

# Handbook and Regulations Athletics Kids Cup Season 2024/2025

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[contact@athleticskidscup.com](mailto:contact@athleticskidscup.com)



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## 1 INTRODUCTION

Working with young people in sport is of great importance in two respects. On the one hand, it helps children and young people to enjoy physical activity and to develop their personalities through sport. On the other hand, broad-based youth work increases that one or the other talent will later make the leap to the national or even international top – and thus in turn become role models and ambassadors for movement and sport!

This is exactly the goal of the Athletics Kids Cup! The joy of movement should be at the forefront of this athletics competition. Nevertheless, children and young people with higher sporting ambitions get their chance – a sophisticated qualification system with local elimination, regional finals and the Grand Mumbai Final. The Athletics Kids Cup (AKC) is a competition format for children and adolescents that is based on the successful UBS Kids Cup in Switzerland.

In this manual, we show you how you can organise an Athletics Kids Cup and what support we can offer you. It is clear to us that, as the organiser of an AKC competition, you are making the biggest contribution to the success of this movement initiative. On behalf of all the children, we would like to thank you very much.



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## 2 THE CONCEPT OF THE ATHLETICS KIDS CUP

"Running, jumping, throwing" are the basic movements of many sports. They are specially practised and perfected in athletics and in the Athletics Kids Cup. The competition is aimed at all school childrens, who are interested in movement and sport. We have therefore deliberately chosen the disciplines: A sprint (60m), a long jump (zone) and a ball throw (200g). Disciplines in which speed, jumping power and throwing ability are tested and measured without athletics-specific and technical training being decisive for the children's success. More technical disciplines such as high jump, shot put or long jump with the more demanding beam jump are therefore not part of the Athletics Kids Cup. The consistency of the disciplines on offer - from 7-year-old children to 15-year-old teenagers all take part in exactly the same disciplines - also makes it possible to measure the annual progress of each individual participant.

The Athletics Kids Cup is organised in a three-stage system. At the school competitions in the five Mumbai regions, all children can have fun with exercise and test and improve their individual skills. But the performance itself also counts. The best participants have the chance to qualify for the regional finals. The very best will even make it to the Grand Mumbai Final on 15 February at the Jio Institute's Athletic Centre in Navi Mumbai. Definitely a special highlight for every young talent!

Qualification for the regional finals follows a standardized system in all regions. We keep list of regional finalists available online on our website ([www.athleticskidscup.com](http://www.athleticskidscup.com)) at any time. This gives the more ambitious children the opportunity to see where they stand in the race for qualification at any time.



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## 3 ORGANISATIONAL CONCEPT

### 3.1 Organisation in general

The Athletics Kids Cup is decentralised and held in as many locations as possible. There is one possibility of organising a competition in the 2024/2025 season:

- As a closed competition within a recognised school as part of physical education lessons or a school sports day.

The event must be designated as an Athletics Kids Cup, even if it is organised as part of a school or youth sports event (additional designations such as youth sports day etc. are permitted). The school is responsible for ensuring that the organisational structure and the necessary number of judges and volunteers are available. The Athletics Kids Cup Office will be happy to answer any questions you may have. The relevant address is given at the end of this document.

### 3.2 Local school events

#### Organisation

All schools in the five defined regions of Mumbai are eligible to organise local school Athletics Kids Cup events in accordance with this manual. Organising an AKC competition is very easy and is supported by a wide range of free competition and promotional material (see below).

Integration into a school sports day is possible, as long as the present regulations can be adhered to. A combination with other (sponsored) junior projects of other organisers and organisations is not permitted. When organising an AKC competition, the specified competition regulations and organisational provisions in accordance with this handbook must be observed. These are the prerequisites for

- A possible qualification of the participants for the regional final
- To receive the complete toolkit for organising the competition

#### Registration

The school organisations register their local Athletics Kids Cup competition online at [www.athleticskidscup.com](http://www.athleticskidscup.com). Once a competition has been registered for the first time, it is also possible to register further competitions using the same profile data. This means that a school can organise several AKC competitions within one season. After registration, the data will be checked. As soon as this check has been completed, the schools receive authorisation. At the same time, the local Athletics Kids Cup is published on the website [www.athleticskidscup.com](http://www.athleticskidscup.com).



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### Participant registration

The school registers all participants no later than 5 days before the competition is held using the registration form provided by the organisers (and only using this form) by uploading it to [www.athleticskidscup.com](http://www.athleticskidscup.com). The status of online registrations can be viewed by the school at any time. The recorded data can then be easily transferred to the Excel evaluation sheet. The following data is required for registration: first name, last name, date of birth, address, postcode, email address, school name and region.

