

# SECTION 1

# INTRODUCTION

## PHILOSOPHY

### Take the stadium to the people

IFTA programmes are adaptable and do not require purpose built sports facilities.

**Enjoyment:** Children learn through play. IFTA programmes are designed to be fun.

**Fair play:** Rules are for our guidance so if children make mistakes they are given penalties but are **never** disqualified.

**Potential talent:** Future stars are protected by providing an activity that places the emphasis on team performance and not the promotion of individuals.

**Ability:** All round ability is encouraged and specialisation is avoided at an early age.

### Education

- Helps develop essential motor skills
- Suitable for a variety of teaching situations
- Suitable for cross-curricular activities
- Children can measure their own performances
- Large numbers of children can be accommodated at a single venue
- Older students can be involved to act as officials and judges

### Social Benefits

- Helps build healthy bodies
- Channels children's natural energy into positive activity
- Contributes to character development
- Builds team spirit
- No child need be left out

### Sport and Fitness

- Aids the development of skills that are essential to all sports
- Provides an exciting and safe competition format
- Fitness can be monitored through the use of points tables
- Personal achievement can be monitored through the use of points tables
- Helps identify talent
- Provides the first step into athletics for future champions



# INTRODUCTION

# SECTION 1

## PROGRAMMES

This book deals with the primary age group of 8 to 11 years of age. To cater for the needs of the developing child the following IFTA programmes have been developed to provide a progressive, safe and enjoyable introduction to athletic skills and sporting activity.

AGE RANGE	INDOOR	OUTDOOR
5+	Agility Challenge	Agility Challenge
8 - 11	Fun in Athletics	Fun in Athletics
11 - 15	Sportshall	Team Athletics

**Agility Challenge** An IFTA outreach programme - the Agility Challenge aims to take athletics to the people. A fun to do fitness test that can be set up where space is limited and facilities are lacking.

**Fun in Athletics** The emphasis is on fun, enjoyment and giving one's best for the good of the team. Fun in Athletics takes sport into the exciting playtime world of the child by providing colourful and safe equipment specially designed to fit their needs. It is an enjoyable introduction on the pathway to a sporting future.

**Sportshall** Provides an indoor multi-event competition helping budding athletes to acquire skills. Traditional events such as the shot putt and high jump are introduced in adapted forms suitable for the indoor environment.  
For more information: [www.sportshall.org](http://www.sportshall.org)

**Team Athletics** This is a team based multi event programme that takes place on a standard running track; It provides an effective transfer into the world of traditional track and field athletics.





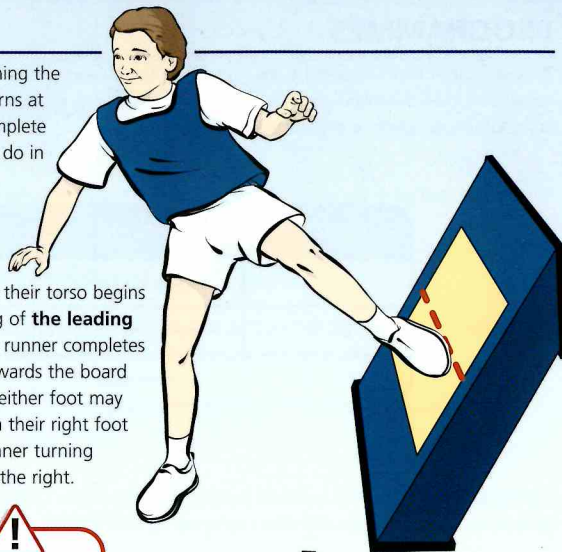
## SECTION 2

## TRACK EVENTS

### TRACK EVENTS

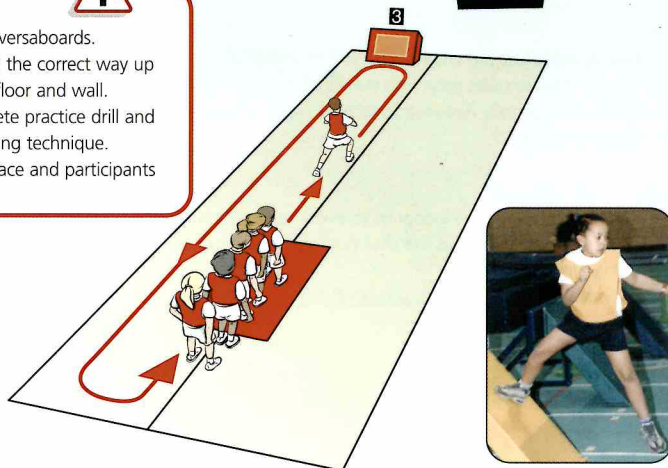
Participants run in straight lanes spanning the length or width of the hall, making turns at each end using **reversaboards** to complete laps in much the same way swimmers do in a pool. Two lengths of the hall are considered one lap.

**Turning** The runner decelerates on approach to the reversaboard and when they are within striking distance their torso begins to turn followed quickly by the placing of the **leading foot** on the board's front surface. The runner completes the turning action then accelerates towards the board at the opposite end of the hall. Note, either foot may be used, however, a runner turning on their right foot will naturally turn to the left and a runner turning on their left foot will naturally turn to the right.



#### Safety

- Only use IFTA approved reversaboards.
- Ensure the board is placed the correct way up in good contact with the floor and wall.
- Ensure participants complete practice drill and are comfortable with turning technique.
- Ensure both the track surface and participants shoes are clean and dry.



#### Practice drill (pictured above)

- Participants form a queue facing the board at a distance of 8-10 metres.
- The first participant runs to the board makes a turn and runs back to rejoin the far end of the queue.
- As the runner passes the front of the queue the coach signals the next athlete to begin the practice.
- Continue the practice until all athletes are comfortable with the turning technique.

#### Tips

- For best turning technique strike the middle or below the centre of the board to achieve a lower centre of gravity and better balance through the turn.
- Place **one foot only** on the board as this is faster and safer than two.

## TRACK EVENTS

## SECTION 2

### RUNNING RELAYS

#### Description

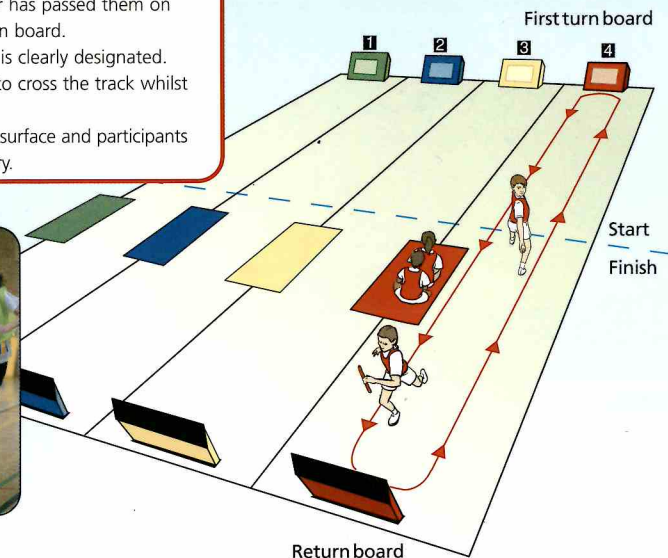
A team relay race is where a number of participants carry a baton over a prescribed number of laps. The start and finish line is the halfway point between the two reversaboards. Waiting team members sit on their team mat to the side of their lane.

A complete lap is the distance from the start / finish line to the "first turn board" followed by the full length of the hall to the "return board" and back to the start / finish line.

Children younger than 11 years of age are encouraged to run relays in pairs or groups of four to build confidence and foster team work.

#### Safety

- Ensure waiting runners sit on the team mat until the active runner has passed them on their way to the return board.
- Ensure the track area is clearly designated.
- Do not allow people to cross the track whilst races are in progress.
- Ensure both the track surface and participants shoes are clean and dry.



#### Equipment per lane

- 2 Reversaboards
- Relay baton
- Team/tumble mat
- Whistle
- Cones

#### Rules

- The first runner stands behind the start line facing the first turn board.
- Waiting team members sit on the team mat.
- On the whistle the first runner completes the required number of laps and passes the baton to the next team member.

- After exchanging a baton the runner returns to sit on the team mat.
- The last runner finishes the race by crossing the finish line at the end of their final lap.

#### Tips

- Practising the technique of baton passing will improve results and win races.
- Do not stand up to receive the baton until your team mate has passed the mat on their way to the return board.
- Sit on the team mat as quickly as possible after passing the baton to clear the lane.



