# COMPETITIONS

A guide for organising and conducting athletics carnivals

# Australian Little Athletics

# Competitions

## A guide for organising

## and conducting athletics competitions

# Competitions

# Introduction

"LAPS - Competition" provides information of organising and conducting athletics competitions ranging from formal school carnivals to a novel class event. The following areas are dealt with:

## COMMON COMPETITION RULES

This section comprises an overview and summary of the rules that are generally common to most junior athletics competitions. It aims to provide teachers with a quick introductory reference, given in plain language, to officiating at the listed events.

It should be noted that this section does not attempt to be a definitive listing of all event rules or take the place of a rule book. Schools conducting athletics carnivals may need to investigate what specific rules their school carnivals should operate under and obtain a copy of these rules if one is not already in the school's possession.

It should also be noted that this section does not contain event standards and specifications as these can vary and sometimes change. Again, schools will have to obtain an up to date list of these if one is not already available.

## GUIDELINES FOR ORGANISING AN ATHLETICS CARNIVAL

This section provides a checklist that will assist teachers organise a school athletics carnival. While the specifics of organising a school carnival will differ from school to school depending on school size, location and other variables, all teachers will hopefully find something within this section that will be of help. Again, this section does not attempt to be a definitive list of all tasks for all schools organising a carnival. Schools will need to adapt the advice given to their particular situation.

## LAPS TEAM MULTI EVENT COMPETITION

This section provides some ideas about conducting a novel class athletics competition based on team points and non-traditional athletics-related events.

# LAPS Common Competition Rules

# Track Events - General

**STARTERS**

- Before calling competitors to the starting line, the starter should check with the chief timekeeper to ensure that all timekeepers and judges are ready.
- When the starter believes all is ready, the competitors are warned by the starter with a short whistle blast.
- The starter then calls the competitors to their marks, using the words "On Your Marks". At this point, it must be ensured that no part of a competitor's body (including fingers, hands or feet) is on or over the starting line. The starter then allows the competitors a  reasonable length of time to settle and become still.
- For all events up to and including the 400m, the starter then gives the command "Set". (For longer events, this command is not used). On "SET" all competitors move into their final starting position. The starter should not fire the gun until all competitors are absolutely still. If unsteadiness occurs, or the starter believes it is taking too long for competitors to settle themselves, the starter may ask the competitors to all "stand up" and speak to the offending competitors. This is not considered a false start and the command of "on your marks" is given again.
- When the competitors are absolutely still, the gun is fired to start the race. If a competitor takes off before or with the gun, the starter should fire the gun again to indicate a false start and recall the competitors. A first false start warning is given to competitor/s concerned. The starter should not penalise an athlete who began before the gun as the result of a movement from another competitor.

**Timekeepers**

- Timekeepers are responsible for the timing of all track events.
- Timekeepers should be positioned in line with the finish and have an uninterrupted view of the finish line.
- Times are taken from the flash or smoke of the starter's gun to the moment the competitor's torso crosses the line.

**PLACE JUDGES**

- Placings are determined by the order in which the competitors' torsos cross the finish line.

# Track Events - General

Competitors can be disqualified for the following:

- Exceeding the number of allowable false starts. (Check local rules, as specific number of false starts allowed my vary).
- Interfering with other competitors eg. pushing, swerving in front of other competitors, or running out of lanes to gain an advantage.

**Equipment**
- Starting gun and whistle for starter
- Stopwatches for timekeepers
- Place pads and pens/pencils for judges
- Ideally a timekeepers/judges stand
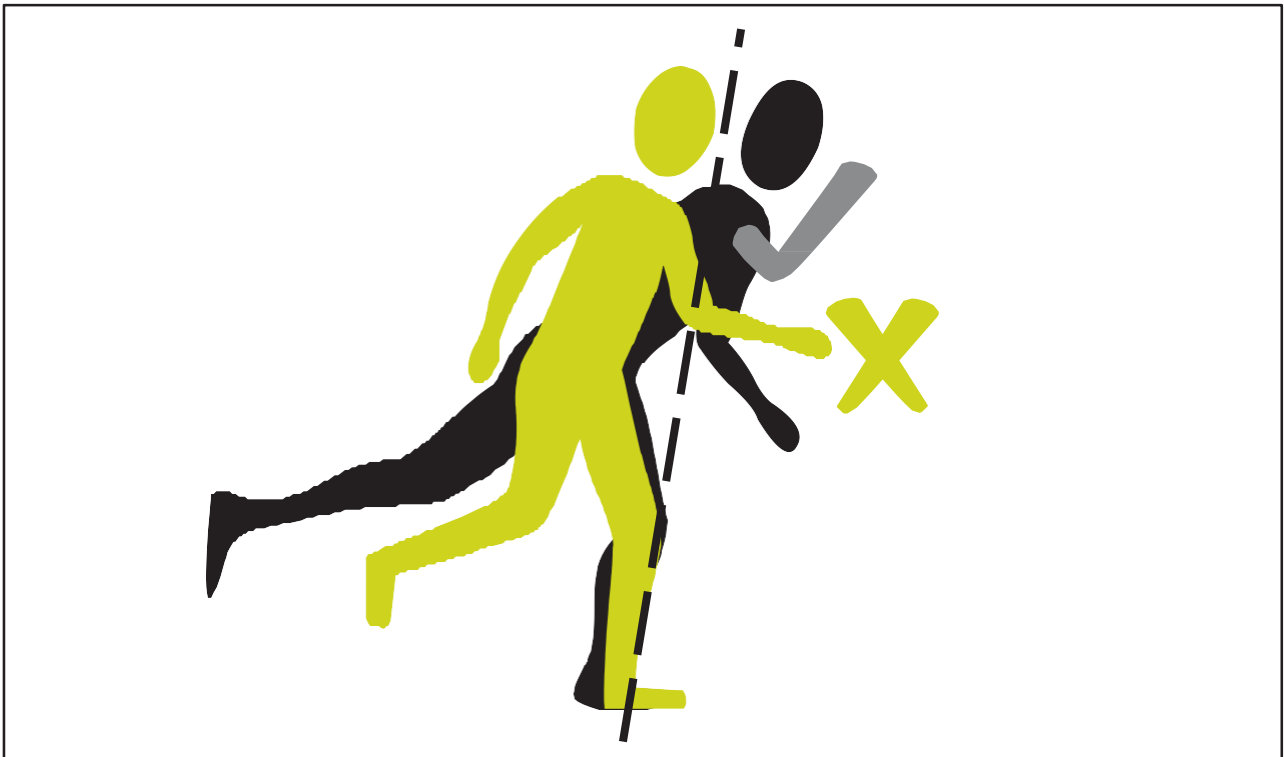


**NOTE**
- Competitors shall be placed in the order in which any part of their torso, (NOT head, neck, arms, legs, hands or feet) reaches the vertical plane of the finish line.

# Relays - 4x100m

- The 4x100m is run entirely in lanes.
- The changeover zone in which the baton is passed is 20 metres long.
- Some competitions allow an acceleration zone of 10 metres which precedes the changeover zone. This allows the outgoing runner to accelerate before receiving the baton, but the baton changeover must not take place until the changeover zone is reached.
- The baton must be carried in the hand throughout the race.
- If the baton is dropped, it must be recovered by the competitor who dropped it. (Competitors may leave their lane to retrieve the baton. If no other competitor is impeded, dropping the baton does not result in a team's disqualification).
- The baton must always be passed in the changeover zone.
- The baton pass is only completed once it is in the hand of the receiving runner.
- Within the changeover zone, it is the position of the baton that is taken into account when determining legal baton exchanges, not the position of the runner.
- After handing over the baton, competitors should remain in their lanes until the track is clear, to avoid causing obstruction to other competitors.

- If the baton pass is not completed wholly within the changeover zone.
- If a competitor willfully impedes a member of another team.

- Starting gun and whistle for starter
- Stopwatches for timekeepers
- Place pads and pens/pencils for judges
- Ideally a timekeepers/judges stand
- Relay batons
- Ideally both white and red flags for changeover zone judges
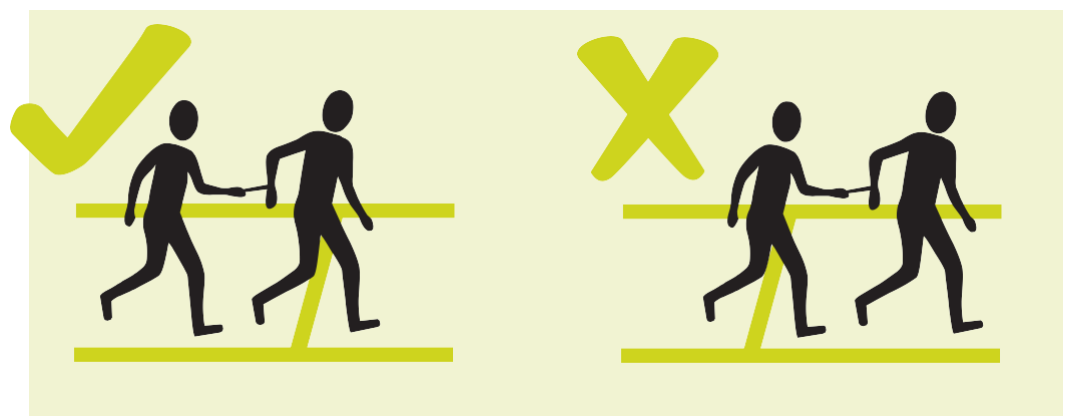
# Hurdles

- All hurdle races are run in lanes.
- Competitors must keep to their own lane.
- Unintentional knocking down of hurdles does not disqualify a competitor or prevent a record from being set, regardless of the number of hurdles knocked down.
- Hurdles should be faced so that they will easily topple away from a competitor if knocked. This will usually mean that solid hurdles will need to be placed so that the feet face the competitors. Hinged/collapsible hurdles usually need to be placed so that the feet face away from the competitors. Regardless, always check.

