

# Quadkids Athletics



**CHORLEY**®  
SCHOOL SPORTS PARTNERSHIP

<b>Year</b>	Years 1&2 or Years 3&4 or Years 5&6
<b>Team Size</b>	4 boys and 4 girls to count, all member take part in all four events
<b>Squad Size</b>	Min 8 Max 10
<b>Gender</b>	Mixed
<b>Gender Criteria</b>	Min 4 boys and 4 girls and max of 5 boys and 5 girls.
<b>Format</b>	4 events Y1&2 – 50m sprint, 300m run, standing long jump, howler throw Y3&4 - 50m sprint, 400m run, standing long jump, howler throw Y5&6 - 75m sprint, 600m run, standing long jump, howler throw
<b>Duration</b>	Whole event 2 hours depending on number of schools entered
<b>Scoring</b>	Team based quadrathlon competition. Top 4 boys and top 4 girls from each team's individual scores added together. Winners have the highest cumulative points score
<b>Equipment</b>	All specialist athletics equipment provided. Participants must wear appropriate footwear for competition on grass
<b>Awards</b>	Certificate for all participants, medals for top 3 teams and individuals
<b>Level 3</b>	N/A

## Competition Rules

- Each group of athletes rotate round all the 4 events
- The time & distance for each event is measured against the points scoring table – the better the performance the higher the score
- The points for each event are added together to give an aggregate score for the athlete and the team. If an athlete misses an event they score zero
- Sprints and the run will be in heats selected by CSSP staff.
- Standing long jump is a two footed take off measured to the point of contact closest to the take off point – normally the heel of the foot
- Vortex howler should be thrown overarm in a ball throw/javelin action from behind a marked throwing line

When taking part in any Chorley SSP Competition, all participants, teachers and spectators should adhere to the Fair Play, Friendship, Honesty & Respect Charter. A copy of this can be downloaded from our website: [www.chorleyssp.co.uk](http://www.chorleyssp.co.uk)  
PLEASE RESPECT THE REFEREE. If a member of your staff or supporting party are deemed to be offending players, referees or members of the opposition then you, as the school representative, will be asked to resolve the incident in the first instance. If this matter is still not resolved then the organising committee (Chorley SSP) have the right to remove the offender/s from the tournament.

# Rules of quadkids

Four or five boys and four or five girls compete as a team with the scores of the top four boys and top four girls over the four events added together to give the team score.

- The four events take place in a rotational sequence.
- Each athlete is placed in a pool and competes in all events.

## QuadKids Pre-Start

School Years 1 & 2 • 50m Sprint • 300m Run • Mini Vortex Howler Throw • Standing Long Jump

## QuadKids Start

School Years 3 & 4 • 50m Sprint • 400m Run (600m Y5&6) • Mini Vortex Howler Throw • Standing Long Jump • 50m Shuttle Relay (optional)

## Scoring and awards

- 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 deemed the winner.

## How is the scoring done?

- 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 Scoresheet' ranks the schools and the 'Athletes' tab shows individual athlete rankings.

## 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 four events.