**Tameside Sportshall Athletics 2021-2022 Rules Cribsheet**

**INTENT**: This is an **excel** competition. You should select pupils with confidence and high competence for the skills involved. Children should be aware of what is involved and will have had some practice at the events and understand the rules and the terminology used. It is a pathway competition with the winning 2 schools being selected to represent Tameside in the Greater Manchester event.

Field Events

You will need a minimum of 3 boys and 3 girls for all of the below events. Each child can do a maximum of 2 field events. At the end of each event the cumulative totals will be added together to create a team score.

* Chest push
* Foam Javelin
* Speed Bounce
* Standing Long Jump
* Standing Triple Jump
* Vertical Jump

Track events

As with above, each child can compete in a maximum of 2 track events. Each event will run as below for the heats with possible changes for the final. In all races, boys and girls compete separately.

* Obstacle relay (4 boys and 4 girls required) Start at one end of the sports hall. High steppers (or ladders if not in use), 10 speedbounce, hurdle, hurdle, hit the board and **run straight back without completing the obstacle course,** hit the second board and pass the foam javelin/ baton on.
* Over and Under relay (4 boys and 4 girls required) - Start at one end of the sports hall. Over a hurdle, under a tunnel, over a hurdle, hit the board, **complete the course on the way back,** over a hurdle, under a tunnel (highly likely a hoop will be used), over a hurdle.
* 1 + 1 lap relay (2 boys and 2 girls required) – Each team member completes one lap each. Start from centre line.
* 2 + 2 lap relay (2 boys and 2 girls required) – Each team member completes two laps each. Start from centre line.
* 6 Lap Paarlauf (2 boys and 2 girls required) – Paarlauf races are in teams of two athletes who run in turn; however it is the baton which must cover the 6 laps.   
  Whilst the two members must cover the total number of laps between them they do not necessarily have to run the same distance. Each athlete must cover at least one lap. The baton can change hands as much or as little as the team likes.
* 4 x 1 lap relay (4 boys and 4 girls required) – Each of the four team members complete one lap each.

**You should have a minimum of 9 boys and 9 girls to complete the competition.**