- If a competitor deliberately knocks down a hurdle with their hand or their foot.
- If a competitor trails their foot or leg alongside a hurdle.
- If a competitor jumps any hurdle not in their own lane.

- Starting gun and whistle for starter
- Stopwatches for timekeepers
- Place pads and pens/pencils for judges
- Ideally a timekeepers/judges stand
- A sufficient number of hurdles

# Long Jump

- A standard long jump competition usually involves each competitor having three jumps, the winner being the competitor who achieves the longest valid jump.
- In the case of there being more than eight competitors, some competitions allow the top eight placed athletes after the first three jumps to have another three jumps. In this situation, all six jumps count towards the final result.
- The competitor must take off from one foot only.

  The competitor may not touch the ground beyond the take off line with any part of the body, whether running up without jumping or in the act of jumping. A competitor may not take off for a jump from outside either end of the take off board/mat.
- In the course of landing, a competitor may not touch the ground outside the landing pit behind the point of their landing. (If the first contact on landing is within the pit, then the competitor can touch the outside of the landing area).
- Following a jump, a competitor may not walk back through the pit.
- A competitor may not use any form of somersaulting during a jump.
- If a competitor takes off before reaching the board/mat, it will not for that reason be counted as a foul.
- Each competitor is allowed three jumps, the winner being the competitor who achieves the longest valid jump. In the event of a tie, a decision is made on the next best recorded jump of the tied competitors.

- If a competitor takes off from two feet.
- If the competitor puts any part of two feet in the take off area. (ie. the take off board or mat).
- If any part of the competitor's foot protrudes over the take off area.
- If in landing, the competitor first touches the outside of the pit behind their point of landing.
- If after completing a jump, the competitor walks back through the pit towards the take off area.
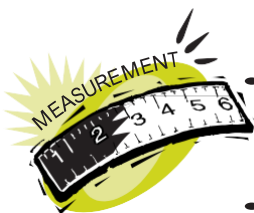
From a take off board:
- Identify the landing imprint in the pit closest to the take off board. The imprint may be made by any part of the body, including the hands. Place the zero end of the tape at this point.
- Draw the tape taut and at right angles across the take off board or its extension on either side.
- This distance is measured at the point where the tape crosses the edge of the board closest to the sand pit.

# Long Jump cont.
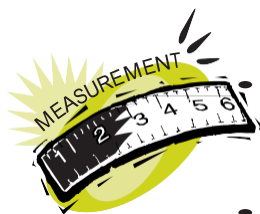
From a take off mat:

- If the competitor's foot lands on the take off mat, measure the jump from the landing imprint in the pit closest to the take off mat, to the imprint made on the take off mat by the take off foot.
- If no part of the competitor's foot lands on the take off mat, measure the jump from the landing imprint in the pit closest to the take off mat, to the front of the take off mat (take off line) or perpendicular to its extension on either side.

- If the competitor is wearing a hat while long jumping and it falls off into the pit, it is not a foul.

- Landing pit
- Take off board or mat
- Tape measure
- Rake to smooth sand in landing area
- Shovel to turn over and level sand
- Spike to hold the zero end of the tape at the point of landing
- Recording sheet
- Brush to clear the take off board of grass or sand

- Recorder - Records performances
- Take-off Judge - Watches for foot fouls; measures jump from take off area and reads distance
- Landing Judge - Marks the landing imprint with the spike attached to the zero of the tape. Levels out the sand after each jump.

MEASURING A LONG JUMP

# High Jump

## basic RULES
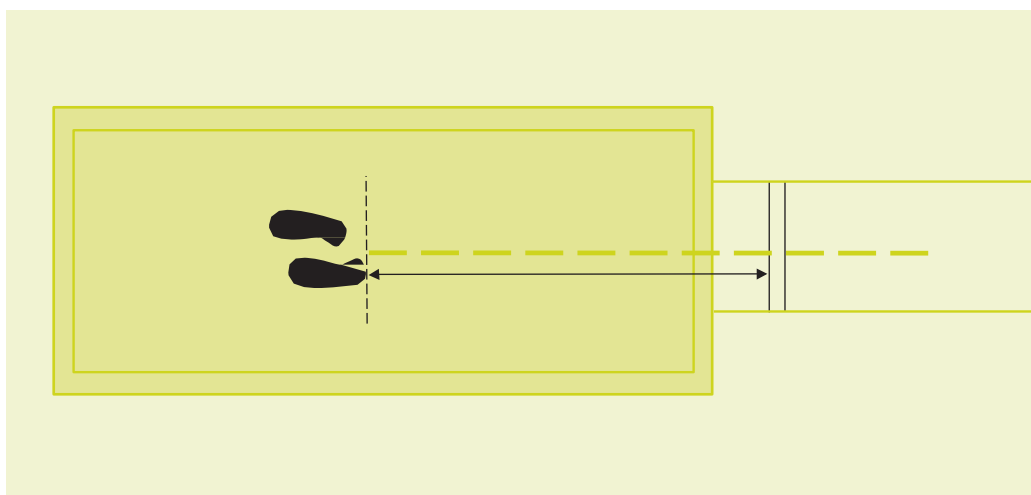
- The competitor may approach the bar from any angle.
- The competitor must take off for the jump from one foot only.
- Any style of jumping may be used, however somersaulting should not be permitted.
- A competitor may begin jumping at any height that is at or above the starting height. (ie. A competitor may pass lower heights and enter a competition at any time).
- Three consecutive fouls, regardless of the height at which the foul occurs, disqualifies a competitor from further jumping.
- A competitor may forgo a 2nd or 3rd attempt at a given height and still jump at the next height.
- The competitor who clears the greatest height is the winner. In the case of a tie:
- The competitor with the lower number of jumps at the height which a tie occurs is awarded the higher place.
- If a tie still remains, the jumper with the lower number of total failures throughout the competition up to and including the height cleared, is awarded the higher place.
- If a tie still remains:
- It it concerns first place, the tied competitors have one more jump at the lowest height at which any of those involved in the tie failed. If no decision is reached, the bar is raised or lowered as determined by the chief judge. Each competitor then has one jump at each height until the tie is decided.
- If it concerns any other place, the competitors are awarded the same place.

## X FOULS

- If the competitor knocks the bar off the supports, whether the competitor is on or off the landing area at the time. (There is a mistaken idea that provided the jumper scrambles out of the landing area before the bar falls, it does not count as a failure. This is quite wrong and there is no rule to this effect).
- If the competitor touches the ground or landing area beyond the plane of the uprights without first clearing the bar. (The waving of the arm under the bar does not count as a foul).
- If the competitor takes off from two feet.

## MEASUREMENT

- Actual height of the bar is determined by the measurement at the centre of the bar. Measurements are also taken at both ends to ensure that they are the same.
- On the recording sheet "o" indicates a failure; "x" indicates a foul; "-" indicates the athlete did not jump or passed the height.

# High Jump cont.
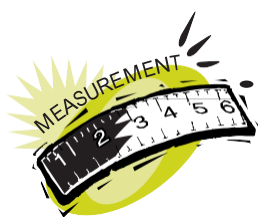
## INCREASING THE HEIGHT OF THE BAR

- This can vary, however Little Athletics recommends that the bar should be increased by increments of 5cm until there are six or fewer competitors remaining, and rises 2cm thereafter until only one competitor remains.

Little Athletics recommends:
- That jumpers should be advised to jump so that they land in the centre of the landing area.
- If officials are concerned with the manner in which an athlete is jumping (ie. in an unsafe manner) they should ask the competitor to cease jumping and seek coaching in the event.
- Officials should warn of the dangers of high jump if it is not done correctly.

- Landing mats or bags
- Uprights/stands
- Cross bar
- Tape or measuring stick
- Recording sheet

- Recorder - Records performances
- Upright judges (2) - Raise and measure the crossbar; replace fallen crossbars.