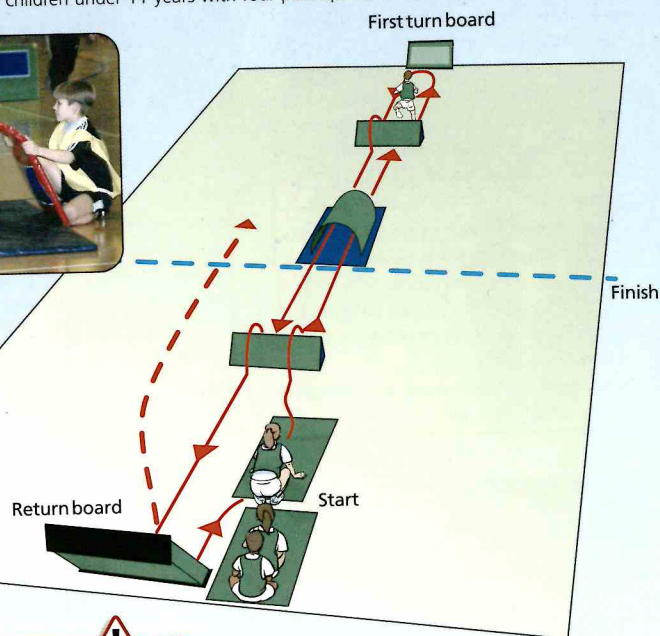
# SECTION 2

## TRACK EVENTS

### OVER UNDER RELAY

#### Description

A very popular fun relay for children under 11 years with four participants in each team.



#### Safety

- Make each lane at least 2.2m wide.
- Place the team/tumble mat to the side of reversaboard.
- Ensure both the track surface and participants shoes are clean and dry.

#### Equipment per lane

- 2 Reversaboard
- 2 Folding hurdles
- Tunnel with base mat
- 2 x team/tumble mats

#### Rules

- The first runner starts on the whistle with a forward roll.
- Continues over the hurdle, under the tunnel, over the hurdle.
- Turns on the board and repeats course in the opposite direction.
- After turning on the return board the runner touches the shoulder of the next runner who is crouched ready for takeover in front of the team mat.

- The race continues until all runners have complete a lap.
- The last runner repeats the activity but after turning on the return board sprints straight to the finish line.

**Notes:-** To make the forward roll the athlete must be in a crouched position with their **knees off the ground**. For less agile children sideways rolls are permitted.

#### Tips

- Team members must keep the track clear and not sit in front of the reversaboard.

# TRACK EVENTS

# SECTION 2

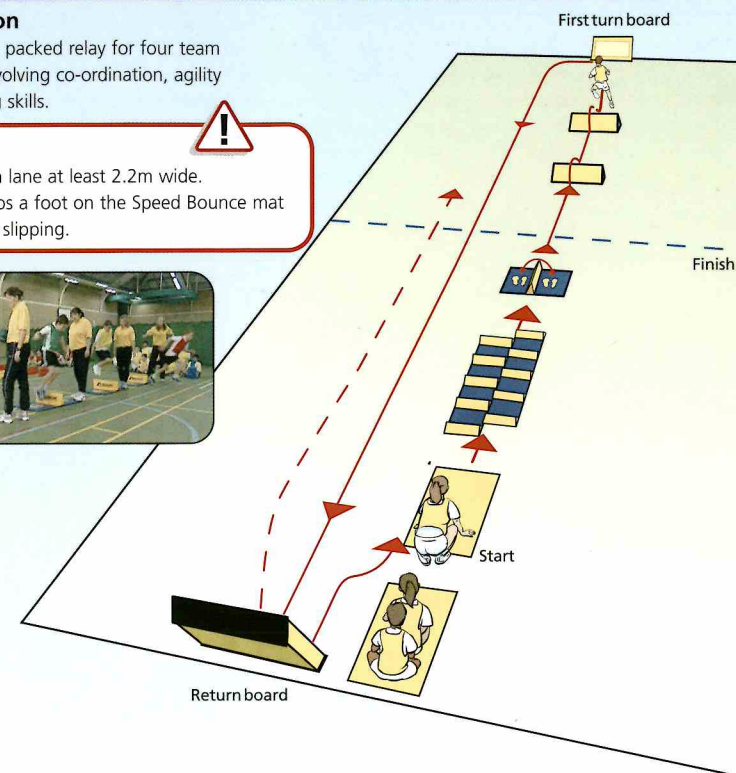
### OBSTACLE RELAY

#### Description

A fun action packed relay for four team members involving co-ordination, agility and hurdling skills.

#### Safety

- Make each lane at least 2.2m wide.
- Judge keeps a foot on the Speed Bounce mat to prevent slipping.



#### Equipment per lane

- 2 x team/tumble mats
- Hi-Stepper
- Speed Bounce mat
- 2 folding hurdles
- 2 reversaboard

#### Rules

- The first runner starts on the whistle with a forward roll.
- They complete the Hi-Stepper by placing one foot in every space, making ten Speed Bounces, and clearing both hurdles.
- They turn on the "first turn board" and sprint straight back (avoiding obstacles).
- After turning on the return board they touch the shoulder of the next runner for takeover who is crouched in front of the team mat.
- The last runner repeats the activity but after turning on the return board sprints to the finish line.

**Notes:-** To make the forward roll the athlete must be in a crouched position with **knees off the ground**. For less agile children sideways rolls are permitted. Penalties for the incorrect Hi-Stepper, Speed Bounce or take over are 0.5 seconds.

#### Tips

##### Athletes

- Make sure you complete the Hi-Stepper and change over correctly or penalties will be added for faults.
- Team members must keep the track clear and not sit in front of the reversaboard.

##### Judges

- One Judge stands at each Speed Bounce and counts ten good bounces whilst also noting penalties for incorrect Hi-Stepper and take over.
- Stand on the mat after counting to keep the track clear.



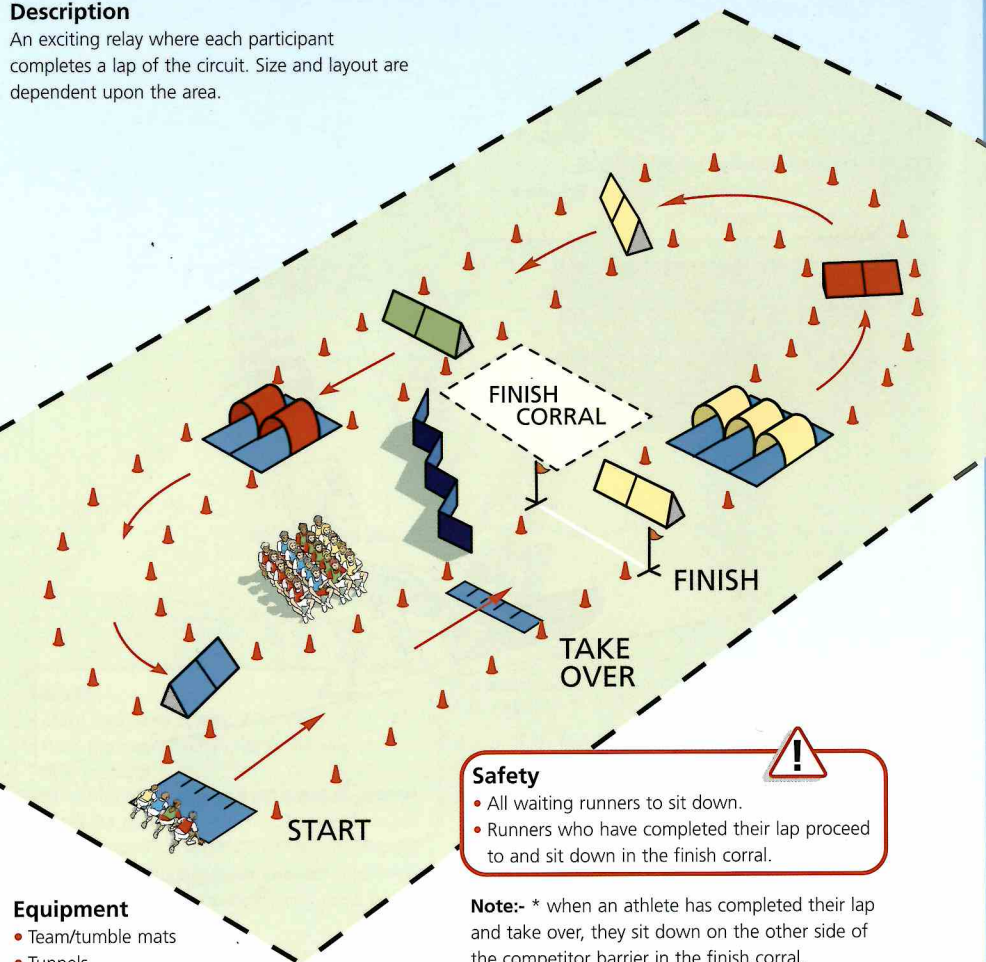
## SECTION 2

## TRACK EVENTS

### GRAND PRIX RELAY

#### Description

An exciting relay where each participant completes a lap of the circuit. Size and layout are dependent upon the area.



