

GREATER MANCHESTER SCHOOL GAMES 2013

YEAR 7/8 DISABILITY QUADKIDS COMPETITION

SCHOOL GAMES BACKGROUND INFORMATION:

The Greater Manchester School Games aims to further revive the culture of competitive sport in schools. This exciting new concept will harness the power of the Olympics and Paralympics and is designed to motivate and enthuse more young people than ever before to participate in high quality, meaningful competition within and across schools, supporting them in achieving their own personal best in sport and in life.

The competition will run across three distinct, but integrated levels (see below) providing a simple and progressive pathway that will allow young people from across the ten boroughs of Greater Manchester to compete in local level intra and inter school competition, culminating in a multi sport festival (level 3) that will showcase the very best of competitive sport across the County.

Level 3 – Greater Manchester School Games

Level 2 – Inter-school competition

Level 1 – Intra-school competition



Teams from Primary, Secondary and Special Schools will win the right to compete in the Level 3 Games having qualified through their local level 2 inter-school competitions. The 'Summer Games' will feature ten sports, all of which will be delivered simultaneously in Manchester on Tuesday 9th July 2013, utilizing a number of the City's world class sporting facilities.

COMPETITION PATHWAY:

In partnership with Quadkids, the Greater Manchester Local Organising Committee proudly presents the Year 7/8 Disability Quadkids Athletics Competition.

QuadKids is a new and exciting athletics concept designed to give more children the opportunity to participate in and enjoy the benefits of track & field athletics and also to identify the stars of tomorrow. Specifically designed to be inclusive, competitive, quick, fun and simple to run, QuadKids is a team based quadrathlon competition in which each athlete does a sprint, a middle distance run, a long jump and a throw.

Greater Manchester School Games County Final

This stage of the competition will be organised by the highly regarded Quadkids team and will comprise of athletes representing the 10 Boroughs of Greater Manchester. In order to progress to the County Final, athletes will have ideally qualified through their local SGO area/borough heats.

The event will take place on Tuesday 9th July 2013 at the Manchester Regional Athletics Centre. This venue is a world class facility that was used for the 2002 Commonwealth Games as well as being used as a training base for some of the UK's top athletes.

NB An athlete can only represent their school in one sport at the GM School Games County Final.

STANDARD RULES:

Age Groups

- All athletes must be from either Year 7 or 8.
- A mixture of year groups can be used, or the team can be from all one year group.

Team Composition

- Teams should consist of 4 athletes
 - 4 Boys from Y7 or 8
 - 4 Girls from Y7 or 8
- Boys/Girls will compete separately.

Competition Format

Each athlete will compete in the following 4 events.

- 80m sprint
- 400m run
- Vortex Howler throw
- Long Jump

80m sprint

The 80 metre sprint needs to be an accurately measured straight line distance. The race can be on grass, tarmac or track and for timing purposes it is recommended to have max 6 athletes per heat. All times will be rounded up to the nearest 0.1 second (i.e. 11.21 becomes 11.3).

Vortex throw

All competitors will be given three* consecutive throws and the event should take place on an area that is at least 50m long. Competitors will throw from behind a marked line. Stepping over the line during the throw is a foul. Each throw will be temporarily marked and the longest one will be counted.

Long jump

Ideally the competition will use a conventional long jump pit, however if a pit is unavailable a standing long jump can be adopted (this is a two footed jump from a standing start). All competitors will have three* jumps with the longest jump being counted.

400m run

This should be run as 1 laps of a 400 metre track. All times will be rounded up to the nearest 0.1 second (i.e. 2 mins 45.7 seconds becomes 2.46).

*The number of throws/jumps allowed is flexible depending on the length of the event and the number of athletes taking part.

