HURDLES

BASICS FOR LITTLE ATHLETICS

Hurdles begin at U/7 age group

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Heights:
- U/7 to U/9: 45cm
- U/10 & U/11: 60cm
- U/12: 68cm
- U/13 to U/17: 76cm

Distances:
- U/7-U/12 boys and girls: 60m (6 hurdles used)
- U/13 boys & girls and U/14 girls: 80m (9 hurdles used)
- U/14 boys & U/15-U/17 girls: 90m (9 hurdles used)
- U/15 to U/17 boys: 100m (10 hurdles used)
- U/15 to U/17 girls and boys: 200m (5 hurdles used)

BASIC RULES

- U/12 and above can wear spikes
- Hurdle races are run in lanes and athletes must stay in their lanes
- Athletes can unintentionally knock down hurdles and not be disqualified
- Athletes will be disqualified if:
  - They deliberately knock down a hurdle with hand or foot
  - Their trail or lead leg go alongside of a hurdle
  - They jump a hurdle not in their lane
  - They do not have both feet off the ground at some point

- Lead leg is the leg that goes over the hurdle first, and the leg that follows is the trail leg

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COACHING CUES

- Do not approach hurdles in the wrong direction they were designed for
- Hurdling is running fast over hurdles (not jumping hurdles)
- Avoid going to high over the hurdles
- Run at the hurdle (do not slow down or stop suddenly before it)
- Run off the hurdle (rather than stop on the other side and starting running again)
- Try not to lean backwards (keep body weight/hips forward)

- High knee lift of lead leg (first leg over the hurdle)
- Lead leg should not be straight
- Keep toes up on lead leg (to avoid catching toes under hurdle)
- Drive the lead leg over the hurdle, rather than swinging it
- When lead leg lands, it should land in a straight line from take-off point

- The trail leg follows the lead leg
- Lift the trail leg out to side, rather than under body (to avoid hitting the hurdle)
- The heels go towards the buttocks with toes pulled up
- Trail leg should go from side to the front of the body as foot comes down over the hurdle
- The toes of trail leg should not be higher than the knee as the trail leg comes around

- Maintain smooth fast running between the hurdles
- Run past the finish line (do not stop on it or just before it)

IDEAS FOR LITTLE ATHLETIC COACHES TO HELP DEVELOP SKILLS

- Use lower hurdles
- Bring hurdles in closer when trying to teach three stride hurdling between hurdles
- Encourage younger kids to do 4 stride when necessary
- Walk over hurdles to practice correct trail and lead legs (hurdles close together and a bit lower)
- Walk trail leg over the side of the hurdles (encourage kids to do both legs for trail)
- Hurdle relays
- Setting hurdles at a distance to encourage athletes to swap legs
- Practice starts to the first hurdle

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