



Year 5/6 INDOOR ATHLETICS RULES

TEACHERS

Teams consist of 6 Girls and 6 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

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.

2x 1 lap Girls' Race : 2x 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.