



# Much Wenlock Olympian Games



## Junior Biathlon.

### Rules

Our aim is to find the right balance between the event being fun and competitive. There are some rules we need to apply both for safety and to ensure good competition. These rules are an extract of (and slightly adapted) the Schools Modern Biathlon Rules provided by the Pentathlon GB. Some may seem a bit harsh for a fun event but our experience over the years that it's better to learn the rules now than fall foul of them later. They are as much for the parents benefit as for the competitor.

#### **Competition classes**

The competition is based on the following age groups for both boys and girls  
School years 5, 6, 7, 8, 9, 10, 11, 12/13

#### **Teams**

There is a separate school team competition for each age group for both boys and girls.

School teams are made up of 3 or more competitors in the same age group. The top three scoring individuals from a School in a class will count as a team.

#### **Starting Order**

The competition organiser will decide the starting order and will publish that before the start of the competition

#### **Results**

The results will be posted on the website as soon as possible after the competition.

#### **Placings**

Final positions are decided by points according to the results obtained from each event.

The competitor with the highest points is the winner.

If there is a tie then competitor who has gained a 1<sup>st</sup> place in one of the events will be the winner.

If there is still a tie the competitors placing in each individual event will be added together and the one with the lowest score will be the winner.

If there is still a tie then we will declare a joint winner.

The same applies for the team events.

### **Swimming:**

#### **Distance**

Competitors in school years 5, 6 & 7 will swim 50m  
Competitors in school years 8 and above will swim 100m.

#### **Stroke**

The competition is a freestyle event. A competitor can swim any stroke or style

Competitors may touch the bottom of the pool or hold on to the lane rope but must not walk or propel themselves forwards. Penalty points will be awarded for any competitor who does so.

#### **Warm up**

This is an integral part of the competition. We will ensure that there are experienced marshals on each lane to make sure that the warm up is conducted safely. Swimmers will be required to swim in a particular direction in the lanes. It will include a short period for practice starts.

#### **Heats**

Will be based on school year and then alphabetically. Boys and girls will swim together.

#### **Starts.** Diving is potentially dangerous so

Only swimmers who have reached the standard of the ASA competitive start award are permitted to start with a shallow racing dive from the blocks.

Swimmers who have the ASA Preliminary competitive start award may start with a dive from the side of the pool.

All others must start from the water.

If in the opinion of the Referee the competitor does not appear to be competent to dive safely the competitor must start in the water. The referee's decision is final.

NB Once the starter has blown the whistle to call the swimmers to order is really important that there is then silence around the pool.

#### **Turns**

In turning the competitor must touch the end of the pool with some part of their body but must not touch the bottom of the pool.

#### **Finish**

In finishing the competitor must touch the end of the pool with some part of the body

After finishing competitors must stay in the water until told to leave the pool by the referee. They must leave the pool by the side and must not climb out over the end of the pool. There will be penalty points applied for competitors climbing out over the end of the pool.

### **Running**

This will take place on the running track

#### **Distance**

Runners in school years 5,6 &7 will run 500m  
Runners in school years 8 and above will run 1000m

### Clothing

Runners must wear suitable footwear. Short spikes are allowed.

Competitors must wear their competitor number on the front of their shirt. (these will be provided with safety pins on the day)

### Warm up

Warm up for the running event is a personal choice but must be done away from the track.

### Heats

Will be organised in school year groups. Where it is not safe or practical to run a single year group in one heat we will divide the heats alphabetically.

### Starts

We will operate a pack start. Competitors must be at the start point 10 mins before the start time.

In both swimming and running events the referees decision is final.

## Scoring

Points will be awarded for both events as follows.

### Swimming

Class	Distance	Time for 1000 pts	Points + or – per 0.33 sec.
Year 5 boys & girls	50m	45 secs	12
Year 6 boys and girls	50m	40 secs	12
Year 7 boys and girls	50m	40 secs	12
Year 8 boys and girls	100m	1 min 20 secs	8
Year 9 boys and girls	100m	1 min 20 secs	8
Year 10 boys and girls	100m	1 min 14 secs	8
Year 11 boys and girls	100m	1 min 14 secs	8
Year 12/13 boys & girls	100m	1 min 14 secs	8

### Running

Class	Distance	Time for 1000 pts	Points + or – per 0.33 sec.
Year 5 boys & girls	500m	1 min 50 secs	6
Year 6 boys and girls	500m	1 min 50 secs	6
Year 7 boys and girls	500m	1 min 50 secs	6
Year 8 boys and girls	1000m	3 mins 45 secs	4
Year 9 boys and girls	1000m	3 mins 45 secs	4
Year 10 boys and girls	1000m	3 mins 45 secs	4
Year 11 boys and girls	1000m	3 mins 30 secs	4
Year 12/13 boys & girls	1000m	3 mins 30 secs	4

Penalty points will be awarded for a variety of infringements as follows.

### Swimming

Infringement	Penalty
Moving before the start signal	40 pts
Taking a step on the bottom of the pool or propelling themselves forward using the lane role	40 pts
Failing to touch the end of the pool whilst turning	40pts
Leaving the water at the end of the swim or climbing over the end of the pool rather than getting out at the side	40 pts
Wilful impeding of another swimmer	Elimination

### Running

Infringement	Penalty
Starting after the 'take your marks' but before the start signal	40 pts
Improper conduct e.g. jostling, pushing, running across, or obstructing another competitor.	Elimination

### Photography

Only the official photographer will be allowed to take photo in the pool area for reasons that are obvious.

However photographs may be taken outside of the pool and by entering parents accept that photographs may be taken of their children.

## Other Guidance

### **Poolside clothing**

Between the warm up and the swim competitors will be expected to stay poolside. Please bring a tee shirt, towel and ideally poolside shoes (crocks or flip flops are great) on to poolside with you along with your bag. Do not leave bags in the changing rooms unless you use the lockers.

### **Drink**

Competitors should also have a drink with them. On poolside – a plastic water bottle (with water or juice in it) is idea – no glass bottles or cans will be allowed for obvious reason. Having a hot drink in a flask isn't a bad idea for outside if it's a cold day.

### **Food**

No food will be permitted on poolside. However it can be a long morning and it will be sensible to bring a small and light snack, fruit etc with you to eat between events. We do not recommend the energy sweets!

### **Outdoor clothing**

There will be some waiting around between events and it's important that competitors keep warm through the morning. We hope for fine weather but we can't guarantee it so a coat and tracksuit or similar will be sensible.