athletes to the throw station.
10. When those athletes are completed, bring the next three athletes to a throw station.
11. When all athletes are completed, leave the throw area and return to the Stand.
12. When called, assemble your **Medley Relay** quartet in the Assembly area.
13. Remain with the athletes for the duration of the relay.
14. Once completed, return to the Stand.
15. If your team have won medals, escort the team to the presentation area when called.
16. The role of the DC is not for technical coaching but more as both a moral support for the athletes and also to assist in the management and movement of the athletes from event to event.

### Timetable

The objective is to complete an age group in a two hour window.

This is an indicative timetable and sequencing may changed based on expected numbers in various age groups.



### 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.