**Regulations for performing the discipline Running at 60 m hurdles**

**Categories:**

Younger girls, younger boys 8 - 11 years,

Older girls, older boys from 12 - 15 years,

Children under 8 years, regardless of gender.

The age of the competitors is calculated and verified on the day of the competition, while the competitors in the junior category may not reach the age of 12 on the day of the competition and in the category older than 16 years.

Younger boys and younger girls compete from 8 to 11 years. A younger competitor can also take part in the competition in the category of younger boys and girls, but he will be evaluated as 8 years old. A younger competitor from the age of 11 can also join the older category. / This is especially true for competitors who want to be evaluated in league competitions or team competitions. /

Disadvantage will be added to the age of the competitors. / sec = second /

Category 8 y + 0 sec Category 12 y + 0 sec Category of children: to 8 y.+ 0 sec younger 9 y + 0,5sec older 13 y + 0,5sec

boys 10 y + 1 sec boys 14 y + 1 sec

girls 11 y + 1,5sec girls 15 y + 1,5sec

**Presentation:**

Presentation: At least 15 minutes before the opening of the competition with the completed application and the consent of the legal representative or authorized person. At the entry check, each competitor must present a valid MH card with a photo and the insurance card.

**Organization of competitors:**

Uniforms or sportswear exceeding the elbows and knees. Sports shoes. Football boots are prohibited. Athletic shoes are allowed if the surface of the competition track allows it and the organizer does not explicitly prohibit it in the regulations. The competitor is obliged to compete with a safety helmet and belt. Protective helmet mounted on the head and secured against slipping from the head with a strap, or. Start numbers are assigned during the presentation.

**MTZ, number of attempts, organizational staff:**

Obstacles and the competition track will be provided by the organizer so that the safety of the competitors is not endangered. By default, two trials are performed in two, maximum four lanes. The organizer will provide the possibility of training at least 1 hour before the competition. Changes can be decided by the organizational staff. Organizational staff by type of competition. e.g. game ,,Flame”, cup competition, league round /

**Track description**: The whole track is 60 m long and the recommended width is 2.4 m. If the conditions of the course do not allow this width, the minimum permitted width is 2 m.

**10 m from the starting line,** a barrier is placed for the category of older boys (height 150 cm and min. width 180 cm) and for the categories of the children under 8 years, younger boys, younger girls and older girls there is a barrier (height 70 cm and min. width 180 cm)

**14 m from the starting line,** 2 hoses C are built in the reels in the direction of running (the direction of the half-couplings is arbitrary, but they must not be connected).

**22 m from the starting line,** a boundary line is marked for the correct overcoming of the beam.

A beam bridge is located on this line. Balance beam (length 4 m, width 0.18 m, height 0.80 m from the ground to the surface of the beam), at both ends of the beam there are converging bridges (2 m long, 0.25 m wide, with 5 transverse prisms in the size of 30 mm x 50 mm x 250 mm at 0.35 m from the surface of the beam).

**46 m from the starting line,** a three-way hose distributor with valves is built up, its rotation is arbitrary. For the children under 8 years category, 2 hoses C are built in the discs in the direction of travel at the hose distributor (the direction of the half-couplings is arbitrary, but they must not be connected).

**Competition tools:**

**2 hoses C** with DIN or ROT couplings, minimum length 9.5 m area width min. 60 mm,

**C nozzle** with a length of min. 0.25 m and min. weighing 0.2 kg, can be adapted for possible attachment to the cable max. length from the body 50 cm and attached to the belt,

the bottom edge of **distributor** of all half-couplings can be a maximum of 6 cm from the track surface. The hose distributor must not have blind holes of half-couplings and must not be filled with an additional weight, which is not a part of it, filled with any material, anchored in the track, e.g. spikes on the supports and must not be attached to the pad. The distributor must be equipped with all rubber half-couplings. The distributor can have a maximum of 4 supports with a maximum diameter of 40 mm. The competition tools are subject to inspection.

**Discipline fulfillment:**

Competitors must perform the prescribed acts of the discipline in their path. When performing the discipline, he must not enter the sideline with both feet. A competitor equipped with a nozzle will stand at the start. The nozzle must not be carried in the mouth and all obstacles must be overcome with it. The start can be high or low from the blocks if the organizer delivers them. At the signal, the starter runs out, overcomes the barrier in any way, without the use of barrier struts and the help of another person. Jumping over an obstacle is forbidden! Behind the obstacle, there are 2 hoses C in the disc in the running direction with the half-couplings turned arbitrarily, but not connected, not touching the competition track. Competitors outside the category of children under 8 years will grab the hoses and start working with the hoses in any way. Hoses can be unrolled and connected anywhere in the section 14-60 m from the start (in front of the beam, on the beam, behind the beam, at the hose distributor, etc., running or at rest). The beam must be overcome so that the competitor climbs at least 1x. on the access bridge of the beam, overcame the horizontal part of the beam and min. 1x climbed to the converging bridge of the beam and at the same time did not touch the boundary lines marking the beginning of the approaching and converging bridge of the beam. If it does not ascend to the approach and converging bridge, or enters the area marked by the boundary lines, it must return and overcome the beam with all the hose couplings and the nozzle again. If the nozzle falls when crossing the barrier in front of the barrier, or the nozzle and hose half-couplings when crossing the beam in front of the beam or in the area marked by the boundary lines, the competitor must return, cross the barrier with the nozzle and the beam with the nozzle and all hose half-couplings. They connect the half-couplings in any order, two to each other, one to the distributor and the other to the nozzle, and form a hose line. The competitor in the category of children under 8 years, after overcoming the barrier and the beam, runs to the hose distributor, where two hoses C are built and, in any order, connects two half-couplings together, then one to the hose distributor and one to the nozzle. The competing goal runs with the connected nozzle, so that it can be unambiguously determined when crossing the finish line whether the nozzle is connected or not when crossing the finish line. The hose line must be held by either the nozzle or the hose. It must not be held by the joint of the hose and nozzle half-couplings, or by one hand behind the nozzle and one hand behind the hose. Only either the nozzle or the hose can be held with both hands. The goal can also be overcome with a nozzle suspended on a rope on the competitor´s belt. It is considered a valid overcoming of the goal, reaching the goal only without intentional waving of the hand in front of the body, throwing the hoses, or the nozzle in order to close the timer earlier. The nozzle, the center joints and the distributor can be disconnected only on the instruction of the referee after the evaluation of the experiment.