# Shot Put

- A standard shot put competition usually involves each competitor having three throws, the winner being the competitor who achieves the longest valid throw.
- In the case of there being more than eight competitors, some competitions allow the top eight placed athletes after the first three throws to have another three throws. In this situation, all six throws count towards the final result.
- The competitor may enter the shot put throwing ring from any direction.
- The competitor must start the throw from a stationary position inside the ring.
- The shot must be putted with one hand only.
- Prior to delivery, the shot must be placed touching or in close proximity to the neck, under the jaw, in front of the ear.
- The shot must not be dropped down or pulled back from the starting position prior to the forward push.
- Once the competitor has begun the throw, they cannot touch the surface outside of the ring until the shot has landed. (If a stop board is featured, this includes the top of the stop board).
- The competitor must leave the ring from the rear half of the circle.
- The shot must land entirely within the landing sector. On the line is out.
- The competitor must leave the circle in a controlled manner.

- If the shot is held away from the neck prior to delivery.
- If the hand is dropped or pulled back prior to the forward push.
- If the hand is taken behind the line of the shoulder.
- If the shot lands outside the sector. (If the shot initially lands within the sector and then rolls out of the the sector, it is not considered a foul.)
- If the shot lands on the line.
- If any part of the competitor's body touches the surface outside of the ring during or as a result of the throwing action (eg. Due to overbalancing).
- If the competitor leaves the circle prior to the shot landing in the sector.
- If the thrower does not leave from the rear half of the circle.

- Place the zero end of the tape measure at the point where the shot first hits the ground. (Specifically, the tape should be placed at the edge of the landing mark made closest to the delivery area).
- Draw the other end of the tape tight through the centre of the throwing circle.
- Measure and read the distance where the tape crosses the inner edge of the throwing circle or stopboard.

# Shot Put cont.

- If a stop board is featured, the competitor may place their foot up against the inside of the stop board prior to, during or following the throw, but not place any part of their body on top of it or touching the ground beyond it. (The competitor may lean or reach over the board).

**Equipment**

- Shots of appropriate size
- Shot put ring
- Stop board
- Tape measure
- Spike to hold the zero end of the tape at the point the shot lands
- Recording sheet
- Cloth to wipe and clean the shot as required
- Broom to clean the inside surface of the shot ring as required

**Officials**

- Recorder - Records performances
- Circle Judge - Watches for and calls any rule infringement; measures the throw from the circle and reads out the distance.
- Sector Judge (Ideally 2) - Determines whether the shot has landed legally within the sector; marks the imprint with the spike attached to the zero end of the tape, returns shot to circle.

MEASURING A SHOT PUT
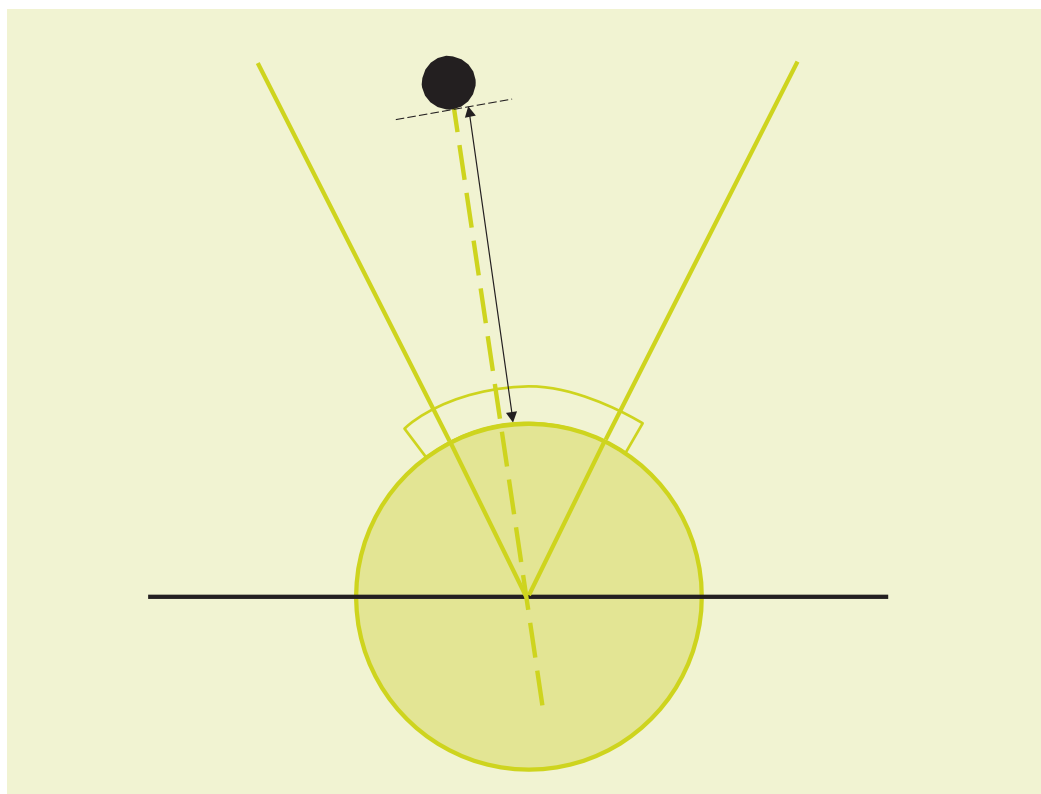
# Discus

**basic RULES**

- A standard discus competition usually involves each competitor having three throws, the winner being the competitor who achieves the longest valid throw.
- In the case of there being more than eight competitors, some competitions allow the top eight placed athletes after the first three throws to have another three throws. In this situation, all six throws count towards the final result.
- The competitor may enter the discus throwing ring from any direction.
- The competitor must start the throw from a stationary position inside the ring.
- Once the competitor has begun the throw, they cannot touch the surface outside of the ring until the discus has landed.
- The competitor must leave the ring from the rear half of the circle.
- The discus must land entirely within the landing sector.

**FOULS**

- If the discus lands outside the sector. (If the discus initially lands within the sector and then rolls our of the sector, it is not considered a foul).
- If the discus lands on the line.
- If any part of the competitor's body touches the surface outside of the ring during or as a result of the throwing action (Eg. Due to overbalancing).
- If the thrower does not leave from the rear half of the circle.

**MEASUREMENT**
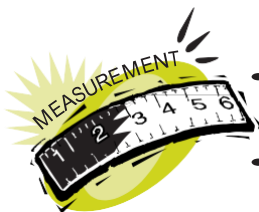
- Place the zero end of the tape measure at the point where the discus first hits the ground.
- Draw the other end of the tape tight through the centre of the throwing circle.
- Measure and read the distance where the tape crosses the inner edge of the throwing circle.

**Additional Information**

- Although the most effective way to release the discus is over the index finger, there is no rule relating to the method with which the discus is released from the hand.
- It is quite legal for a competitor to deliver the discus using an underarm action.

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# Discus cont.

**Equipment**

- Suitable sized discus
- Discus circle
- Tape measure
- Spike (to hold the zero end of the tape at the place where the discus lands).
- Recording sheet
- Cloth to wipe and clean discus as required
- Broom to clean the inside surface of the discus circle as required
- Ideally a protective cage or net

- Recorder - Records performances
- Circle Judge - Watches for and calls any rule infringement; measures the throw from the circle and reads out the distance
- Sector Judge (2) - Determine whether the discus has landed legally within the sector; marks the imprint with the spike attached to the zero end of the tape; return discus to circle.

