



COMPETITION FORMAT GUIDANCE

COMPETITION ETHOS	PRIMARY SCHOOL				SECONDARY SCHOOL				SIXTH FORM COLLEGE/COLLEGE/WORK		UNIVERSITY/WORK		
	< 7	U10		U12		U14		U16		U18		U20	
	7 AND UNDER	8	9	10	11	12	13	14	15	16	17	18	19
COMPETITION ETHOS	Skills based learning through funetics . funetics Multi Challenge can be incorporated into the programme.	Short format, local, fun, multi event, team scoring, no emphasis on personal performance.				funetics Multi Challenge Outdoors & Sportshall Indoors. Championships, family feel Championships, inclusive and awards for all.				Recommended 1 x Track and 1 x Field, plus another of the athlete's choice. There will be Championships and athletes will focus on this.	League / Team / Open / Event Specific / Championships.	League / Team / Open / Event Specific / Championships.	
WHY?		Children are still developing so they should have chance to try a range of activities without individual performances being highlighted. Teams are more fun for children and so the focus is on fun, and team. Travel times to be kept to a minimum to allow for families to manage competing priorities.				Still encourage multi event as children are developing at different rates of maturation. Children will start to prefer events but opportunity should still be given for multi event, although individual performances can now be measured, focus on these is not advised.				Athletes will begin to explore preferences and focus on performances within their preferred event. Team events are still important at this age to ensure they connect socially to clubs and peers.	Athletes preferences will be secured by this age. There should be a range of competition held for this age. Some athletes will focus on event specific events and others will still find value in a team event. A balance must be available across the country. With special emphasis from colleges and universities for all levels of participation.		
DISTANCE TO TRAVEL		Local Area within City boundaries where possible.		Local Area within County boundaries where possible. One off County border events are also acceptable, but travel this far regularly is not advised. (NB: geographically there will be differences in outlying areas).		Local Area within County boundaries where possible - exception for Area Championships and Team Competition (National Finals).				Local Area within Regional boundaries where possible (9. English Regions) - exception for Area/National Championships & Team Competition (National Finals).	Local Area within Regional boundaries where possible (9. English Regions) - exception for Area/National Championships & Team Competition (National Finals).	Athletes can travel nationally for competition, but local opportunity should still be provided.	
WHY?		Travel times to be kept to a minimum to allow for families to manage competing priorities. Children need time to rest.		Travel times to be kept to a minimum to allow for families to manage competing priorities. Children need time to rest.		Travel times to be kept to a minimum to allow for families to manage competing priorities. Still heavily reliant on parents. Children's capacity to travel increases for infrequent occasions.				Travel times to be kept to a minimum to allow for families to manage competing priorities. Still heavily reliant on parents. Children's capacity to travel increases for infrequent occasions.	Entering adulthood athletes will have better capacity for travel and managing their energy levels with assistance from parents and coaches. A programme will be created with the assistance from a dedicated coach. England Representative teams will also be chosen.	Athletes at this age potentially have the means to travel independently. Less reliance on family members. They can also choose appropriate competition with coaches and manage competing priorities effectively. Representative teams will also be chosen.	
TYPE OF COMPETITION FORMAT		Indoor T & F - Sportshall . Outdoor T & F - funetics Multi Challenge Endurance - Team based competition.		Indoor T & F - Sportshall . Outdoor T & F - funetics Multi Challenge Endurance - Team based competition.		Indoor T & F - Sportshall . Indoor Area Championships Local indoor open events Outdoor T & F - funetics Multi Challenge Outdoor County Championships and Area Championships Outdoor league based club team events - local Local outdoor open events Emphasis on fun and events where there is fun for the family.				Individual or competes for a team recommend to do 1 x T and 1 x F - unless in a Championship environment.	Individual or competes for a team and can choose any mixture of events.	Individual or competes for a team and can choose any mixture of events.	
WHY?		Emphasis on personal improvement and on team score, not individual result.		Emphasis on personal improvement and on team score, not individual result.		Emphasis on personal improvement and on team score, not individual result.				Children are still developing and some athletes will not have matured yet, so allowing for flexibility to keep them engaged.	Adults can make their own choices with their coach for their own performance and enjoyment. Events should still retain the element of fun. Consider series points, series winners like the Sapphire League .	Adults can make their own choices with their coach for their own performance and enjoyment. Events should still retain the element of fun. Consider series points, series winners like the Sapphire League .	
CHAMPIONSHIPS		No.		No. County Championships could host a multi event club / team competition.		Country (or Regional) / Area - Consider the introduction of a multi event points system. Quadrathlon / Triathlon. Consider club points too and awards for clubs at county level.				County (or Regional) / Area / National. (Points and awards for clubs to be considered to keep the team ethos).	County (or Regional) / Area / National. (Points and awards for clubs to be considered to keep the team ethos).	County (or Regional) / Area / National. (Points and awards for clubs to be considered to keep the team ethos).	
WHY?		No focus on medal performances. Use PB awards. Athletes are maturing at different rates.		Team medals only, use PB awards. Athletes are maturing at different rates.		Individual medals introduced, but all should be rewarded though promotion of PB awards schemes.				Individual medals and PB awards. Points could be awarded for athletes doing multiple events but not traditional CE, to continue their development at this age.	Individual medals and PB awards.	Individual medals and PB awards.	
PARA ATHLETES	PRE CLASSIFICATION				POST CLASSIFICATION - CLASSIFICATION AGED 11 OR OLDER								
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DISTANCE TO TRAVEL		Local Area within city boundaries where possible.		Local Area within County boundaries where possible. One off County border events area also acceptable, but travel this far regularly is not advised. (NB: geographically there will be differences in outlying areas).		Local Area within County boundaries where possible - exception for Area Championships & Team Competition (National Finals).				Local Area within Regional boundaries where possible (9 English Regions) - exception for Area / National Championships & Team Competition (National Finals).	Local Area within Regional boundaries where possible (9 English Regions) - exception for Area / National Championships & Team Competition (National Finals).	Athletes can travel Nationally for competition, but local opportunity should still be provided.	
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INCLUSIVE CHAMPIONSHIPS / EVENTS		No.		No. County Championships could host a multi event club / team competition.		Classified - County (or Regional) / Area - Consider the introduction of a multi event points system. Quadrathlon / Triathlon. Consider club points too and awards for clubs at County level.				County (or Regional) / Area / National. (Point and awards for clubs to be considered).	County (or Regional) / Area / National. (Point and awards for clubs to be considered).	County (or Regional) / Area / National. (Point and awards for clubs to be considered).	
PARA SPECIFIC COMPETITION				CP SPORT / ACTIVITY ALLIANCE / GRAND PRIX SERIES BWRA / BWAA / METRO GAMES - CLASSIFIED AND NON CLASSIFIED COMPETITION									
WPA ENDORSED EVENTS										PARALYMPIC ATHLETICS EVENTS			