

YEAR 3/4 : ATHLETICS – SPORTS HALL ATHLETICS

Competition Format	
Sports Hall Athletics	

Squad Information	
Time Size	6 Boys and 6 Girls

Year Groups
Year 3 or 4

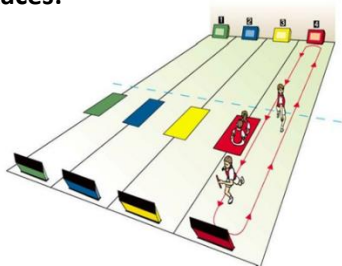
Gender
Mixed

Competition Rules
<p>Events</p> <ol style="list-style-type: none"> Athletes will compete in all the allotted field events and 2 track events each, drawn from the following <ul style="list-style-type: none"> Track Events <ol style="list-style-type: none"> 1 x 1 Lap Relay: Two athletes complete ONE lap each in a relay 2 x 2 Lap Relay: Two athletes complete TWO laps each in a relay 4 x 1 Lap Relay: Four athletes complete ONE lap each in a relay 4 x 2 Lap Relay: Four athletes complete TWO laps each in a relay <p>NOTE: Athletes can only compete in races i. or ii. Not in both and then race iii. Athletes will compete in their own gender races only</p> <ul style="list-style-type: none"> Field Events <ol style="list-style-type: none"> Chest Press: A standing throw where the athlete pushes 1 Basketball from the chest into a pre marked throwing area. Both feet must remain on the floor at all times. Distance is recorded at the point when ball first catches the ball. Standing Long Jump: This two footed jump from a standing position is a test of coordination and leg strength, distance is measured from the part of the body closest to the jump line. Javelin: An athlete has two attempts to throw the foam Javelin as far as they can. Distance will be measured from the throw line to where the javelin first touches ground. 5 Strides – An athlete has two attempts to travel as much distance as they can within 5 strides starting from a standing position – No run up allowed Speed Bounce: a test of speed, rhythm and coordination, the athlete crosses the foam wedge/designated line with both feet as many times as possible in 20 seconds.

Scoring
<p>The competition will be scored using the Sports Hall Athletics Online software.</p> <p>All 6 Boys and 6 Girls scores will be recorded for FIELD EVENTS however only the Top THREE Boys and Top THREE Girls scores will count to team score.</p> <p>The other scores will be discarded per event.</p> <p>Times in the relay will be converted to points and added to the points in the field events</p> <p>If scores are tied on points the team with most 1st places throughout the competition will be declared the winner.</p>

Track/Relay Events

Relay Races:



Guidance: EACH ATHLETE IS ONLY ALLOWED TO TAKE PART IN A MAXIMUM OF 2 RELAY RACES

1 + 1: Lap Relay 2 team members complete one lap each.

2 + 2 Lap Relay: 2 team members complete two laps each.

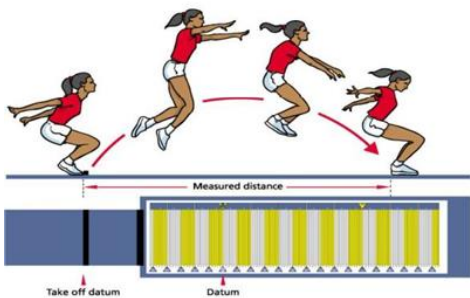
4 x 1 Lap Relay: 4 team members complete one lap each.

4 x 2 Lap Relay: 4 team's members complete two laps each

Rules:

- 1) All athletes contesting the relay sit on the team base mat. The first athlete from each team steps up to the start line, ensuring that their feet remain behind the line. A crouched start is not permitted and hands may not be placed on the floor
 - 2) On the whistle/gun the first athlete runs towards the first Reversaboard. They turn on the Reversaboard and run the return leg, turning on the second Reversaboard behind the team mat. They must return to the centre of the hall and hand the baton to the next runner, who proceeds as the previous runner. The retiring runner returns to the team base mat and sits behind the rest of the team.
 - 3) The last runner proceeds as the previous runners but, after turning on the second Reversaboard behind the team, this runner must run through the finish line in the centre of the hall
 - 6) The athletes that are not running must sit on their team mat to ensure a clear view for the judges.
- In the event of a team/athlete causing an obstruction or failing to complete the relay in the prescribed format, the team may, at the discretion of the track referee, be placed in last position. No team should be disqualified.

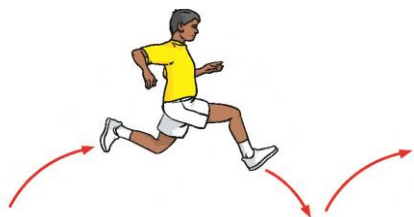
Standing Long Jump



Rules:



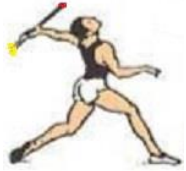
- 1) The athlete must stand on the mat with both feet behind the take-off datum line.
- 2) Techniques involving a crouch or rocking motion prior to the jump are permitted provided that both feet are alongside each other and retain contact with the mat until the start of the jump.
- 3) No part of the athlete must touch the mat in front of the start line prior to take off.
- 4) The athlete should jump as far as possible from a standing position, with a two footed take off. One footed take offs are not permitted.
- 5) The athlete must land on both feet, with both feet being placed on the mat. The measurement lines printed on the mat are for guidance only. If an athlete's foot lands outside the graduated area and the judges are able to measure the jump, it should be recorded as a good trial.

Five Stride



Rules:

- 1) The athlete must stand with both feet behind the selected take off line. Their feet do not need to be next to each other.
- 2) Techniques involving a crouch or rocking motion leading up to the jump are permitted; the free leg does not have to be in contact with the mat and may be used to generate momentum by raising the knee up and down. The take-off foot can be rocked from heel to toe as long as some part of the foot remains in contact with the mat before the start of the jump.
- 3) No part of the athlete must touch the mat in front of the start line prior to take off.
- 4) A one footed stride starts the 1st stride with the athlete landing onto the opposite foot, the 2nd stride is taken onto the original foot this is repeated until 5 strides have been completed
- 5) The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.
- 7) Measurement is taken from the take-off line to the back of the 5th stride heel on landing.

<p>Speed Bounce</p> 	<p>Rules:</p> <ol style="list-style-type: none"> 1) Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet – the athlete’s feet should leave the mat simultaneously and land on the mat simultaneously. 2) The athlete should cross the wedge as many times as possible within the allocated time period as follows: 3) The number of “good” bounces should be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge.
<p>Chest Push</p> 	<p>Rules:</p> <ol style="list-style-type: none"> 1) The athlete holds the ball against their chest and pushes with both hands. 2) The athlete’s chest must face forward and there must be no rotation in the trunk. 3) Both feet must be behind the throwing line and remain on the floor at all times. One foot may be in front of the other but no run ups or steps are permitted. 4) The athlete must not pass the throwing line during their throw. 5) Once thrown, the ball doesn’t have to land on the mat. 6) The distance thrown
<p>Soft Javelin</p> 	<p>Rules:</p> <ol style="list-style-type: none"> 1) The Launcher stands on the throwing line and has two consecutive attempts at throwing the javelin as far as possible. 2) The distance is measured using measuring matt and is measured from where the javelin first lands 3) Their best throw (in metres) is recorded as their score 4) Measure to nearest 20cm