## MEASURING A DISCUS THROW

The throw is measured from the inner edge of the circle
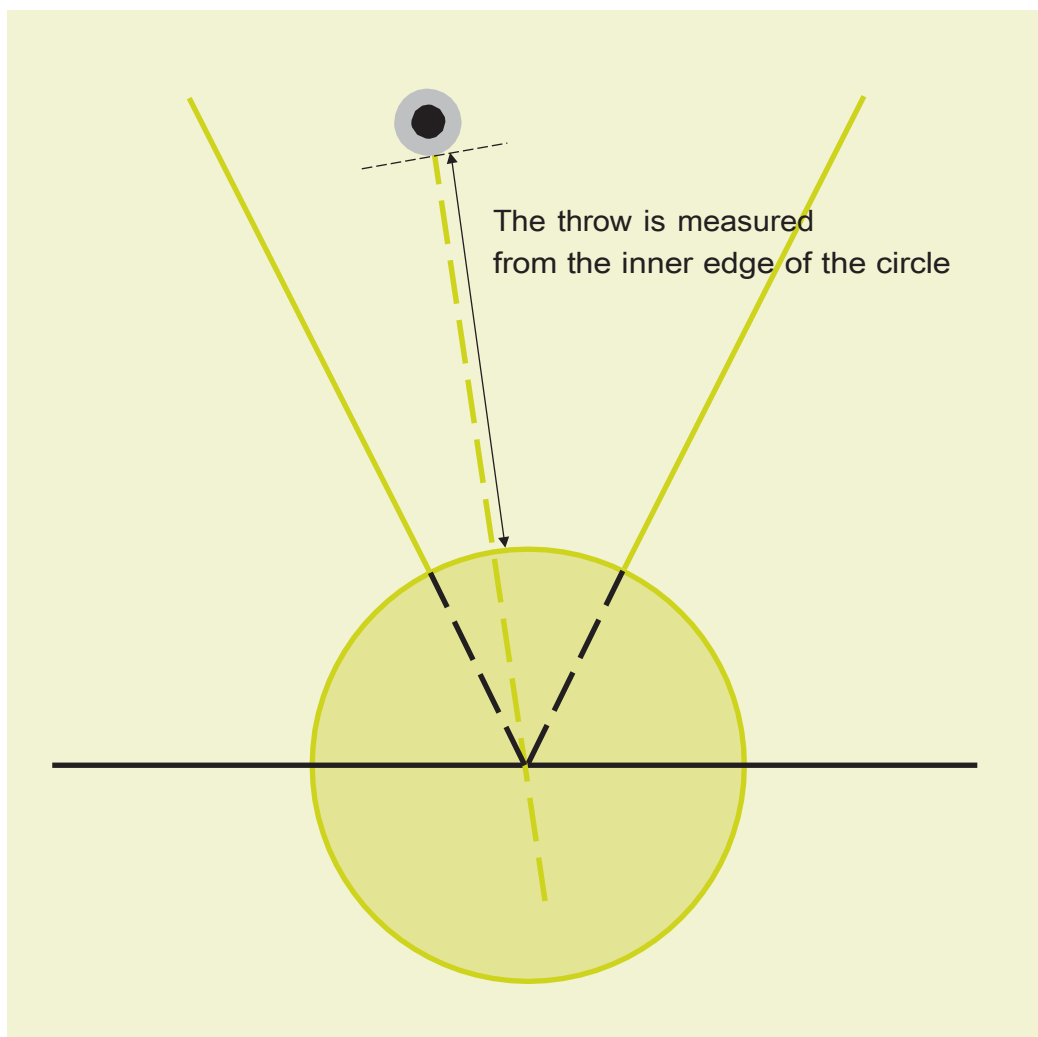
# LAPS Guidelines for Organising an Athletics Carnival

# Guidelines for Organising an Athletics Carnival

## FORM AN ATHLETICS CARNIVAL ORGANISING COMMITTEE

1.1  Appoint a carnival organisation coordinator.
1.2  Appoint additional orgainising committee members, as required.
1.3  Ensure that each committee member understands their roles and responsiblilties. (Put in writing).

## CONFIRM CARNIVAL DATES

2.1  Consider preferred dates.
2.2  Gain feedback from staff.
2.3  Consider a wet weather alternative date.
2.4  Check for clashes with other events.
2.5  Check availability of dates with selected venue.
2.6  Confirm dates with venue.
2.7  Place on the school calendar.

## CONFIRM AND ORGANISE VENUE

3.1  Gain venue quotes as necessary.
3.2  Conduct visit to venue/s, if required.
3.3  Select venue.
3.4  Book venue as early as possible and pay deposit as required.
3.5  Book wet weather alternative date.
3.6  Check if insurance indemnity form is required and send if necessary.
3.7  Check if the ground has a PA system, and if so, who will set it up.
3.8  Check if the ground requires marking, and if so, who will do it.
3.9  Check if the ground supplies equipment and if so, book it as required.
3.10  Check for the availability of toilets and change rooms. Organise keys as required.
3.11  Check availability of canteen. Who staffs canteen? Who stocks canteen?
3.12  Check adequacy of cover for heat and rain.
3.13  Confirm time of arrival for set up.
3.14  Check if there is a grounds/equipment officer who can assist with access, set up, etc. Check their time of arrival. Will they be available all day?
3.15  Check school responsiblilities at conclusion of carnival with respect to packing up, cleaning up, etc.
3.16  Arrange an inspection of the ground prior to the carnival.

# Guidelines for Organising an Athletics Carnival

## ORGANISE PROGRAM OF EVENTS

4.1     Check If a carnival program already exists. If so, gain staff feedback
        on its past success and determine any changes that are required.
4.2     If no program exists, or it requires changing:
        4.2.1   Check the facIlItIes at the venue. Eg. Number of lanes on
                the track, number of shot put circles, etc.
        4.2.2   Develop the track program first, taking Into consIderatIon:
                100m/200m/400m are well separated.
                Distance/endurance events are well separated.
                Distance/endurance events should be placed on the
                program so that they are not In the heat of the day.
        4.2.3   Fit the field program around the track so that age groups
                are separated as far as possible and do not clash.
4.3     Confirm how age groupings are decided.
4.4     Ensure that the list of current records Is up to date.
4.5     Circulate a draft program for feedback.
4.6     Print and distribute program of events.

## CONFIRM RULES

5.1     Determine what rules wIll be used for the event.
5.2     Obtain/purchase copies of the rules for use on the day.
5.3     If the rules vary from IAAF rules, then the local rules need to be
        published before the event and placed In the program.
5.4     Consider whether protests shall be allowed, and If so, the
        procedure for carrying out a protest, and how the protest wIll be
        dealt with by the officials.

## ORGANISE OFFICIALS

6.1     Ensure that there is enough staff to run the event.
6.2     Orgainse extra officials If requIred eg. parents, officials from local
        Little Athletics Centres, etc.
6.3     Develop officials roster.
6.4     Ensure officials understand their role. (It can help If you supply all
        key officials with rules printed on cards before the event).

## ORGANISE ENTRIES

7.1     Determine procedure for entry.
7.2     Produce and distribute entry forms as required.
7.3     Collect and collate entrIes.

# Guidelines for Organising an Athletics Carnival

## ORGANISE EQUIPMENT

8.1 Make a list of what equipment is needed for each event and the carnival in general.

8.2 Check what equipment the venue supplies.

8.3 Obtain any equipment that the venue does not supply.

8.4 Organise items required for recording results eg. recording sheets, computer/s, timekeeper sheets, etc.

8.5 Organise tables and chairs for the officials.

8.6 Organise additional shade as necessary eg. tents, umbrellas, etc.

8.7 Organise to transport any equipment.

8.8 Book/hire two-way radios for key officials.

## ORGANISE PRESENTATIONS

9.1 Order medals, ribbons, certificates, etc.

9.2 Organise presentation procedure.

9.3 Locate any perpetual trophies.

## CONDUCT EVENT PUBLICITY

10.1 Appoint a publicity coordinator.

10.2 Organise, print and distribute information to students and parents advising date, venue, time, cost, what to bring, what to do if the weather is bad on the day, etc.

10.3 Organise a staff member or student/s to take photos during the carnival for school publications.

10.4 Advise local papers of the event prior to the carnival. Invite a photographer to attend.

10.5 Issue invitations to any guests.

10.6 Organise articles and results to be sent to local papers after the carnival.

## ORGANISE SAFETY/FIRST AID

11.1 Organise first aid personnel.

11.2 Ensure that first aid kit is fully stocked.

11.3 Obtain and make available a list of emergency phone numbers.

11.4 Ensure that a phone/mobile is readily available in the case of an emergency.

11.5 Conduct a general safety audit of the carnival, identifying potential safety risks and their treatment.

# Guidelines for Organising an Athletics Carnival

12.1  Consider where spectators will be located at the venue.
12.2  Consider rules for any personal coaches who will be at the event.

ORGANISE TRANSPORT

13.1  Book buses to transport students to and from venue, as required.

COMPLETE FINAL CARNIVAL ORGANISATION

14.1  Organise time of arrival for set up and confirm with venue. Ensure venue will be open and accessible at time required.
14.2  Make a list of what needs to be done on arrival.
14.3  Decide on a procedure for carnival cancellation in the case of wet weather.
14.4  Make final confirmation calls. Venue, transport, equipment, etc.
14.5  Ensure all the staff members are aware of all final details.
14.6  Conduct final organisational meeting with all key people. (At venue, if deemed necessary).
14.7  On arrival at venue make sure PA system works.

# LAPS
# Team Multi Event
# Challenge

# Introduction

The "LAPS" Team Multi Event Challenge is a fun team multi event competition based on team points. Teams participate in a variety of events or activities with the object of accumulating the most points through their performances.

The Team Multi Event Challenge is highly adaptable, as while there are guidelines and suggested activities, there is no set program. Such a competition can be conducted indoors or outdoors, involving traditional events, modified, non-traditional events, or a combination of both. The events can be adapted to the venue, facilities and equipment available, and the age, number and experience of the students. The challenge can be run over several lessons, however with a class-sized group, can generally be completed in under sixty minutes with good planning and preparation, and if the students assist the teachers as officials.

## Features

While it can follow many formats and consist of a variety of events, a good Team Multi Event Challenge will generally feature the following:

- A balanced mix of sprinting, jumping, throwing, endurance and relay activities.
- Relatively small teams to minimise waiting and inactivity. ie. Ideally ten team members or less.
- Enough activities/events to keep all teams active. eg. Five teams will require five events running simultaneously.
- Events that are easy to set up, explain and score.

