

# All Star Mini Olympics

## Rules

Entry	Entry via SGO.
<b>Teams/ Gender :</b>	<ul style="list-style-type: none"> <li>• Team of 12. Each team must have 6 boys &amp; 6 girls</li> <li>• For a Year 3/4 a team can be a mix of year 3 and year 4 students or single year group but it must contain 12 athletes.</li> </ul>
<b>Event Format &amp; Scoring:</b>	<p>All athletes complete all events.</p> <p><b>HOW FAR CAN YOUR ALL STARS TEAM JUMP?</b></p> <ul style="list-style-type: none"> <li>• The first athlete will jump from the first cone and place another cone where they land, the next will start from this cone and place a cone where they land so on until all the athletes have jumped. All athletes must have a standing start from either 1 or 2 feet. The score is the measurement from the first to the last cone.</li> </ul> <p><b>HOW FAR CAN YOUR ALL STARS TEAM THROW?</b></p> <ul style="list-style-type: none"> <li>• Athletes stand with feet behind the throwing line, and try to push the netball from their chest, with 2 hands, as far as they can. This is measured. All the distances will be added together for a team score.</li> </ul> <p><b>HOW ACCURATE ARE YOUR ALL STARS TEAM?</b></p> <ul style="list-style-type: none"> <li>• Each athlete will have 3 attempts to score as many points as possible. They can decide to go for safe but lower points, or riskier with more points. The score is where the quoit becomes stationary, so rolling can be allowed, although throwing is preferred. If the quoit lands outside the cones, no points are scored. The team total score is the total number of points scored by all team members.</li> </ul> <p><b>HOW BOUNCY ARE YOUR ALL STARS TEAM?</b></p> <ul style="list-style-type: none"> <li>• Each athlete will have 20 seconds to do as many 2 footed jumps over a speed bounce wedge. The scores of all athletes will be added together for their team score</li> </ul> <p><b>HOW HIGH CAN YOUR ALL STARS TEAM JUMP?</b></p> <ul style="list-style-type: none"> <li>• An athlete places their back to the wall and reaches as high as they can. This height at the top of their fingers is marked with some chalk, the same athlete then turns to the side, and with a small amount of chalk on their fingertips jumps as high as they can making sure they touch the wall at the highest point. This distance between this mark and the one originally marked is taken, and added with the rest of their team members scores.</li> </ul> <p><b>HOW AGILE ARE YOUR ALL STARS TEAM ?</b></p> <ul style="list-style-type: none"> <li>• The athletes start between the cone run up to the high stepper, ensuring one foot in each gap, (there are 10 in total) then runs up to the second cones and back through the high stepper, the stop watch stops as they run back through the first set of cones. Penalties will be awarded if any gaps are missed.</li> </ul> <p><b>HOW FAR CAN YOUR ALL STARS TEAM RUN?</b></p> <ul style="list-style-type: none"> <li>• Place the cones of the same colour, 10 metres apart to form 2 lanes, Split the team in half, half on the each lane. In a relay format starting at one cone will run around the opposite cone and back. They then hit the next person who runs there and back. This continues for 3 minutes. 1 lap is a completed loop. Add the total per lane together, the team score will be the total number of laps by the whole team in 3 minutes.</li> </ul> <p><b>HOW FAST CAN YOUR ALL STARS TEAM RUN?</b></p> <ul style="list-style-type: none"> <li>• The four cones are laid as below. 2 for the start and 2 for the finish. The athletes will be timed to see how fast they can run the 30 metres. All the times are added together.</li> </ul> <p><b>FINAL RELAY</b></p> <ul style="list-style-type: none"> <li>• Half the team start behind each set of cones. The first person runs, give the baton to the person first at the opposite end who run back to give to the second person, etc.</li> </ul> <p>During the competition if an athlete is unable to complete an event due to injury, then the lowest / slowest score of the boy or girl still in the team will be also given for that athlete</p>
<b>Scoring:</b>	<ul style="list-style-type: none"> <li>• Final positions are worked out by ranking the performances of each team in each event. Therefore the winner of event will be awarded 1 point, 2<sup>nd</sup> place 2 points etc. All points are added together. The winning team is the team with the lowest score.</li> </ul>