#### Equipment

- Team/tumble mats
- Tunnels
- Folding hurdles
- Beanbags
- Competitor barrier
- Cones
- Coloured team bibs

#### Rules

- First runner starts on the whistle with a forward roll.
- Runs around the circuit, over hurdles, under tunnels (no lanes are allocated).
- The second runners are handed a beanbag at the takeover point (no forward roll is required).
- Each runner completes the circuit with the last runner continuing to cross the finish line.

#### Safety

- All waiting runners to sit down.
- Runners who have completed their lap proceed to and sit down in the finish corral.

**Note:-** \* when an athlete has completed their lap and take over, they sit down on the other side of the competitor barrier in the finish corral.

#### Tips

- The first runner should be proficient at the forward roll.
- Have assistants adjacent to each set of hurdles and tunnels to keep course in order.
- A Triple Jump mat on it's side can be used as a competitor barrier.
- Hi-Stepper wedges make good course markers.
- Coloured team bibs are recommended to identify teams.

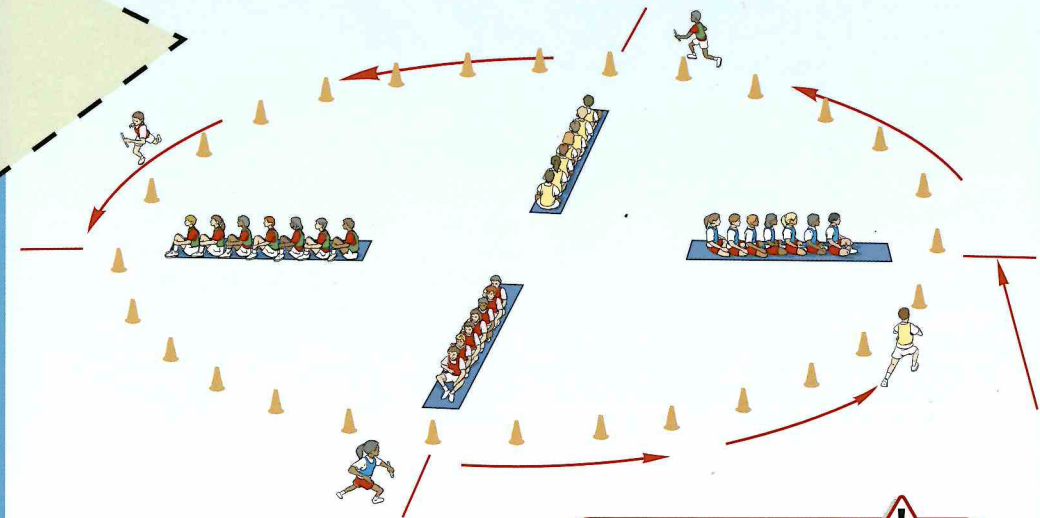
## TRACK EVENTS

## SECTION 2

### TAG RELAY

#### Description

A continual four team pursuit for a maximum of eight minutes (eight team members). The aim is to pursue the team and tag them with the relay baton. Although eight team members are recommended, this event is easily adapted for different numbers of children, and offers an advantage in that teams don't strictly have to contain same numbers of children.



#### Equipment

- 4 team mats
- Cones to mark circuit
- 4 relay batons
- Stopwatch
- Whistle

#### Rules

- Teams sit on the mat facing their start line. The first runner from each team stands on their start line with baton.
- On the whistle first runners race anti-clockwise around the circuit pursuing runner in front.
- Each runner completes one lap and hands baton to next team member and sits at the back of team mat.

#### Safety

- Ensure waiting athletes stay seated on team mats.
- Ensure runner swiftly sits back on team mat after their lap.

- If a team is tagged, judge stops pursuit and awards the tagging team one point. These two teams swap places.
- The pursuit continues using next runners in sequence. The rotation of team members continues, each runner may run numerous laps.
- Teams stop after eight minutes and the winning team is the one with the most points.

#### Tips

##### For athletes

- Practice relay baton change-overs.

##### For judges

- One Judge per team to watch for tagging.
- One Judge to time keep.



## SECTION 2

## TRACK EVENTS

### HI-STEPPER

#### Description

Inspired by the tyres American footballers use for training, the IFTA Hi-Stepper test is an explosive event that develops **agility, co-ordination, speed and acceleration**.

During a timed eight metre shuttle run the participant must pass through the Hi-Stepper **four** times.

#### Rules

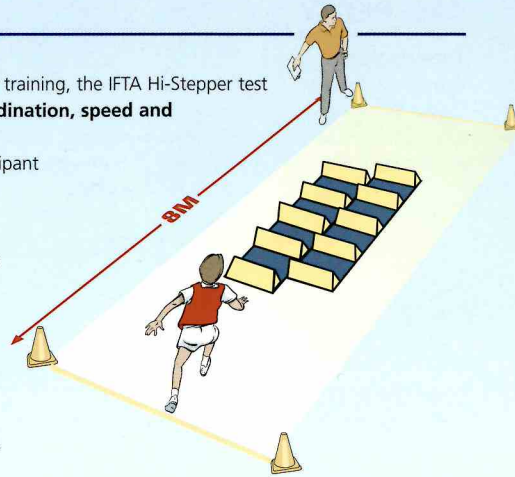
- The participant starts from behind the start line and sprints over the Hi-Stepper placing one foot in each of the squares.
- Places one foot **over** the return line before turning and repeating the Hi-Stepper in the other direction.
- After completing the Hi-Stepper four times the clock is stopped when they re-cross the start line.

#### Equipment

- Hi-Stepper
- 4 cones & marker tape
- Stopwatch

#### Scoring

- Time is taken to the nearest tenth of a second.
- Time penalties of 0.5 seconds are added for missing squares of the Hi-Stepper or stepping onto wedges.
- Use the IFTA points table (see pages 46 - 49) to convert time to points.



#### Tips

- Participants – make sure that you do the Hi-Stepper correctly to avoid time penalties.
- Judges – two cones on the start and return lines provide a focus for athletes and judges.

#### Safety

- Ensure adequate run off at each end of the Hi-Stepper.



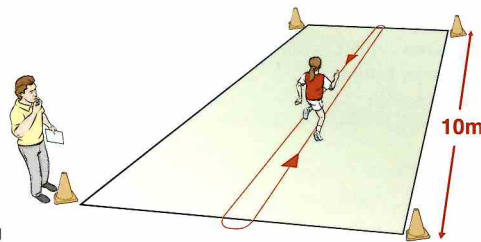
### SHUTTLE RUN

#### Description

A timed sprint over a 10m course, the participant is tested on their ability to **accelerate, decelerate** and **change direction** by running up and down the course to complete ten lengths.

#### Rules

- The 10m course is laid out as shown in the diagram.
- The participant starts from a standing position on the blowing of a whistle and must complete the 10m distance ten times before crossing the finish line.
- The participant must place one foot over the line at the end of each 10m run before turning to run in the opposite direction.



#### Equipment

- Cones x 4
- Stopwatch
- Whistle

#### Safety

- Ensure that running surface is suitable, free from debris and there is an adequate run off area at each end of the course.



## TRACK EVENTS

## SECTION 2

### LOW HURDLES (50m time trial normally outdoors)

#### Description

This is a 50 metre time trial over low hurdles that is suitable as an introduction to basic hurdling. Suggested age group 8 - 11 years.

#### Rules

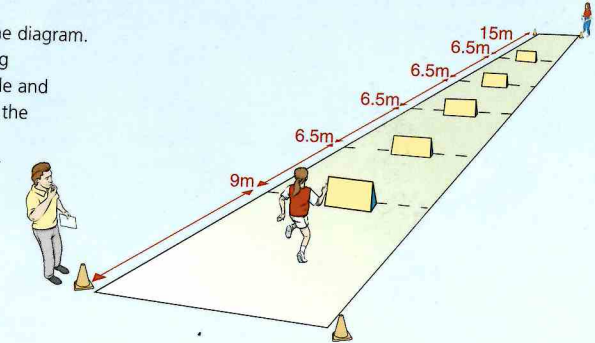
- The course is laid out as shown in the diagram.
- The participant starts from a standing position with the blowing of a whistle and must complete the 50m course over the hurdles to cross the finish line.
- Two judges are required - one starter and one timekeeper.

#### Equipment

- 5 x plastic folding hurdles 50cm high
- Stopwatch
- Whistle

#### Tips

- Plastic hurdles can be safely secured against a modest wind by placing suitable weights inside the wedge.



#### Safety

- We do not recommend the use of traditional hurdles for this age group.