Classifications

Academy	Description	Brief description of some athletes and impairments in this group	Additional Info	Events
1	Power chair user	a) Athlete with cerebral palsy- electric wheelchair user quadriplegic - severe to moderate involvement in all 4 limbs b) Athlete with quadriplegia (if using a power chair)		Howler
2	Manual wheelchair user	a) Athlete with cerebral palsy b) Athlete with a spinal cord injury - Quadriplegic (if using manual wheelchair) and paraplegic athletes	All athletes in this group CANNOT run unaided. They MAY be able to stand and walk with support and MIGHT not regularly use a wheelchair	Howler Run Sprint
3	Ambulant - Moderate Impairment	a) Blind and moderately visually impaired athletes running with a guide b) Athlete with cerebral palsy - Diplegic - functionally affected in both legs. c) Athlete with cerebral palsy Ataxic/Athetoid - affected in three or four limbs.) d) Dwarf Athletes e) Athlete with a single or double above knee amputation or physical impairment allowing similar movement	All athletes in this group CAN run unaided EXCEPT for blind and visually impaired athletes who need the support of a guide runner	Howler Run Sprint Jump
4	Ambulant - Minimal Impairment	a) Athlete who is deaf or with a hearing impairment b) Athlete with minimal visual impairment (no guide required/allowed) c) Athlete with cerebral palsy - Hemiplegic - functionally affected on one side. d) Athlete with very mild cerebral palsy e) Athlete with single or double below knee amputation or physical impairment allowing similar movement f) Athlete with single or double arm amputation or physical impairment allowing similar movement g) Athlete with a learning disability: IQ of 75 or less, limited social adaptation in day to day abilities and their learning disability must be evident during 0 - 18 years.	ALL athletes in this group can run unaided	Howler Run Sprint Jump

Competition Scoring

A multiplier is used to generate an overall score for the disabled athletes who complete in only 1, 2 or 3 of the 4 QK events. This means for example that if a disabled athlete from Group 1 competes in the howler they will get a score comparable to that of an athlete competing in all 4 events.

This can be found here <http://www.quadkids.org/downloads/>

Equipment

The following equipment will be needed to run a Quadkids event.

Athlete registration	Numbers for each athlete
80m sprint & 400m run	1 x starting device (whistle, starting pistol) 1 x stopwatch (with multi memory function)
Running/standing long jump	1 x standing long jump mat or Long jump pit 1 x rake 1 x 5m tape measure
Vortex Throw (per area)	3 x vortex howlers 3 x throw markers 1 x 50m tape measure Pegs for each athlete
Results recording	Clipboards Pens/Paper
Results processing	1 x PC loaded with the Quadkids scoring spreadsheet hard copies if scoring manually

Competition Scoring

How it works

- Each athlete competes in as many events as they can (see classifications table above) 4 events. The time or distance for each event is measured against a standard point scoring table and the better the performance the higher the points scored. As stated above if a disabled athlete from Group 1 only competes in the howler they will get a total score comparable to that of an athlete competing in all 4 events.
- The points from each event are added together to give the aggregate points or QuadKids score for that athlete. If an athlete misses an event or in the case of a race does not finish they score zero points.
- If an athlete completes an event but records a time or distance below the lower end of the points scale, they receive the minimum 10 point score for that event. The program does this automatically.
- If an athlete records a time or distance above the upper end of the points scale, they will be given the maximum 100 points.
- For an individual competition where two athletes are tied on equal points and a winner is required, the athlete with the highest points score in their weakest event will be the winner.

How is it scored?

- The recorder receives the event scoring sheets and inputs all the results into the results spreadsheet under the relevant event.
- When the athlete's number and the time/distance they have achieved are entered the program will automatically fill in the athlete's name and assign points.

- When all the results have been inputted the “Club Score sheet” ranks the schools and the “Athletes” tab shows individual athlete rankings.

Awards

Team Winners

The Team that has the overall highest points total is the winner. This is calculated using the scores of the top four girls and top four boys in each team.

Individual Winners

The boy and girl who have the highest total points scored over the 4 events.

Fair Play

The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

Health & Safety

- Before any events take place, the following MUST be read and adhered to:
- Athletes will not be permitted to compete in bare feet or unsuitable footwear.
- No jewellery should be worn.
- Long hair must be tied back.
- All loose clothing must be tucked in and shoelaces tied.
- No chewing gum/sweets allowed.
- It is recommended athletes bring plenty of liquid refreshment with them.
- All athletes are advised to warm up appropriately before each match.
- When not competing, athletes are reminded to remain off the track/field and do not get in the way or distract the officials at any time.
- Medical supplies that players may need i.e. asthma inhalers should be brought with them on the day.
- All team teachers must ensure their pupils are under adult supervision at all times, even when competing. During this time athletes can watch and encourage their fellow team members.
- Please ensure that your pupils have been thoroughly briefed with regards to health and safety.

DEADLINE FOR ENTRY – FRIDAY 21 JUNE 2013