



DUBLIN REGION

Introduction

FUTURE STARS (Dublin Region) is a joint initiative of Athletics Ireland and Paralympics Ireland. It is an indoor event designed to increase participation of pupils of an ethnic minority background in athletics, as well as identifying pupils with eligible impairments that could be sign posted to Para athletics.

Through **FUTURE STARS**, we celebrate the success of current and past Irish athletes from diverse backgrounds. We also aspire to introduce many others to the sport.



Date: 12th February 2025

Venue: Sport Ireland National Indoor Arena, Abbottstown



Entry: Free

Pupil Categories

Events will be held in three categories for girls and three for boys:

1. First Year
2. Junior Certificate Cycle
3. Post Junior Certificate

Competition Categories

Events will be held in two distinctive competition categories:

1. Diversity Games open category
2. Para Potential categories (physical, visual and intellectual categories, see descriptions below)

Events

Events for each category are shown in the table below:

Diversity Games (Open Category)	Para Potential Category
<ul style="list-style-type: none">▪ 60m sprint▪ 200m▪ Short endurance race¹▪ 4 x 200m relay	<ul style="list-style-type: none">▪ 60m sprint▪ Shot put



Rules in Each Category

Due to space limitations and safety associated with indoor competition, all pupils must be able to compete independently without additional assistance on the field of play. They should be able to follow instructions of the officials.

1. Diversity Games Open Category

All pupils must be able to compete independently without additional assistance on the field of play. Only officials and organisers will be allowed on the field of play.

- Participating schools can enter a team in one or more category

¹ First Year and Junior Cert Cycle – 600m.
Post Junior Cert – 800m

- At least 25% of a school's entry will be pupils of an ethnic minority background²
- A pupil can compete in no more than two individual events and one relay race
- Pupils of an **ethnic minority background** can also be entered by parents or guardians to compete as individuals. These entrants must have permission from their schools to attend the FUTURE STARS event.

2. Para Potential Categories (physical, visual, and intellectual categories – see descriptions below)

All pupils must be able to compete independently without additional assistance on the field of play. Only officials and organisers will be allowed on the field of play.

A small number of events will be included for Para potential pupils (see descriptions below). In running events, athletes will be able to independently start from a standing position. In throwing events, there will be options for both standing throws and seated throws. Examples include:

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| • Pupil with visual impairment | VI |
| • Pupil with ambulant neurological impairment (e.g. cerebral palsy, stroke, MS) | NI |
| • Pupil with single or double below knee impairment (e.g. amputation of other physical impairment allowing similar movement) | LI |
| • Pupil with single or double arm impairment (e.g. amputation of other physical impairment allowing similar movement) | AI |
| • Pupil with intellectual impairment (IQ< 75) | II |
| • Pupil with short stature (Throwing events only) | SS |
| • Pupils with a physical disability or functionality requiring use of a wheelchair (Throwing events only) | WC |

Please note:

- Participating schools can enter pupils based on the guidelines above
- Maximum three pupils per school in any one category **EXCEPT** in the Para Shot Put where one pupil per school can be entered
- Pupils (from other schools) with a physical, visual or intellectual impairment (see descriptions above) can be entered by parents or guardians to compete as individuals. These entrants must have permission from their school to attend the FUTURE STARS event
- A pupil with a physical, visual or intellectual impairment (see descriptions above) may also participate in events in the Diversity Games if she/he feels that she/he can be competitive and that it is safe for her / him to participate
- No ethnicity criteria apply in the Para potential categories
- Entrants do not require a Paralympic classification to compete. Entries will be accepted in good faith. A teacher, parent or guardian making an entry will select the most appropriate impairment category based on the guidelines provided.

² In the spirit of the event, it is recommended that schools endeavour to enter a higher percentage than this (33%+ recommended)



Entries: Entries must be submitted using the appropriate link below:

- Diversity Games School Team Entries <https://forms.office.com/e/ZXyExbMsLz>
- Para Potential Entry <https://forms.office.com/e/u2vQQVZN2H>

Further Information

For further information please contact:

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Technical Information

FUTURE STARS is a developmental indoor track and field event. As such, some rules that apply in sanctioned events may be modified.

60m Sprint

- Athletes may start from a standing, crouch, or block start
- In the Para-60m, mixed category races may be held in order to fill the available lanes. Where this happens, the result in each category will be announced after the finish

200m

- Should the number of competitors exceed six in any category, the race can be run as a time trial
- Athletes may start from a standing, crouch or block start
- The track referee may choose to run all races from standing starts to prevent delays in the schedule

4 x 200m Relay

- All races will be from a standing start
- The standard 20m baton changeover zone to apply

Long Jump

- Each competitor will be permitted three jumps

Para Shot Put

- The following shot-put weights to be used

Impairment	1 st Year Girls	1 st Year Boys	Junior Cert Girls	Junior Cert Boys	Post Junior Cert Girls	Post Junior Cert Boys
VI & II	3kg	4kg	3kg	5kg	4kg	6kg
LI, AI	2kg	3kg	3kg	4kg	3kg	5kg
NI & SS	2kg	3kg	3kg	4kg	3kg	4kg
WC	2kg	2kg	3kg	3kg	3kg	3kg