### Result report

The results lists (Excel file) must be sent by e-mail to the Athletics Kids Cup office no later than 3 days after the competition - [results@athleticskidscup.com](mailto:results@athleticskidscup.com).

### Sponsoring

The competition series is exclusively supported by the main sponsor UBS. The initiator of the Athletics Kids Cup is dspowerparts. The realisation partner in Mumbai is the Striders Miles. No other sponsors are permitted at the school competitions.

### Material

Each school/organizer receives a ready-to-use toolkit to organize their own competition. The toolkit contains the following material:

- 2 stopwatches
- 1 start flap
- 1 measuring tape 50 m
- 2 measuring tapes 30 m
- 6 plug nail
- 6 balls 200g
- 1 roll of white tape
- 1 barrier tape
- 2 whistel
- 2 red-white flags
- Bib numbers (quantity to order)
- Kit Bag
- Result sheets
- Participant certificates
- Registration and evaluation software as an excel-tool



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### Bib numbers

These are provided free of charge to all schools organising a competition and must be worn unfolded by the participants.

### Athletics Kids Cup Ethics Charta

The Olympic values - excellence, friendship and respect - form the basis for safe, fair and successful sport worldwide. The Athletics Kids Cup Ethics Charter is based on these values. The Athletics Kids Cup Ethics Charter contains nine principles and is a fixed component for all schools and all participants. It is sent to all schools in a separate document.

### Volunteers - respectful interaction with children

Work with children should be carried out with particular care and only in a caring and respectful manner. Any abnormal behaviour by adults towards children and young people must be reported to the organiser immediately.

## 3.3 Regional finals

### Organisation

The organiser engages a professional competition organiser to organise the regional finals. The five regional finals will take place in a professional competition set-up. The specified competition regulations and organisational provisions also apply here.

### Categories

The regional finals will be held in all categories.

### Participation

All girls and boys who have qualified within the framework of local school competitions in accordance with the mode specified in the competition regulations (point 5 in this document) are eligible to participate. They must confirm their participation by registering online by the relevant registration deadline. Late registrations are not possible.

### Awards and honours

The first 3 in each category will receive medals. Those who qualify for the Mumbai Grand Final will receive an email invitation.



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### 3.4 Grand Mumbai Final

#### Organisation

For the organisation of the Grand Mumbai Final, the organiser engages a professional competition organiser. It takes place at the Jio Institute's Athletic Centre in Navi Mumbai.

#### Participant gift

Each participant receives a gift.

#### Awards and honours

- The first 3 per category receive medals
- The first 8 per category receive a certificate



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## 4 COMMUNICATION

The Athletics Kids Cup provides many of the required communication tools directly so that schools no longer have to worry about branding and the correct appearance within the initiative. The schools are obliged to actively use these communication tools in the promotion of their own school competition.

### Printed matter

For printed matter, we provide templates in the download area (under the heading "Schools") on our website which you may use.

### Name

The initiative is always referred to as the "Athletics Kids Cup" (three words without hyphens).

### Code of Conduct for photographers

If photographers are on site, e.g. from the press or internal school photographers, but also generally for pictures that are taken, our Code of Conduct applies:

Special care must be taken when taking pictures (image and video) of minors. Both the image section and the visual representation of the athletes in general must be chosen in such a way that the integrity of the child is protected at all times.



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## 5 THE COMPETITION OVERVIEW

### Participation

The Athletics Kids Cup is open to all girls and boys up to the age of 15. In the first season, the competitions will focus on the Mumbai region. To be part of the Athletics Kids Cup, children have to participate in a competition organised by their school in one of the five regions of Mumbai.

### Mumbai regions season 2024/2025

In its first season, the Athletics Kids Cup will take place exclusively in Mumbai and will be organised through local schools. Schools located in any of the following five regions can organise an Athletics Kids Cup.

- Mumbai City
- Mumbai Suburb
- Thane
- Raigad
- Palghar

### Categories season 2024/2025

The Athletics Kids Cup is organised in age categories. There is one category per age group. There are rankings for girls and boys.

Born in	Girls (G = girls)	Boys (B = boys)
2009	G15	B15
2010	G14	B14
2011	G13	B13
2012	G12	B12
2013	G11	B11
2014	G10	B10
2015	G9	B9
2016	G8	B8
2017 and younger	G7*	B7*

\* In the categories G7 and B7 also younger children are allowed to start.



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### Season duration and important dates

The Athletics Kids Cup season runs from 16 September 2024 to 31 March 2025, during which time schools can hold Athletics Kids Cup competitions and receive full support.

