

# Year 5/6 Sportshall Athletics - Rules

Entry	
Online entry at <a href="http://www.letsgetahead.co.uk">www.letsgetahead.co.uk</a>	
<b>Teams/Gender:</b>	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.
<b>Event Format:</b>	<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 &amp; two boys)</p> <ul style="list-style-type: none"> <li>• 1 + 1 Lap Relay</li> <li>• 2 + 2 Lap Relay</li> <li>• 6 Lap Paarlauf</li> </ul> <p>On the track (each requiring four girls &amp; four boys)</p> <ul style="list-style-type: none"> <li>• Obstacle Relay</li> <li>• Over / Under Relay</li> <li>• 4 x 1 Lap Relay</li> </ul> <p>On the field (each requiring three girls &amp; three boys)</p> <ul style="list-style-type: none"> <li>• Chest Push</li> <li>• Soft Javelin</li> <li>• Speed Bounce</li> <li>• Standing Long Jump</li> <li>• Standing Triple Jump</li> <li>• Vertical Jump</li> </ul> <p>A full explanation of each event together with some teaching points can be downloaded from <a href="http://www.sportshall.org">www.sportshall.org</a> Please download the 'Primary School' resources. <a href="http://www.sportshall.org/primary/primary-sportshall/primary-sportshall-competition/teachers-downloads?menu-item=menu-item-471">www.sportshall.org/primary/primary-sportshall/primary-sportshall-competition/teachers-downloads?menu-item=menu-item-471</a></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> <ul style="list-style-type: none"> <li>• 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 1<sup>st</sup> place, 14 for 2<sup>nd</sup> place etc.</li> </ul>
<b>NGB Website</b>	<a href="http://www.sportshall.org">www.sportshall.org</a>