**Procedure**

1. Divide the class/group into roughly even teams as well as total numbers will allow. It is not a concern if teams are not exactly even. (See notes on scoring).
2. Decide how officiating/scoring will occur. In a class situation, it is obviously very difficult for one teacher to officiate simultaneously at three, four or five events. In this situation, the teacher may decide that the teams officiate and score for themselves. Alternatively, several of the students can take the role of non-competing officials and scorers, with the teacher acting as a general coordinator and supervisor. In this case, it is recommended that a rehearsal take place before the official challenge.
3. Each team commences at a different activity.
4. Teams work until all participants have had a predetermined number of attempts at the activity and scores are recorded. Endurance activities only require one effort; shorter events can allow the best of two trials, if time permits.

# Introduction cont.

5. Teams proceed to rotate around to each activity at the direction of the teacher until all activities in the challenge are completed. A successful format to consider using involves running a certain number of preliminary events through which the groups rotate, then concluding the challenge with a relay, during which the teams compete directly with each other.

   As an alternative for younger students that require closer supervision, the teacher can organise the teams to do the same events at the same time. This allows the teacher to supervise and coordinate all activities. It is advised that very simple activities are used in this case.

6. Once all events are completed, scores are gathered and placings for each event are calculated. Points are awarded according to the standings for each event, then a cumulative total is worked out to determine the challenge winners.

Times, distances, heights, etc, are recorded for each participant on a team sheet. The standings for each event are determined by which team has achieved the best results. For timed events (ie. Sprints, endurance) the lowest cumulative total or averages determine placings. For measured events (ie. Jumps, throws) the highest cumulative totals or averages determine placings.

Cumulative totals are used if all teams have even numbers. In the case of uneven teams, averages are considered. ie. Divide the total score by the number of team members.

Points are then awarded according to the number of teams involved in the challenge. Eg.

3 Teams =  1st  -  4points
           2nd  -  2points
           3rd  -  1point

4 Teams =  1st  -  5points
           2nd  -  3points
           3rd  -  2points
           4th  -  1point

5 Teams =  1st  -  6points
           2nd  -  4points
           3rd  -  3points
           4th  -  2points
           5th  -  1point

## LAPS Team Multi Event Challenge

| Event | Team A | Team B | Team C | Team D | Team E |
|---|---|---|---|---|---|
| Agility Sprint | | | | | |
| Hurdles Challenge | | | | | |
| Standing Long Jump | | | | | |
| Standing Chest Push | | | | | |
| Two Lap Distance Run | | | | | |
| Team Challenge Obstacle Relay | | | | | |
| TOTAL POINTS | | | | | |
| PLACE | | | | | |

# Sample Team Multi Event Challenge

Program for five teams:

## PRELIMINARY EVENTS

1. Agility Sprint
2. Hurdles Challenge
3. Standing Long Jump
4. Standing Chest Push
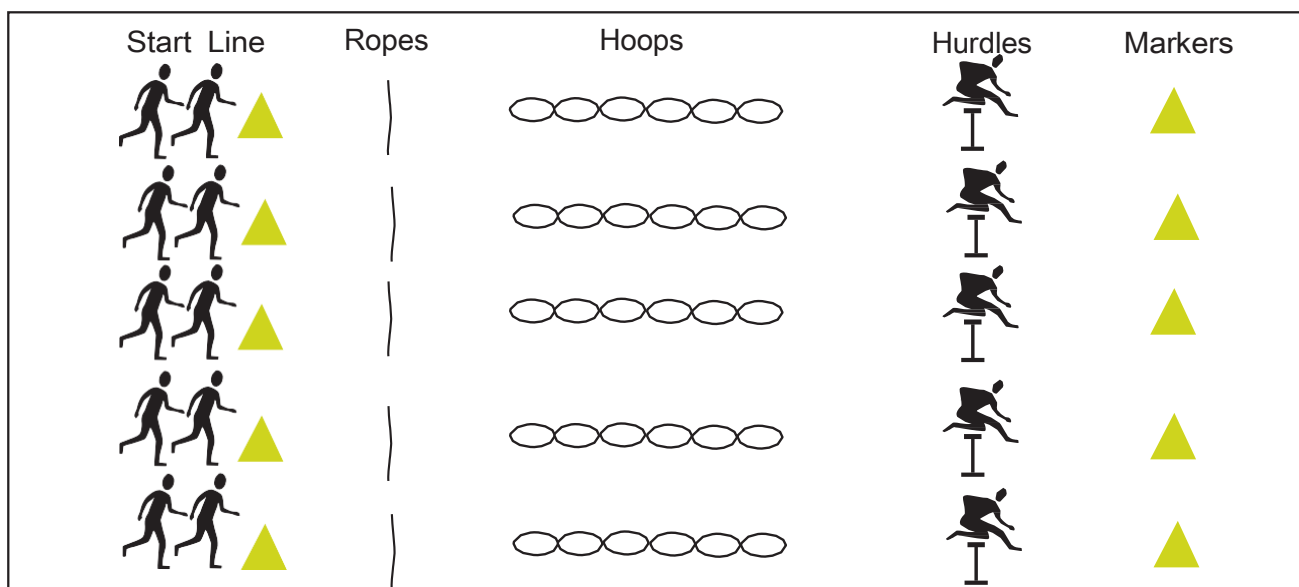5. Two Lap Distance Run

## FINAL EVENT

6. Team Challenge Obstacle Relay

SUGGESTED LAYOUT - PRELIMINARY EVENTS

AGILITY SPRINT

HURDLES CHALLENGE

STANDING LONG JUMP

CHEST PUSH

DISTANCE RUN
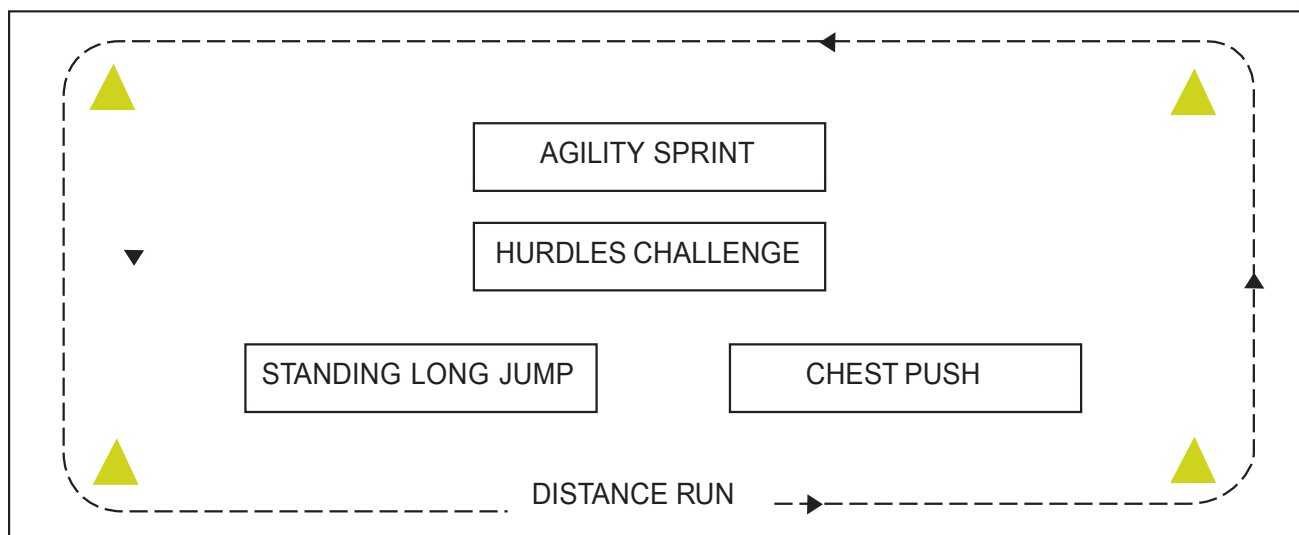
SUGGESTED LAYOUT - OBSTACLE RELAY

Start Line    Ropes    Hoops    Hurdles    Markers

# Sample Team Multi Event Challenge

Choose from:

- Standing shot put
- Standing scissors high jump
- Flat sprints - eg. 15m, 20m, 30m, etc.
- Shuttle relays
- Devise your own!

### SAFETY

- For all sprints, ensure that there is enough of a space between finish lines and any walls to allow adequate room for deceleration.
- Ensure that there is enough space between events to prevent one event interfering with another.

# Team Multi Event Challenge: The Events

**EVENT**

Agility Sprint (A)

**Equipment**

4 ground markers
Tape measure
Stopwatch
Scoring sheet
Pen

**Procedure**

The participant uses a standing start, then;

- Sprints forward 5 metres
- Rotates 360 degrees around a ground marker and sprints another 5 metres
- Rotates 360 degrees around another ground marker and sprints another 5 metres
- Sprints around the last ground marker, then sprints back to the start/finish

**SCORING**

Record the total time taken to complete the activity.

