

Year 3/4 Sportshall Athletics - Rules

Entry		Online entry at www.letsgetahead.co.uk
Teams/Gender:	School teams should consist of a minimum of 9 girls and 9 boys, with a maximum of 15 girls and 15 boys being permitted. Therefore a team size can vary from 18 to 30 athletes.	
Event Format:	<p>Each athlete may compete in a maximum of two track and two field events, drawn from the following:</p> <p>On the track (each requiring two girls & two boys)</p> <ul style="list-style-type: none"> • 1 + 1 Lap Relay • 2 + 2 Lap Relay • 1 + 1 Lap Hurdles Relay <p>On the track (each requiring four girls & four boys)</p> <ul style="list-style-type: none"> • Obstacle Relay • Over / Under Relay • 4 x 1 Lap Relay <p>On the field (each requiring three girls & three boys)</p> <ul style="list-style-type: none"> • Chest Push • Soft Javelin • Speed Bounce • Standing Long Jump • Five Strides • Vertical Jump <p>A full explanation of each event together with some teaching points can be downloaded from www.sportshall.org Please download the 'Primary School' resources. http://www.sportshall.org/primary/primary-sportshall/primary-sportshall-competition/teachers-downloads?menu-item=menu-item-471</p> <p>Team sheets must be completed before arrival at an event with athletes names and the correct number of athlete for each event.</p>	
Scoring:	<ul style="list-style-type: none"> • In each event points are allocated based on finishing position and the number of schools who have entered the competition. For example if 8 schools enter the competition 16 points for 1st place, 14 for 2nd place etc. 	
NGB Website	www.sportshall.org	