

SSP Area Sportshall Yr 7/8 Boys and Girls

Format:

Schools can enter a boys and girls team. They will be combined Yr 7/8. Each girls and boys team can have a min of 5 and a max of 8 athletes

The events:

Track Event	No of competitors	No of laps
Obstacle relay *	4	1 lap each
2 lap individual race	2	2 laps each in separate races
4 lap individual race	2	4 laps each in separate races
6 lap individual race	1	6 laps total
8 lap paarlauf	2	8 laps total to be completed by the pair as they wish
4 x 2 relay	4	2 laps each

Field Event	No of competitors
Shot	2
Standing Triple Jump	2
Speed bounce	2
Standing Long Jump	2
Vertical Jump	2

Obstacle Relay:

All four team members sit behind the team base mat. The first runner starts in a crouched position with both hands on the edge of the mat and both knees off the floor. On the whistle they must complete a forward or sideways roll on the mat, before continuing with the rest of their relay 'leg'. (This event is included in the county format and will be replicated in our event.

Team selection:

Please note the running order of the programme and bare this in mind when making team selection. It is inappropriate for an athlete to contest both the 2 and 4 lap individual races or the 6 lap and 8 lap paarlauf events since they follow immediately after each other. There are few problems in contesting field events in the same group as additional time will be permitted for athletes covering 2 events in the field.

Teamsheet:

Teamsheets are attached below. Your boys and girls team sheet MUST be completed in advance purely for your benefit. Students need to know in advance what events they are competing in and you need to make sure your team selection reflects the considerations mentioned above. This does not need to be provided in advance to the organisers, but I would strongly recommend you bring it with you on the day to direct your students to the events they are taking part in.

Remember: Each athlete is limited to 3 track and 2 field events.

Booking:

Schools simply need to email soconnor3@theregisschool.co.uk by 25th Jan to confirm they are bringing a boys team and/or a girls team. **Currently schools are restricted to entering 1 team in each gender at this time.**

Aviva Sportshall Secondary

Event Programme – Boys and Girls – Yr 7/8 Combined

After a short welcome and the introduction of the teams, the action begins!

On the track ...

... and in the field

Obstacle Relay – girls
Obstacle Relay – boys

2 Lap Individual Race (A+B Heats) – girls
4 Lap Individual Race (A+B Heats) – girls

Shot, Standing Triple Jump (boys)

2 Lap Individual Race (A+B Heats) – boys
4 Lap Individual Race (A+B Heats) – boys

Shot, Standing Triple Jump (girls)

6 Lap Individual Race – girls
8 Lap Paarlauf – girls

Speed Bounce, Standing Long Jump,
Vertical Jump
(boys)

6 Lap Individual Race – boys
8 Lap Paarlauf – boys

Speed Bounce, Standing Long Jump,
Vertical Jump
(girls)

4 x 2 Lap Relay – girls
4 x 2 Lap Relay – boys

And having had a great competition, we finish with presentations to all the teams!

Team Managers are encouraged to note the running order detailed above and select their team accordingly. It is inappropriate for an athlete to contest both the 2 and 4 lap Individual Races or the 6 lap and 8 lap paarlauf events since they follow immediately. There are fewer problems associated in contesting field events in the same group and additional time will be permitted for athletes covering two events in the field.

For a complete competition guide, including individual event guidance and rules please go to:
http://www.sportshall.org/VTL/Secondary_Downloads.aspx and click on the **secondary school event rules**.

Aviva Sportshall Secondary

Date: _____ Ace Group: _____ School: _____

Event: _____ Teacher: _____

Boys Teamsheet		Track Events						Field Events				
		Obstacle Relay or 4 x 1 Lap Relay	2 Lap Race	4 Lap Race	6 Lap Race	8 Lap Parant	4 x 2 Lap Relay	Shot	Speed Bounce	St. Long Jump	St. Triple Jump	Vertical Jump
1	Number of athletes per event:	4	2	2	1	2	4	2	2	2	2	2
2												
3												
4												
5												
6												
7												
8												
Res												

1. Please tick the appropriate box for each athlete's events.

2. An athlete is limited to three track events and two field events.

3. Teams to be made up of minimum 5 and maximum 8 athletes.

For more information on the Aviva Sportshall Pathway and competition rules go to www.sportshall.org

Aviva Sportshall Secondary

Date: _____ Age Group: _____ School: _____

Event: _____ Teacher: _____

Girls Teamsheet		Track Events						Field Events				
		Ostacle Relay or 4 x 1 Lap Relay	2 Lap Race	4 Lap Race	5 Lap Race	8 Lap Parlauf	4 x 2 Lap Relay	Shot	Speed Bounce	St. Long Jump	St. Triple Jump	Vertical Jump
Number of athletes per event.		4	2	2	1	2	4	2	2	2	2	2
1												
2												
3												
4												
5												
6												
7												
8												
Res												

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