Start Line

360°        360°
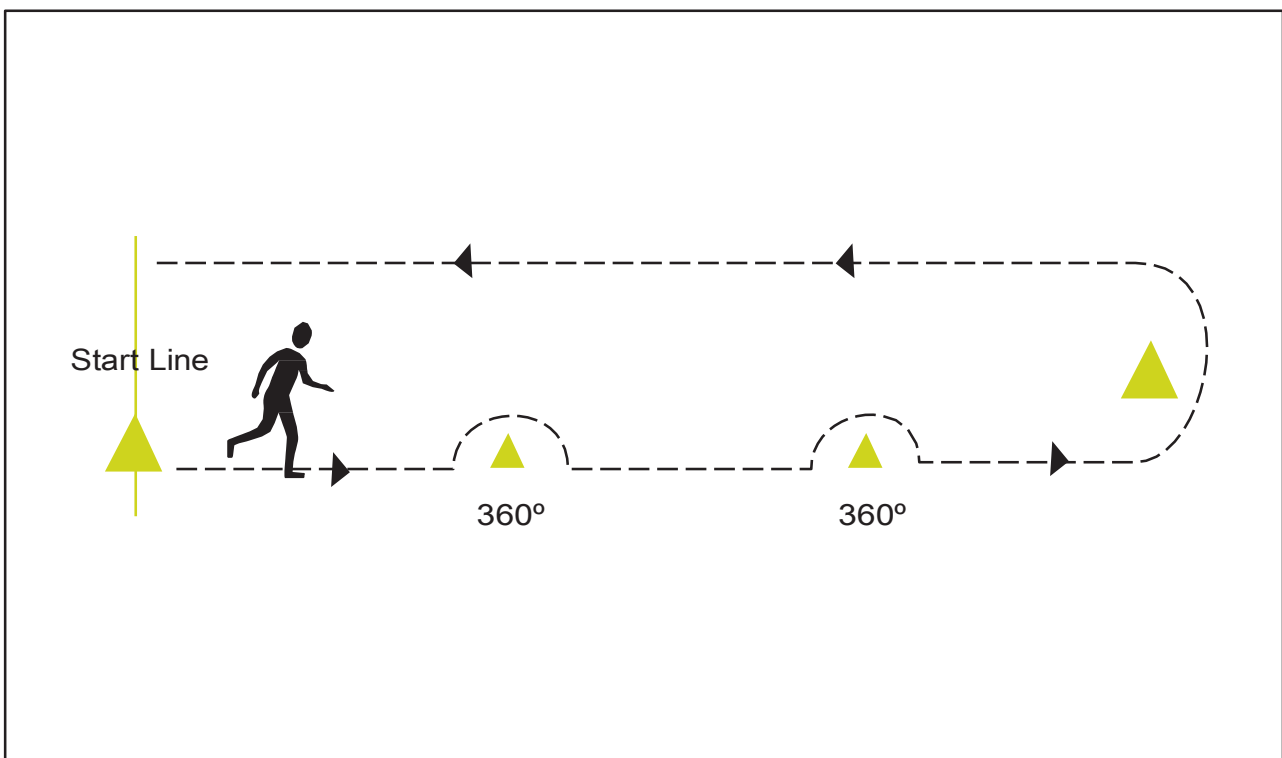
# Team Multi Event Challenge: The Events

**Agility Sprint (B)**

**Equipment**

Ground marker/masking tape
Stopwatch
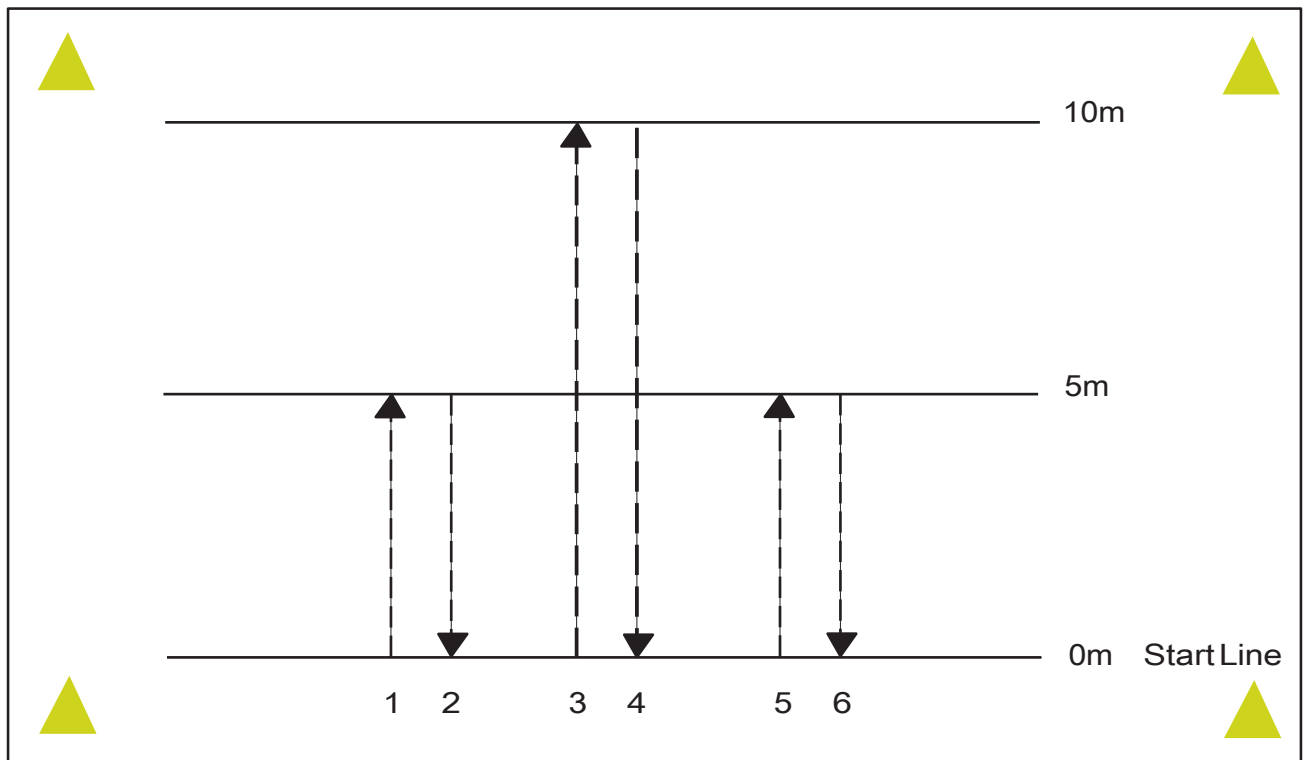Scoring sheet
Pen

**Procedure**

The participant uses a standing start, then;

- Sprints 5 metres to the first line, places their foot over the line, pivots, returns to the starting line, placing their foot over the line.
- Sprints 10 metres to the second line, places their foot over the line, returns to the starting line, placing their foot over the line.
- Sprints 5 metres to the first line, places their foot over the line, then returns to the starting line.

**Scoring**

Record the total time taken to complete the activity.

# Team Multi Event Challenge: The Events

**EVENT**

Hurdles Challenge

**Equipment**

Two low foam hurdles or similar
Tape measure
Ground markers/masking tape
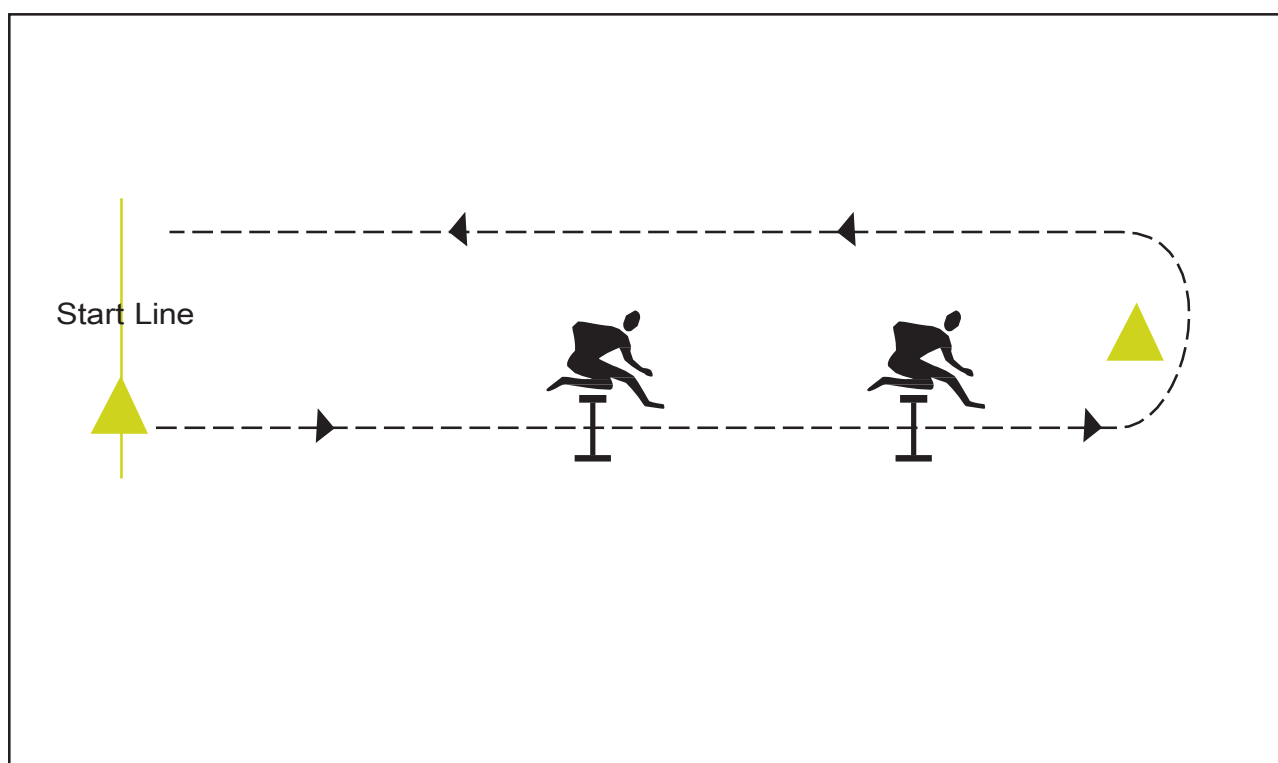Scoring sheet
Pen