### SPRINT TEST (normally outdoors)

#### Description

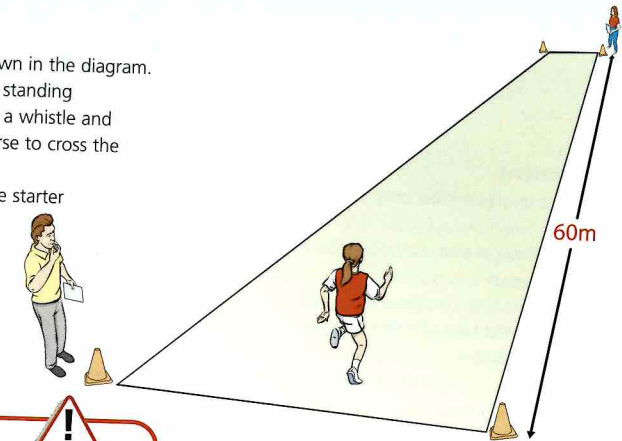
A simple timed sprint over 60m testing the participants **reflexes** and ability to **accelerate** and **run** over a short distance.

#### Rules

- The course is laid out as shown in the diagram.
- The participant starts from a standing position with the blowing of a whistle and must complete the 60m course to cross the finish line.
- Two judges are required - one starter and one timekeeper.

#### Equipment

- Cones x 4
- Stopwatch
- Whistle



#### Safety

- Ensure that running surface is suitable, free from debris and that there is adequate run off at the finish end of the track.



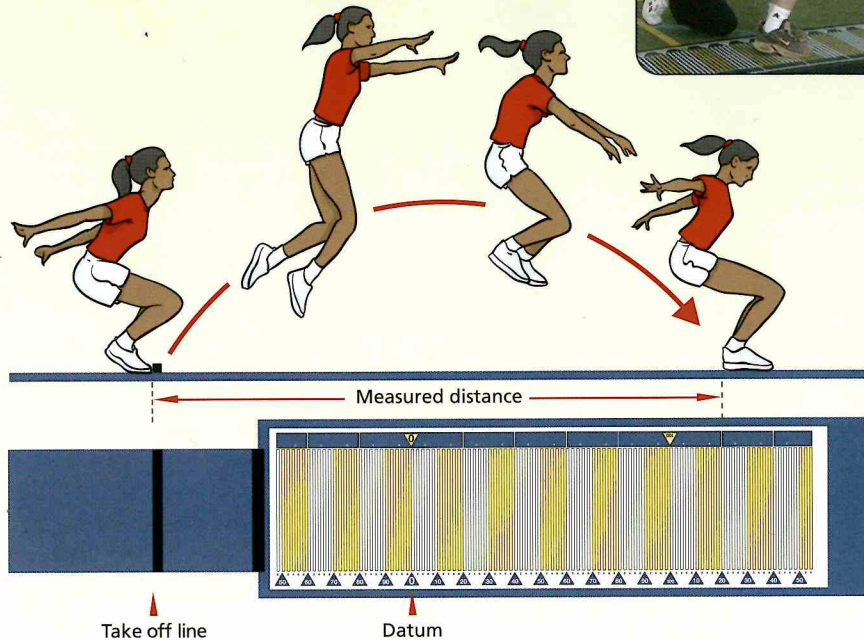


## SECTION 3 FIELD EVENTS Jumps

### STANDING LONG JUMP

#### Description

This two footed jump from a standing position is a test of co-ordination and leg strength. In 1904 an Olympic record of 3.47m was recorded into a sand pit and it stood for over 80 years! The new world record is now over 3.60m. In IFTA events a special graduated landing mat is used which enables jumps to be recorded easily.



#### Equipment

- Folding graduated Standing Long Jump mat or
- Competition mat and take-off board

#### Rules

- A two footed take off from standing position with both feet behind the take-off line.
- Measurement is from the take off line to the back of the closest heel on landing.
- The participant may step forward after the jump, however, **any step back or touching of the mat or floor behind the feet is a no jump.**

#### Tips

- Participants should bend at the knees and swing arms for lift.
- For accuracy judges should place a finger on the scale where the participant lands then read the result.

#### Safety

- Keep landing area away from obstructions such as walls.
- Avoid water or dirt on surfaces.

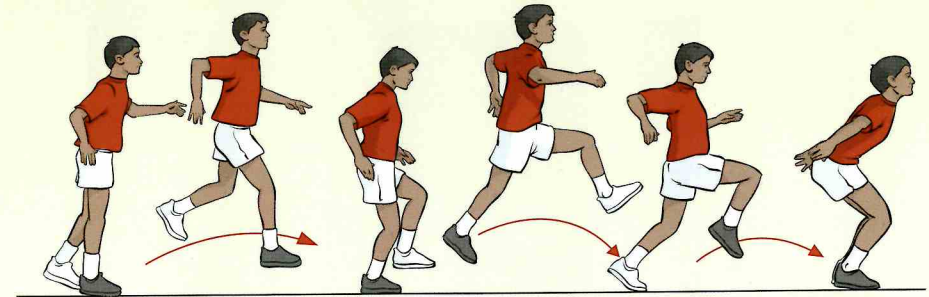


## FIELD EVENTS Jumps SECTION 3

### STANDING TRIPLE JUMP

#### Description

A hop, step and jump from a standing position. The Triple Jump mat has take off lines at metre intervals. The participant starts their jump from the line which enables them to land on the graduated landing scale.



#### Equipment

- A Standing Triple Jump mat

#### Rules

- A one footed take off starts a hop, step and jump sequence that must be correctly performed.
- Measurement is from the take off line to the back of the closest heel on landing of the jump.
- The participant may step forward after the jump however, **any step back or touching of the mat or floor behind the feet is a no jump.**

#### Tips

For younger participants who find the sequence difficult to learn the following technique is useful:

- The participant holds their free leg to make the **hop** then lets go of this leg and **steps** on to the opposite foot, then **jumps** to land on both feet.
- For accuracy judges should place a finger on the scale where the participant lands then read the result.

#### Safety

- Keep landing area away from obstructions such as walls.
- Avoid water or dirt on surfaces.

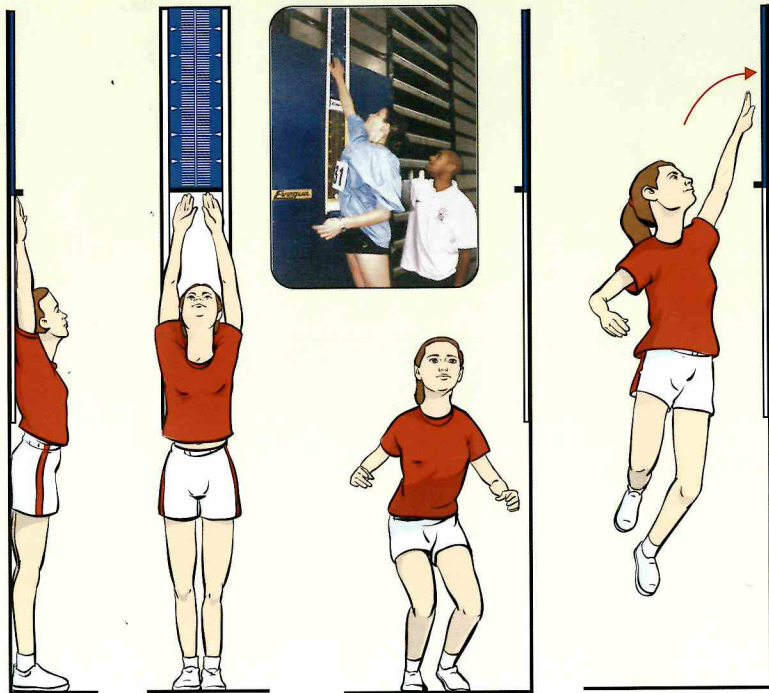




## VERTICAL JUMP

## Description

A jump from a standing position in which the participant competes against their own height and weight. The Vertical Jump is an internationally recognised measurement of fitness testing **leg strength to body weight ratio**. The IFTA event uses a magnetically held sliding scale, which is adjusted to the participant's height before each jump.



## Equipment

- A vertical jump scale
- Chalk bag
- Cleaning cloth

## Rules

- The participant stands with their back, head and heels touching the wall.
- Both arms are stretched upwards to push the sliding scale up with their fingertips.
- Elbows and fingers must be straight, arms must touch the side of the head and both feet must be flat on the floor.
- The participant dips their fingertips in chalk and jumps from a standing position.
- The participant touches the scale at the highest point they can.

- Measurement should be taken to the nearest centimetre below the top of the chalk mark on the scale.

## Tips

- Participants should stand side on to the jump scale, bend both knees and swing arms for lift to take off.
- Use a cloth to clean chalk from the sliding scale.
- Talc is a good substitute for chalk.
- Pull the sliding scale down to record the exact height of the jump.