**Evaluation:**

**The attempt is valid:**

- When the competitor completes all the tasks of the discipline.

**The attempt is invalid:**

- When the competitor enters the sideline with both feet.

- When another person assists the competitor in any way in fulfilling the discipline, in overcoming the barrier and the beam, by encouraging the competitor in the competition track. This rule also applies if, after the start of the competitor, an authorized person runs into the course to place or adjust the hose distributor (this activity must be performed before the start).

- When the competitor does not cross the barrier in the prescribed manner. / use of barrier supports, jump by plane./

- When the nozzle falls while overcoming the barrier, in front of the barrier and the competitor does not return to overcome the barrier again.

- When the competitor does not climb the approach bridge when approaching the beam and the converging bridge when descending from the beam.

- When a competitor climbs to or beyond the boundary line that marks the beginning of the beam.

- When the competitor jumps off the beam in front of or on the boundary line that marks the end of the horizontal part of the beam.

- When the nozzle or hose couplings fall while overcoming the beam, between the lines delimiting the beginning and end of the beam.

- If the competitor does not return to overcoming the beam again if he / she incorrectly overcomes the beam.

- When the nozzle is transmitted in the mouth.

- When all clutches are not connected when crossing the finish line. When with DIN half-couplings, the half-couplings are connected to one tooth, When with ROTT half-couplings, not all teeth are at the joint. When checking the connection of the hoses, their connection to the distributor and the nozzle, the referee must not touch them in any way.

- In case of disputed connection of the lower teeth of the ROTT half coupling, the judge will ask the competitor or the responsible person to check the connection. It must be clear from the inspection that the work is done correctly.

- When it is not clear that the target has been exceeded with a properly connected nozzle.

- When it interferes with and restricts the competitor and his tools, the competitor in the sideline. By obstruction and restriction is meant, for example, the entry of a competitor into a second lane in which another competitor is running at that moment and in this way endangered the competitor in the side lane, fundamentally restricted or otherwise damaged. By interfering with the sideline (obstructing the tool means, for example, unrolling the hoses in such a way that they interfere with the sideline and decisively restrict the competitor’s discipline in the sideline. In these cases, the sideline competitor may lodge a protest and claim repeated try.

- When the competitor does not cross the finish line in his path.

- When running to the finish line, when using the electronic timer, it will overtake it, or when it falls, it will not cross the timer beam and will not stop the running time of the electronic stopwatch. When running to the finish line, the competitor must not intentionally cross the target beam of the electric timekeeper by waving the outstretched part of the hand in front of the body. It must also not cross the beam of the electronic timekeeper by throwing the competition tool hose or nozzle.

- When the competitor does not complete the discipline with the equipment and armament with which he started. The competitor is obliged to end the attempt in the prescribed set-up in which he started at the start and with the complete competition tools he uses to perform the prescribed actions, otherwise the attempt is invalid. Loss of competition tools, this also means support aids, such as rubber bands, adhesive tapes, etc. Loss of equipment means the loss of belt, clothing, footwear, helmet, starting number. It is also a mistake to open the strap or the closing mechanism of the helmet, even if the helmet is on the head /

- If the competitor disconnects the nozzle from the hose after crossing the finish line, before the referee instructs him to disconnect. The same applies to distributors and center joints.

- When a competitor and the person responsible for him, during the performance of the discipline and during the competition, violates the rule of unsportsmanlike conduct. / Unsportsmanlike conduct - throwing tools, using vulgar expressions, digging into a part of the facility used by the competition organizer or damaging the facilities of the sports complex, physical and verbal insult of the referee and the organizers.

**The attempt may be repeated:**

- If the attempt is significantly affected by the competitors in the sideline.

- In case of restrictions in the performance of the discipline by the spectators.

- When the timer fails.

- In the event of a technical error on obstacles which made it impossible to carry out the experiment or affected the result obtained. The competition staff will decide on the repeated attempt.

**Protest:**

If the rules are violated, the competitor has the right to protest. The protest can only be made against the damage of one’s own competitor. The protest is submitted by the person responsible for the competitor to whom the damage relates. The protest is submitted to the main judge within 10 minutes, or within 5 starts from the end of the attempt in the discipline. The protest must state the time of taking over the protest. The protest must be in writing with the signature of the recipient. The decision of the Board of Appeal is final and cannot be appealed. The protest must have a decision before the end of the discipline. The protest can be documented by its own camera record, but it does not have to be used to solve the protest if there is a doubt about its construction and quality.

**Overall rating:**

In each category, the winner is the competitor with the lowest time achieved, which consists of time achieved with points added for age. In the event of a tie, follow the steps below until a decision is made.

1. The placement will decide the better second runner´s time.

2. Among competitors with the same time, the competitor who achieved this time in the first attempt is favored.

3. Mutual retry between competitors at the same time.

**The design was developed by Jozef Strela.**

**Approved by SLv60 organizers**