**Procedure**

The participant uses a standing start, then;
- Hurdles up over the two hurdles
- Sprints around the end markers
- Sprints back to the finish line past the two hurdles

**SCORING**

Record the total time taken to complete the activity.



Start Line

**NOTE**

Change distances between hurdles to suit.

# Team Multi Event Challenge: The Events
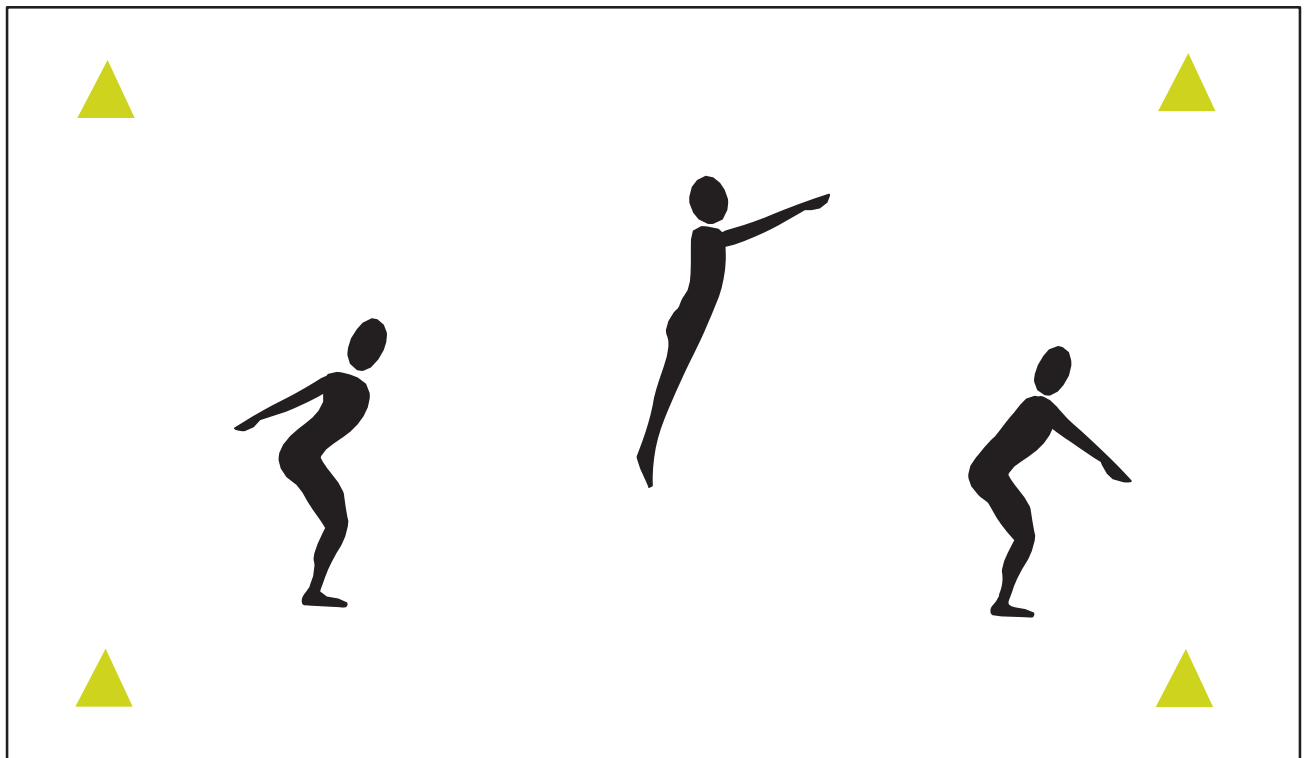
**EVENT**

Standing Long Jump

**Equipment**

Ground markers
Tape measure
Masking tape (to tape down tape measure)
Mats (if available)
Scoring sheet
Pen

**Procedure**

- The participant stands with both feet up to a line
- The participant jumps as far as possible taking off from two feet and landing on two feet.

**SCORING**

Note where the athlete's heel has landed and record the distance on the scoring sheet.
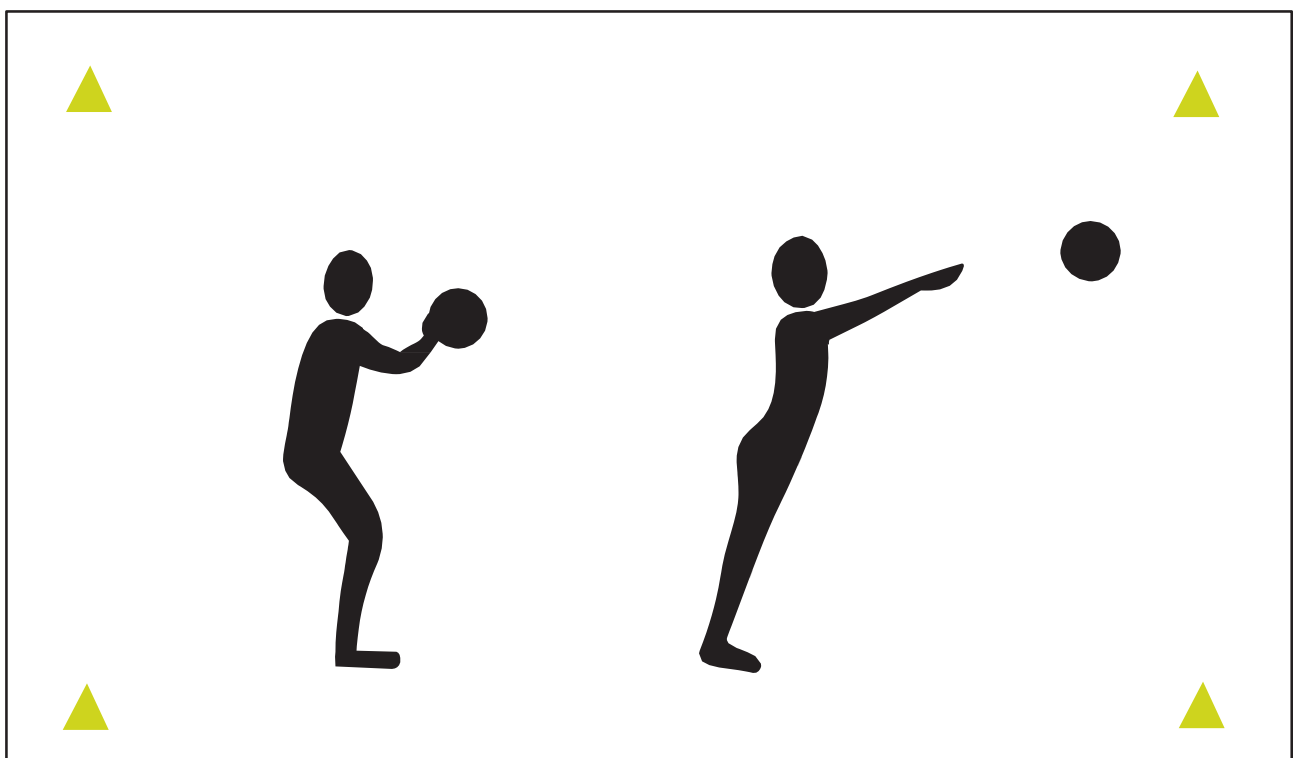
# Team Multi Event Challenge: The Events

**Chest Push**

**Equipment**

Basketball
Ground markers
Tape measure
Masking tape (to tape down tape measure)
Recording sheet
Pen

**Procedure**

- The participant stands behind a base line. One foot may be placed behind the other.
- The participant attempts to push a basketball from their chest as far as possible.