## Safety

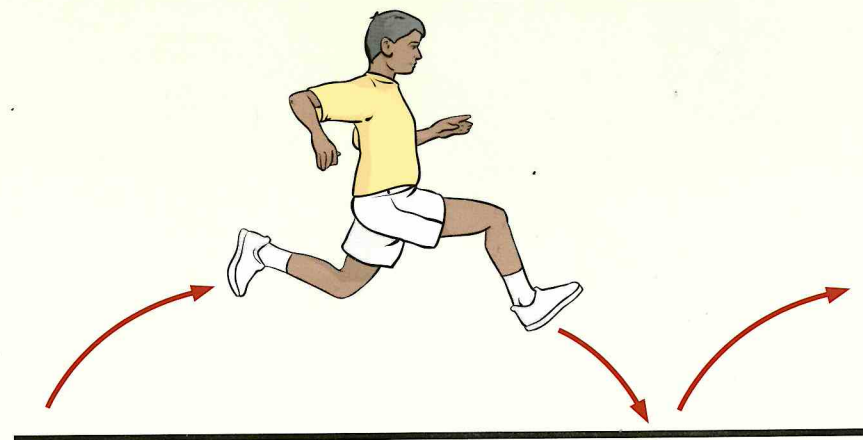
- Chalk on floors can cause slips so ensure all chalk is cleaned up.



## 5 STRIDES

## Description

The participant takes five bounding strides from a standing position and the total distance covered is read from a calibrated measuring mat. This event is a good introduction to the bounding technique which is essential for all the horizontal jumps. Bounding helps to increase **stride length** and improve **movement control**. Five Strides is a good introduction to the triple jump.



## Rules

- The participant begins from a standing position behind the start line and takes five bounding strides in a **continuous** forward motion.
- The distance is measured to the nearest 25cm band cleared.
- This should be read from the back of the heel at the landing position of the foot on the final stride.
- Each competitor is allowed three trials.

## Equipment

- Calibrated roll mat
- Cones

## Tips

- For optimum performance bounds should resemble the long running strides shown in the diagram. Note, the front knee lift.

## Safety

- Ensure that the surface is suitable and free from debris.



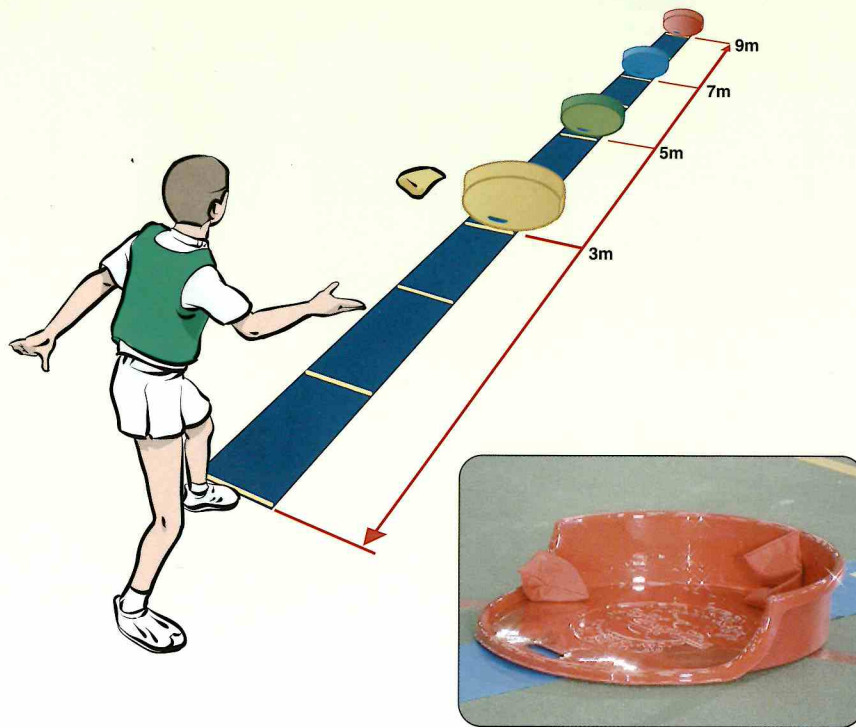


## SECTION 3 FIELD EVENTS Throws

### TARGET THROW

#### Description

The Target Throw is a test of eye to hand co-ordination and throwing accuracy. The participant throws coloured bean bags into the same coloured targets at distances of 3m, 5m, 7m and 9m.



#### Equipment

- Target Throw set
- 20 bean bags (5 x red, yellow, green and blue)
- Four target hoops each 80cm diameter with backboards 12.5cm high
- Graduated measuring mat

#### Rules

- Standing behind the throwing line the participant throws five matching coloured bean bags into the nearest target and continues for each different coloured target.
- Two points are scored if the bean bag lands **directly** in the same coloured target.
- One point is scored if the bean bag touches the floor before ending up in the target or if the bean bag lands only partly in the target.

- No points are scored if the bean bags land in a different coloured target.
- The maximum score is 40.

#### Tips

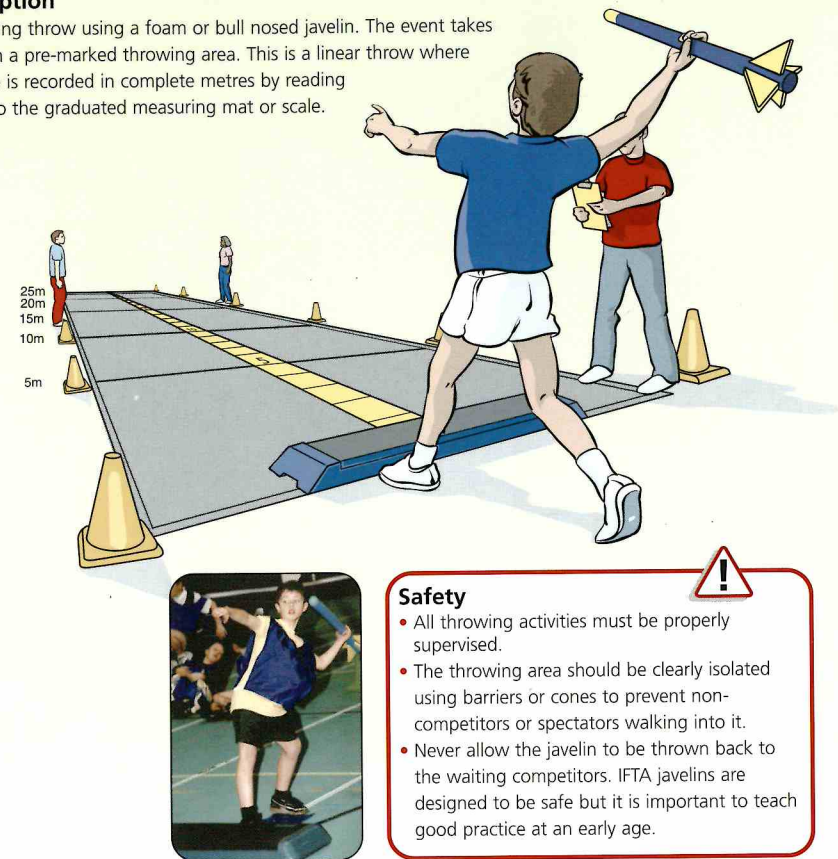
- Participants should place the opposite leg to the throwing arm forward to assist balance.
- A stopper board or gym bench can be used to prevent participants from stepping over the throwing line.

## FIELD EVENTS Throws SECTION 3

### SOFT JAVELIN

#### Description

A standing throw using a foam or bull nosed javelin. The event takes place on a pre-marked throwing area. This is a linear throw where distance is recorded in complete metres by reading across to the graduated measuring mat or scale.



#### Equipment

- IFTA approved Foam Javelins (indoor)
- IFTA approved Bull Nosed Javelins (outdoor)
- Graduated measuring mats
- Cones

#### Rules

- The javelin is thrown from a standing position both feet behind the throwing line and in contact with the floor.
- The throw is measured from the front of the throwing line to where the tip of the javelin first hits the ground by reading at right angles to the graduated measuring mat.
- The distance is measured in metres always taken to the metre below.

#### Safety

- All throwing activities must be properly supervised.
- The throwing area should be clearly isolated using barriers or cones to prevent non-competitors or spectators walking into it.
- Never allow the javelin to be thrown back to the waiting competitors. IFTA javelins are designed to be safe but it is important to teach good practice at an early age.

#### Judging

- Three judges are recommended.
- Judge one observes the participant at the throwing line and records the distance.
- Judges two and three make a decision on the landing position of the javelin tip to the nearest complete metre below the distance thrown.

#### Tips

- The correct place to hold the javelin is the point where it balances when laid across the open palm of the hand.
- For the correct stance place the opposite leg to the throwing arm forward.