### Regional finals

In January 2025, regional finals will be held in the five regions of Mumbai. The best athletes will qualify for the corresponding regional finals. The qualification period ends on 10 December. In order to qualify for one of the five Regional Finals, the corresponding school competition must have taken place by this date. All schools are free to hold competitions after 10 December. However, these are then no longer part of the qualification period.

For each region, a list of best performers by category will be maintained on the Athletics Kids Cup website. The best 25 athletes qualify directly for the regional final. The organiser (dspowerparts) can award up to 3 wildcards per Regional Final and category. The organiser is free to decide who will be invited to one of the Regional Finals. No correspondence will be entered into regarding the allocation.

**Important: Only three athletes per school and category are allowed to compete in the regional final. If more than three athletes from the same school are among the top 25 in the ranking list, only the top three will be invited to the regional final.**

The athletes who qualify for the Regional Final will be specially marked in the online list after the deadline. Each participant can only take part in one Regional Final. The qualification region is determined by the location of the school. The Regional Finals are organised in a professional setup in a modern athletics facility with trained judges and equipment.

### Grand Mumbai Final

The best athletes from the five regional finals can take part of the Grand Mumbai Final on the 15 February 2025 at the Jio Institute's Athletic Center in Navi Mumbai.

The top five in all categories (G/B 7 to G/B 15) in each region qualify for the Grand Mumbai Final. In addition, the organiser can award up to 3 wildcards per regional final and category. The organiser is free to decide who will be invited to one of the regional finals. No correspondence will be entered into regarding the allocation.



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## 6 THE COMPETITION RULES

The competition and the individual disciplines shall be conducted in accordance with the usual athletic competition rules. The following are the necessary additions, clarifications or adaptations are listed below. Detailed factsheets and training videos for the correct execution of the disciplines are available in the download area on the website.

### Disciplines:

An athletics triathlon shall be held consisting of.

- Sprint 60 m
- Long jump with zone jump (triple running jump as an alternative)
- Ball throw 200 g

### Number of attempts:

- 1 attempt in sprint
- 3 attempts in long jump (and triple running jump)
- 3 attempts in the ball throw

### Sprint 60 m

Standing start is allowed at all levels, i.e. also at the Regional Finals and the Grand Mumbai Final. At local School competitions manual timing is allowed. There are different scoring tables for manual and electronic timing. It must be specified in the Excel evaluation sheet whether manual or electronic timekeeping is used. The correct points table is automatically applied accordingly.

### False start rule:

One false start per athlete. The second false start of the same athlete leads to his/her disqualification.

### Long jump

For all categories, the dismount must be from a total 80 cm take-off zone (if there is a jump beam, measure 30 cm in front of and 30 cm behind the beam).

The same rule applies to the triple running jump.

### Ball throw:

The three attempts are thrown one after the other. Only the farthest throw is measured. Only one ball provided by the organiser is allowed. The ball must be thrown with one hand and all throwing techniques are permitted.



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### Point system

For the evaluation of the individual performances, the 2024 Athletics Kids Cup scoring table will be used. If the result is between two points, the next lowest score must be taken into account. The points for the three individual disciplines are added to the triathlon result.

### Ranking

In the event of a tie, the better score in two of the three disciplines is counted. If this does not lead to a decision, the person who has achieved the highest score in one of the three disciplines is to be classified higher. There is only a tie if the same number of points is achieved in all three disciplines.

### Registration

Registration for all competitions takes place online via the website [www.athleticskidscup.com](http://www.athleticskidscup.com) and is managed by the schools. For the Regional Final and the Grand Mumbai Final, registration can also be made directly on the website. The following data is required for registration: first name, last name, date of birth, address, postcode, email address, schools name and region.

### Evaluation

The Athletics Kids Cup must be evaluated with a 'no-knowledge' evaluation software based on Excel that can be operated without prior knowledge. For the reporting of the results after the competition, it is mandatory that this evaluation sheet is used.

### Insurance:

Insurance is the responsibility of the participants and the schools. The organiser is not liable for any accidents or other incidents before, during or after the competition.

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## 7 CONTACT ADDRESSES

If you have any questions or queries, the Athletics Kids Cup team in Mumbai will be happy to help.

[contact@athleticskidscup.com](mailto:contact@athleticskidscup.com)

+91 9321 591 799

### Athletics Kids Cup office

c/o Striders Miles Pvt. Ltd.

12, Satnam Mansion

190, Dr. B. Ambedkar Road, Dadar (E)

Mumbai 400014

### Organiser of the Athletics Kids Cup

dspowerparts GmbH

Feldhof 11

6330 Zug

Switzerland

[info@dspowerparts.ch](mailto:info@dspowerparts.ch)



[contact@athleticskidscup.com](mailto:contact@athleticskidscup.com)



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