  

**Year 5/6 INDOOR ATHLETICS RULES**

**CITYWIDE FINAL**

**TEACHERS**

Teams consist of a minimum of 9 Girls and 9 Boys and a maximum of 15 Girls and 15 Boys, with each athlete limited to 2 Track events and 2 Field events.

Please make sure that pupils report for their event when they are called up.

**KIT**

All competitors must be changed into suitable PE kit for their events and wearing suitable footwear.

School shoes are NOT allowed.

**BEHAVIOUR**

We expect teams to cheer for each other and applaud all athletes when they finish

their race.

**FOOTWEAR**

Competitors **MUST** wear suitable trainers and **CANNOT** compete in bare feet.

**FIELD EVENTS**

Each Competitor will be allowed 2 attempts in the following events:

* Standing Long Jump
* Standing Soft Javelin
* Standing Chest Push
* Standing Triple Jump
* Vertical Jump

Each Competitor will be allowed 1 attempt in the:

* Speed Bounce

In the Speed Bounce, event competitors will be timed over 20 seconds.

**TRACK EVENTS – All will be relay style races**

**(In all track events, 1 Lap =**

**Starting in the middle of the sports hall, the runner goes to one end, then the other and back to the middle. In multiple-lap events the runner will not stop after 1 lap.**

2 x 1 lap - Girls’ Race

Girls Obstacle race 4 x 1 lap : Boys Obstacle race 4 x 1 lap

Girls 4 x 1 lap relay : Boys 4 x 1 lap relay

2 x 1 lap Girls’ Race : 2 x 1 lap Boys’ Race : 2 x 2 lap - Girls’ Race :

2 x 2 lap - Boys’ Race : 6 lap Paarlauf – Girls : 6 lap Paarlauf - Boys

**6 LAP PAARLAUF**

Two athletes have to complete a total of 6 laps between them. They can split it

equally, do one lap each and keep rotating or 1 person can complete 4 laps while

the other may only do 2. The only rule is that they must complete a **minimum** of 2 laps each.

**SCORING**

All teams will score points dependant on their finishing position.

* In Track events the allocation of points will be based on times over the 2 heats,
* not finishing position, with the quickest time being allocated the top points.
* In the Field events, distances achieved by all 3 competitors will be added together, with the furthest combined distance being allocated the top points.

**USE OF THE REVERSABOARD**

At the end of the lane, the athlete should use one foot on the board to turn around before they run the length of the hall to turn on the other reversaboard. **Please advise your pupils to keep their head up as they turn on the board.**

**CHANGE OVER**

For the **Relay Races,** the incoming runner must pass the baton to the next runner in their team.

**THE FINISH**

The finish will always be in the **centre** of the sports hall and the children will be made aware of this before the races start.