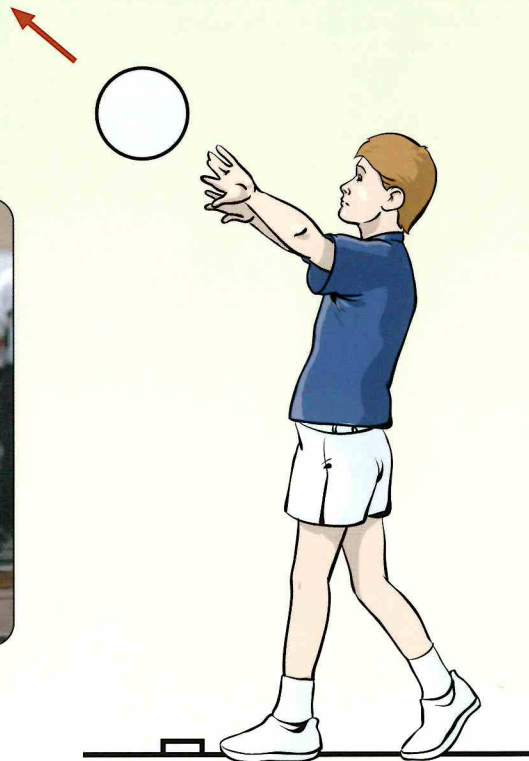
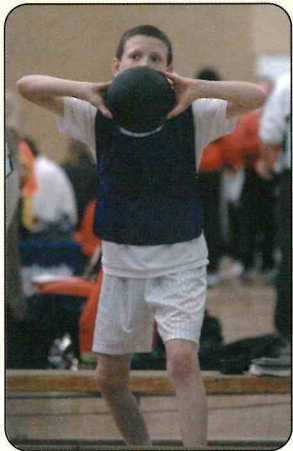


## SECTION 3 FIELD EVENTS Throws

### CHEST PUSH

#### Description

A standing throw where the participant pushes a weighted ball from the chest into a pre-measured throwing area.



#### Equipment

- 1kg Medicine Ball (8-11years)
- 2kg Medicine Ball (11-13years)
- Graduated measuring mat

#### Rules

- The ball is held against the chest and must be pushed with both hands.
- Both feet must remain on the floor at all times (one foot may be in front of the other however no run up or steps are permitted).
- The participant must not pass the throwing line during the throw.
- Measurement is to the point the ball touches the floor reading down to the nearest 25cm band.
- The chest must face forward and trunk rotation techniques are not permitted.

#### Tips

- Participants should bend their knees and straighten whilst throwing the ball in order to maximise power.
- For optimum performance release the ball at 45 degrees.
- Judges should stand to the side of the throwing area and read distance from the graduated measuring mat.

#### Safety

- Wherever possible throw towards a wall.



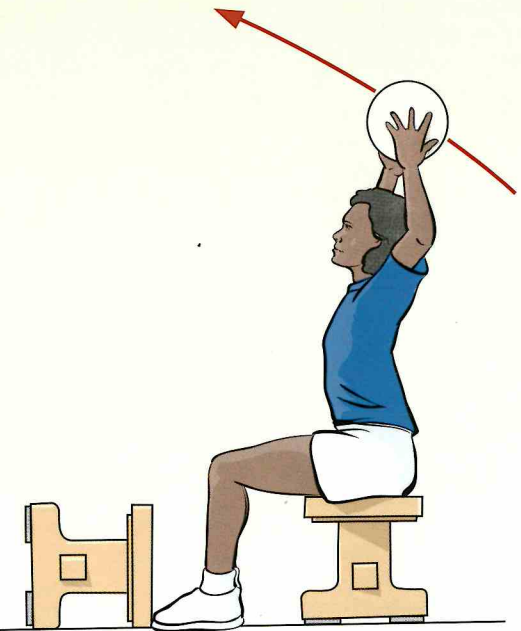
## FIELD EVENTS Throws SECTION 3

### SITTING THROW

#### Description

A two handed overhead throw using a size 4 soccer ball. The participant sits on a standard gym bench with both feet touching the floor. A size 4 soccer ball is thrown using both hands starting from above the head (comparative to a soccer throw-in).

For quickness and ease of judging a graduated measuring mat with increments of 25cm is recommended.



#### Equipment

- Size 4 soccer ball
- Graduated measuring mat

#### Rules

- The participant must remain in contact with the bench and with both feet on the floor.
- The ball must be thrown with a two handed overhead throw.
- The distance thrown is measured from the throwing line to the point where the ball first lands and is recorded to the nearest 25cm band cleared.
- The measurement is taken at right-angles to the throwing line.

#### Safety

- Wherever possible throw towards a wall.





## SECTION 3 FIELD EVENTS Throws

### SOCCKER THROW

#### Description

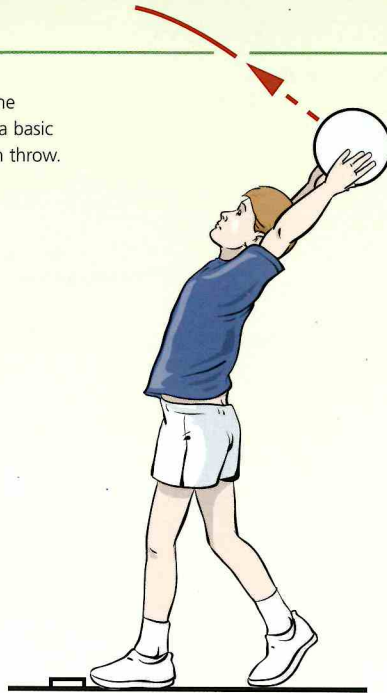
A two handed throw where the participant starts facing the direction of the throw. This event uses the whole body in a basic 'pull' technique which is a good introduction to the javelin throw.

#### Rules

- This requires a two handed over the head throw.
- The participant must start facing the direction of the throw.
- The feet must be behind the throwing line at the start of the throw and one foot may be in front of the other.
- The participant is not allowed to cross the line during or after the throw.
- No run up or steps are permitted.
- Measurement is from the throwing line to the point where the ball first touches the ground and is measured to the nearest 25cm band cleared.

#### Equipment

- 1kg ball (8 – 11 years)
- 2kg ball (11 – 13 years)
- Calibrated measuring mat



### FORWARD PITCH

#### Description

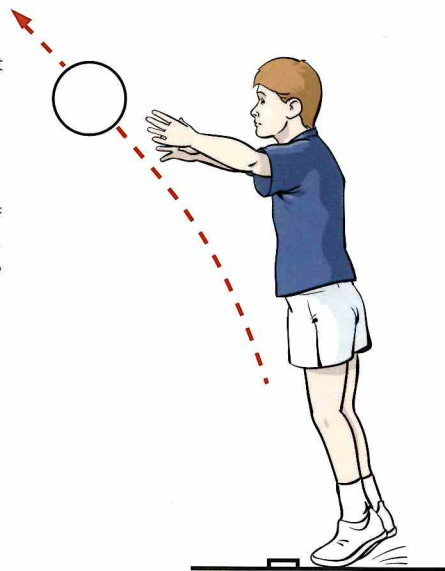
A two handed throw where the participant starts facing the direction of the throw. This event highlights the valuable contribution made by the legs and trunk to a throwing activity.

#### Rules

- This requires a two handed underarm throw.
- The participant must start facing the direction of the throw with the ball held between the knees.
- The feet must be behind the throwing line at the start of the throw.
- The participant is not allowed to cross the line during or after the throw.
- Measurement is from the throwing line to the point where the ball first touches the ground and is measured to the nearest 25cm band cleared.

#### Equipment

- 1kg ball (8 – 11 years)
- 2kg ball (11 – 13 years)
- Calibrated measuring mat



## FIELD EVENTS Throws SECTION 3

### OVERHEAD HEAVE

#### Description

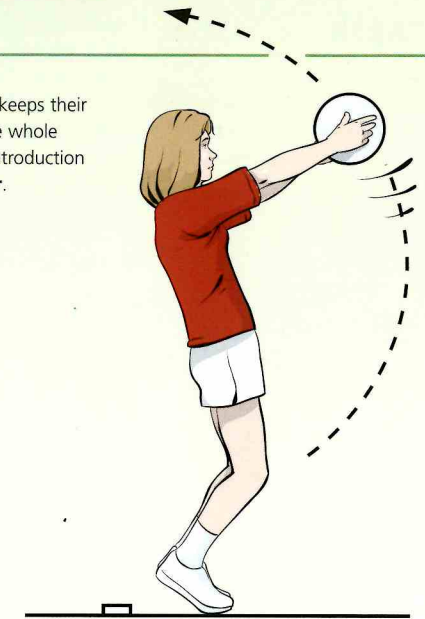
A two handed overhead throw where the participant keeps their back to the direction of the throw. This event uses the whole body in a basic "heave" technique which is a good introduction to the hammer throw and an indicator of **raw power**.

#### Rules

- This requires a two handed throw over the head.
- The participant must keep their back to the direction of the throw.
- The feet must be behind the throwing line at the start of the throw.
- The participant is allowed to cross the line during and after the throw.
- Measurement is from the throwing line to the point where the ball first touches the ground and is measured to the nearest 25cm band cleared.