**Scoring**

The score can be taken as an accurate measurement through the use of a tape measure. Alternatively, points may be awarded according to where the ball lands in relation to ground markers placed at 0.5 or 1 metre intervals on the ground.

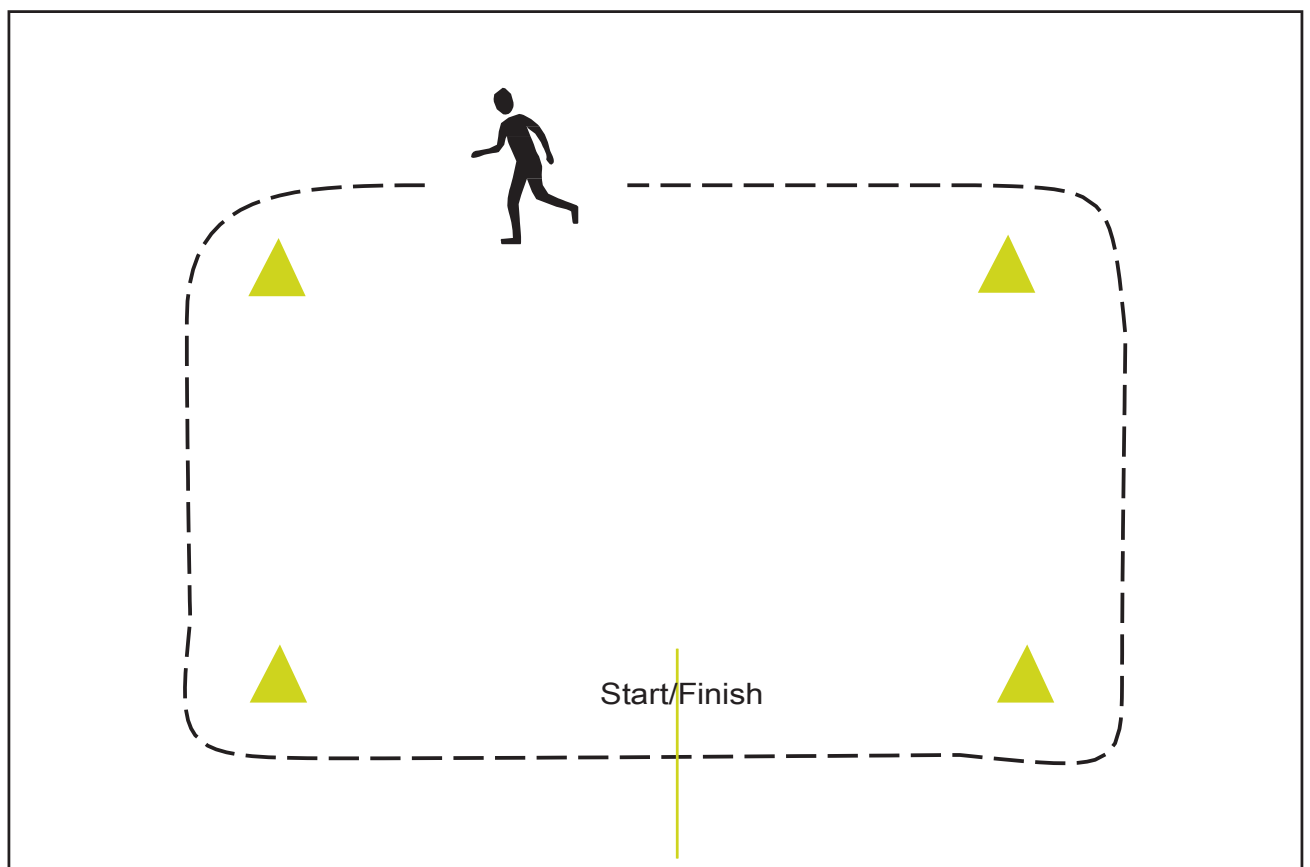# Team Multi Event Challenge: The Events

**Middle Distance Challenge**

**Equipment**
Ground markers
Stopwatch
Scoring sheet
Pen

**Procedure**
- A common start/finish line is used
- Divide each team so that no more than 5-6 participants are running the course at a time (for safety reasons)
- Participants run a pre-determined number of circuits of the course, highlighted by ground markers.

**Scoring**
Record the total time taken to complete the activity.

Start/Finish

# Team Multi Event Challenge: The Events

**EVENT**

Team Challenge Obstacle Relay

**Equipment**

Ground markers
Hoops
Skipping ropes
Low foam hurdles or similar

**Procedure**

Team members begin from a standing start, then:
- Sprint to the skipping ropes
- Complete five skips
- Sprint to the set of hoops
- Run through the hoops, stepping in each one
- Sprint to the hurdle
- Hurdle the hurdle
- Sprint around the end marker
- Sprint back around the other end marker
- Tag the outstretched hand of the next person
- Next person begins

Start/Finish

5 Skips          Hoops          Hurdle

**NOTE**
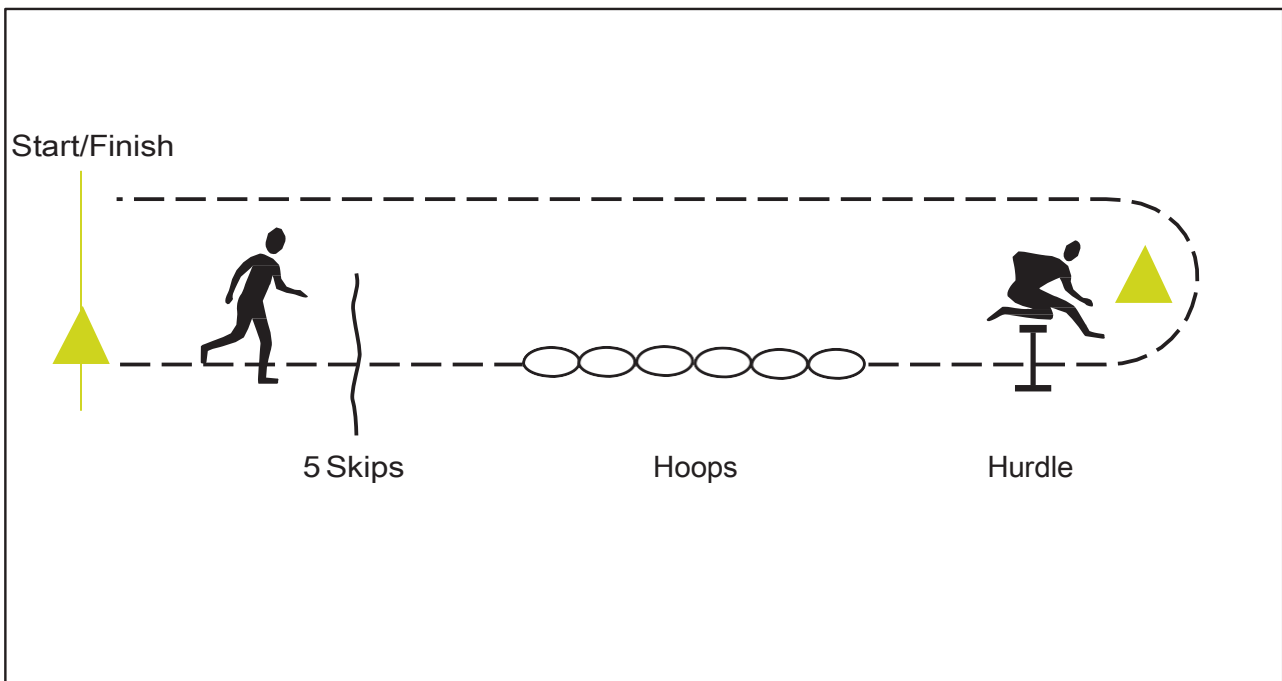
- Any missed obstacles must be done again.
- Relays can be used as a preliminary event or as a concluding event where all teams compete against one another at the same time.
- Make up your own!

# References:

Little Athletics NSW Inc., "2001/2002 Rules of Competition & Notes for the Guidance of Officials", September 2001.

Little Athletics NSW Inc., "A Guide to the Conduct of Track & Field Events in Schools".

Australian Athletics Union, "Athletics Competition - Organisation and Rules", Athletics Towards 2000 Teachers Resource Materials, 1986, Melbourne.

Australian Track & Field Coaches Association, "Orientation to Coaching Handbook", 2000.

# CONTACT DETAILS

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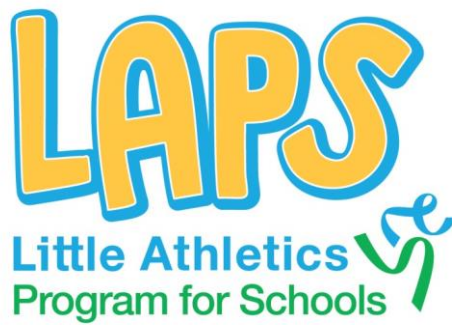
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