#### Equipment

- 1kg ball (8 – 11 years)
- 2kg ball (11 – 13 years)
- Calibrated measuring mat



### OVER THE SHOULDER THROW

#### Description

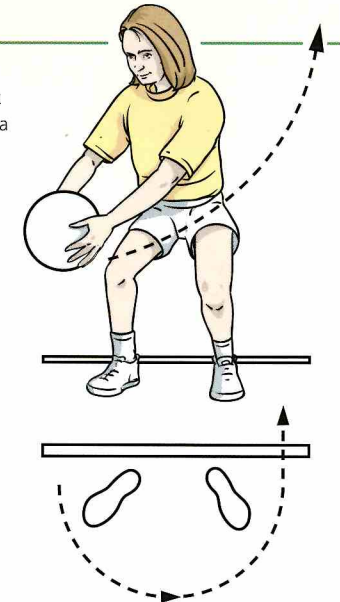
A two handed throw where the participant starts with their back to the direction of the throw. This event uses the whole body in a combination of a basic 'fling' and 'heave' technique which is a good introduction to the hammer throw.

#### Rules

- This requires a two handed throw over the shoulder.
- Right handed throwers release the ball over the left shoulder
- Left handed throwers release the ball over the right shoulder
- The participant must start with their back to the direction of the throw.
- The feet must be behind the throwing line at the start of the throw.
- The participant is allowed to cross the line during and after the throw.
- Measurement is from the throwing line to the point where the ball first touches the ground and is measured to the nearest 25cm band cleared.

#### Equipment

- 1kg ball (8 – 11 years)
- 2kg ball (11 – 13 years)
- Calibrated measuring mat



#### Safety

- Ensure that the throwing direction in all throwing events is away from other events.

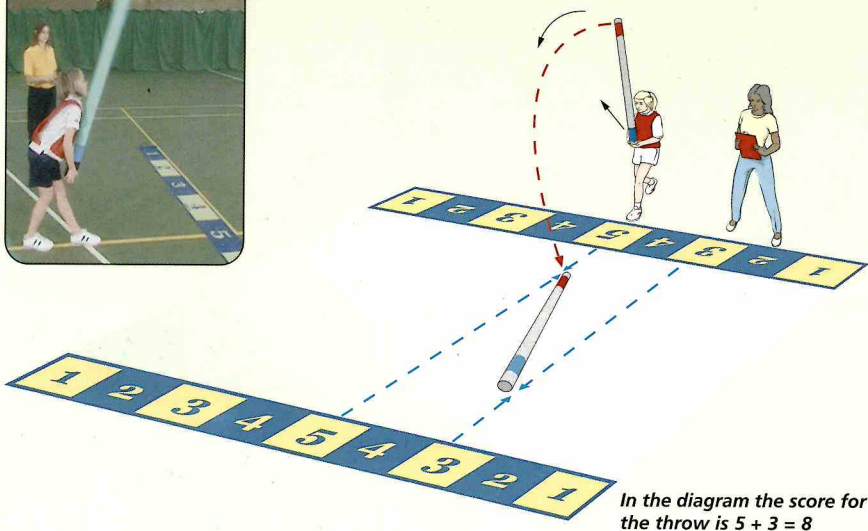


# SECTION 3 FIELD EVENTS Throws

## CABER

### Description

This is a children's adaptation of the traditional Scottish event. It is a test of accuracy, balance and co-ordination. The aim is to flip the caber end over end so that it lands in a straight line on the pre-marked landing area.



### Equipment

- Caber (IFTA approved)
- Caber scoring mats

### Instructions

- Hold either the blue or red end of the caber in cupped hands, arms should be straight down, the caber rests on the shoulder.
- Toss the caber to land in as straight a line as possible, the opposite end to the held end must touch down first and the held end (now released) follows through to land furthest away from the start point.

### Scoring

- Direction scores not distance and there is no penalty for over stepping the start mark.
- Mark the points where both ends of the caber first land. Line these points up with the numbers on the scoring mat, add these two numbers together to get the score for that throw.

- Each participant has three throws, add the scores of each throw together for the athletes total score.

### Tips

#### For Participants

- Take three or four steps towards the start line, push caber forward with shoulder and upwards with arms and hands.

#### For Judges

- Note which end of the caber the participant is holding before the throw.
- Allow the participants to practice the throw before the test.

### Safety

- Ensure that throwing area is clearly defined and correctly supervised.

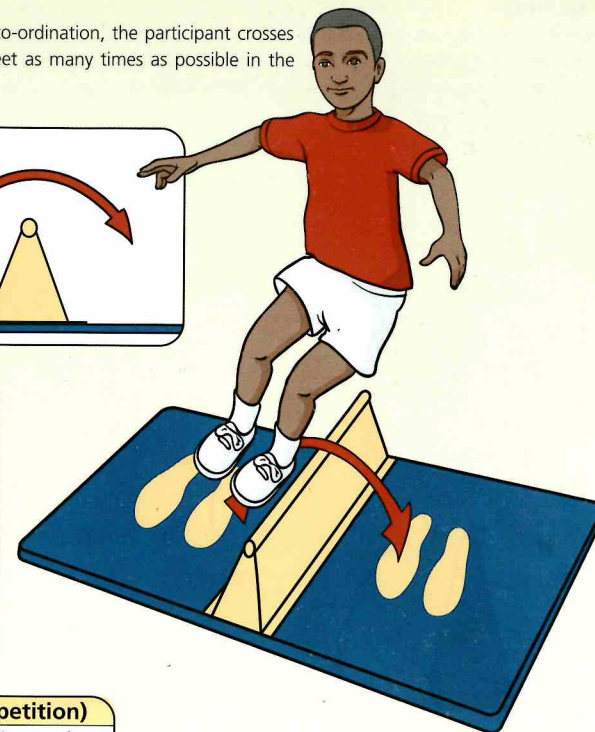
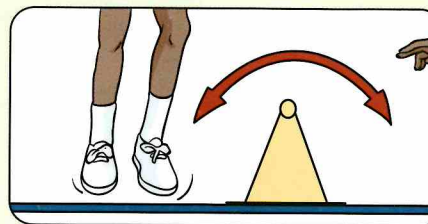


# FIELD EVENTS Agility SECTION 3

## SPEED BOUNCE

### Description

A test of speed, rhythm and co-ordination, the participant crosses the foam wedge with both feet as many times as possible in the allocated time limit.



IFTA test period (competition)		
9 - 11 years	-	20 seconds
12 - 14 years	-	30 seconds
IFTA Agility Challenge test period		
All ages	-	20 seconds

### Equipment

- Speed Bounce mat
- Stopwatch
- Whistle

### Rules

- Each participant is allowed one trial over the allocated test period.
- The participant begins on the mat with both feet together to one side of the wedge.
- Starting on the whistle the participant must complete as many bounces as possible in the time limit.
- Both feet must touch each side of the mat for each bounce to count.
- A bounce is considered void if the participant lands on the wedge.

- If the wedge is touched but both the participants feet still cross to the other side then the bounce is counted.
- The test finishes on the whistle.

### Tips

- Two judges are recommended one for the timing and one to count correct bounces.
- Allow a trial period for the participants to become familiar with the test.

### Safety

- Participants should wear suitable shoes that are fastened securely.
- The mat can be prevented from slipping by the judge placing a foot on its corner.



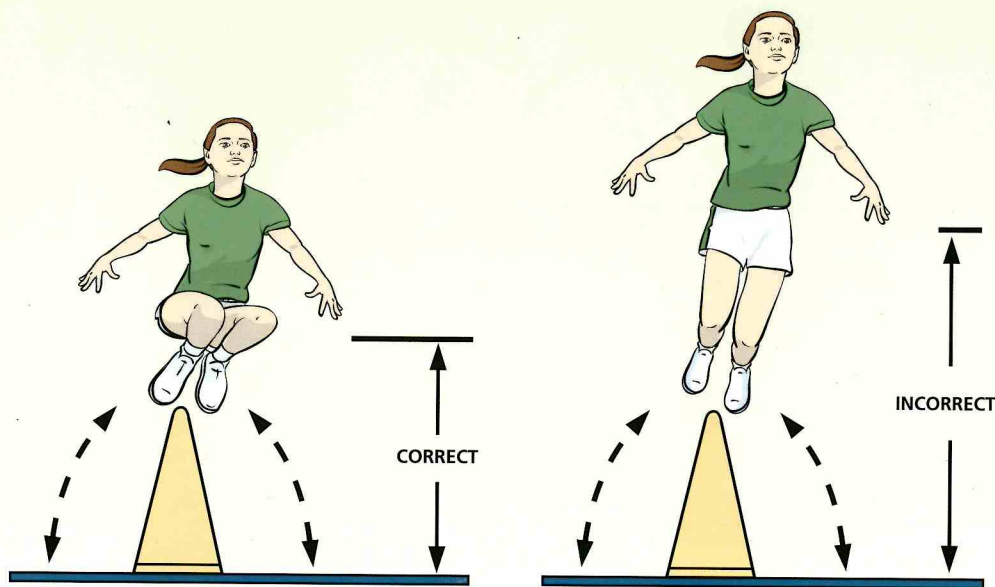


# SECTION 3 FIELD EVENTS Agility

## HIGH BOUNCE

### Description

The participant bounces over a high foam wedge with two feet for a period of 20 seconds. This exercise is of particular importance to hurdlers as it involves clearing the wedge with the minimum lift possible of their centre of gravity, which is a basic principle in hurdling.



IFTA HIGH BOUNCE	
9-11 years	30cm wedge
12-14 years	40cm wedge

### Equipment

- IFTA approved High Bounce wedge
- Stopwatch

### Rules

- The participant bounces over a foam wedge of the appropriate height with two feet for a period of 20 seconds.
- If the jumper knocks the wedge over the jumps achieved at this point count as the competitor's score.
- Two attempts are permitted, the second being after a reasonable rest period of not less than five minutes.

### Safety

- IFTA approved High Bounce wedges are specially designed with safety in mind and their use is strongly recommended.



# FIELD EVENTS Agility SECTION 3

## BALANCE TEST

### Description

The ability to balance is a fundamental element of all sporting activity. The IFTA has adapted the standard 'Euro-fit test' into a competition for Fun in Athletics and the Agility Challenge.



The test	
Left foot	15 seconds
Right foot	15 seconds
Left foot	15 seconds
Right foot	15 seconds

### Equipment

- Balance Beam
- Stopwatch
- Balance Beam mat (optional)

### Rules

- Place one foot on the beam (this foot must be in line with and not across the beam).
- Bend free leg backwards and hold the foot, gain balance by holding the judges arm.
- The watch is started when the participant releases the judges supporting arm.
- The watch stops when the participant lets go of the free foot, touches the floor or completes 15 seconds.
- The athlete changes legs for each of the four 15 second trials.



- The maximum score possible is 60 seconds.

### Tips

#### For participants

- Use free arm to aid balance.

#### For judges

- Allow each participant one trial to become familiar with the test.
- Allow participant to gain balance by holding the judges arm.

### Safety

- Ensure that the Balance Beam is not able to slide on the floor.
- The use of a Balance Beam mat is recommended.





## FUN IN ATHLETICS COMPETITION

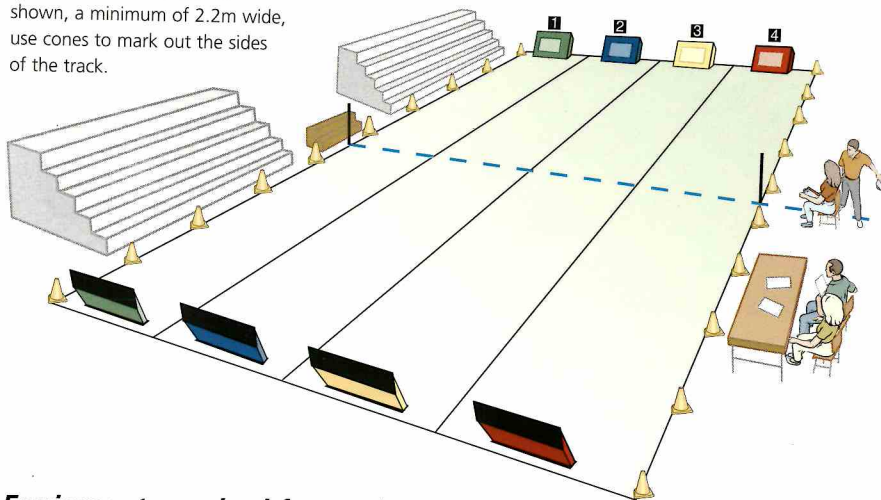
### Description

Track and Field for young people with no need for a stadium. Using safe and brightly coloured equipment. This exciting programme can be set up in a sports hall or basketball court. Children of all abilities experience the joys of teamwork in an event that is as much fun to watch as it is to participate in.

The Fun in Athletics concept is flexible, so there are many ways to organise an event and you may enjoy working out a programme to suit your specific needs. The following are two recommended IFTA Fun in Athletics programmes that are suitable for inter school or club competition. They have been thoroughly tested in many countries and with good management can be completed in comfort within the recommended time frames.

### Equipment layout track

Lanes should be laid out as shown, a minimum of 2.2m wide, use cones to mark out the sides of the track.



### Equipment required for track events

Event	Equipment required for each lane of a track event							
	Team / Tumble Mats	Hurdles	Tunnels	Cones	Batons	Reversa-boards	Speed Bounce	Hi-Stepper
Running Relays	1				1	2		
Obstacle Relay	2	2				2	1	1
Over Under Relay	2	2	1			2		
Equipment required for the Grand Prix								
Grand Prix	4	10	4	40				

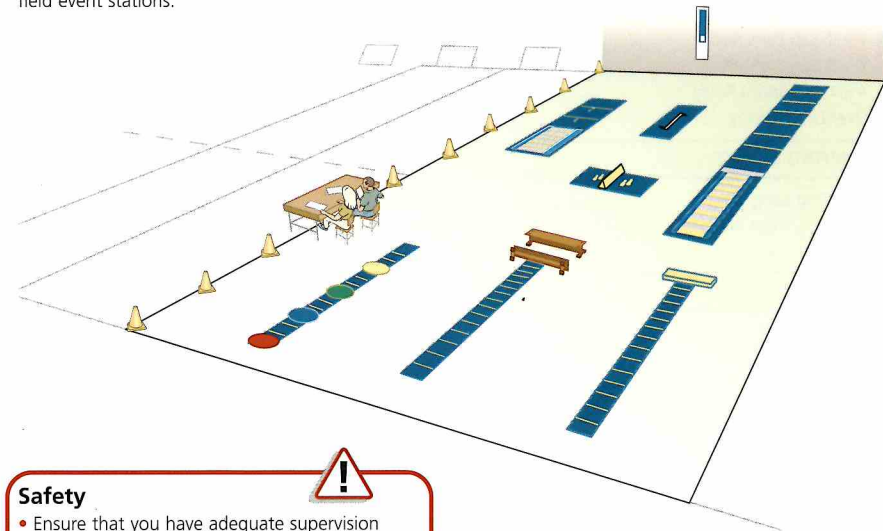
**Additional equipment required:** Stopwatches, whistle, lap counter, score sheets, numbered lane markers.

## FUN IN ATHLETICS COMPETITION

Using the layout as a guide ensure that you have the equipment set up correctly before the teams arrive.

### Equipment layout field

The drawing is an example of well laid out field event stations.



### Safety

- Ensure that you have adequate supervision and that event areas are well spaced out.

**NOTE** - Avoid jumping towards a wall  
- Always throw towards a wall

### Equipment required for field events

Event	Equipment per event			
Long Jump	Long Lump mat	Clipboard & score sheets		
Triple Jump	Triple Jump mat	Clipboard & score sheets		
Vertical Jump	Vertical Jump scale	Chalk	Cloth	Clipboard & score sheets
Target Throw	4 x targets	Calibrated roll mat	Bean bags	Clipboard & score sheets
Sitting Throw	Calibrated roll mat	Size 4 ball	Clipboard & score sheets	2 x gym benches
Soft Javelin	8 x Soft Javelins	2 x calibrated roll mats	Clipboard & score sheets	Cones
Chest Push	Calibrated roll mat	1Kg ball	Clipboard & score sheets	
Caber	IFTA Caber	Caber scoring mats	Clipboard & score sheets	
Balance	Balance Beam	Base mat	Stopwatch	Clipboard & score sheets
Speed Bounce	Speed Bounce mat	Stopwatch	Whistle	Clipboard & score sheets



# SECTION 4

# F.I.A. COMPETITION

## FUN IN ATHLETICS PROSPECTUS Short Programme

SECTION	TRIALS	NUMBER IN TEAM	
		GIRLS	BOYS
<b>TRACK EVENTS</b>			
Obstacle Relay		4	4
1 + 1 Lap Pairs Race	All run	2	2
2 + 2 Lap Pairs Race	as	2	2
4 x 1 Lap Sprint Relay	time-trials	4	4
Over/Under/Relay		4	4
<b>JUMPING EVENTS</b>			
Standing Long Jump	3	2	2
Standing Triple Jump	3	2	2
Vertical Jump	3	2	2
<b>AGILITY EVENTS</b>			
Speed Bounce	1	2	2
Balance Test (15 secs 2 x right foot + 2 x left foot)	set of 4	2	2
<b>THROWING EVENTS</b>			
Soft Javelin (time permitting)	3	2	2
Chest Push (1Kg ball)	3	2	2
Sitting Throw	3	2	2

Recommended team size is **15 girls and 15 boys**.

**All teams** should have a **minimum** team strength of **8 girls and 8 boys** and a **maximum** strength of **20 girls and 20 boys**. These can be all girls or all boy's teams, or a mixed girls and boys team.

Each team member is limited to a maximum of:

**2 track + 2 field events which must be from different sections.**

### Estimated Duration

Four Team Competition using a four lane track	1 Hour 15 Minutes
Six Team Competition using a six lane track	1 Hour 40 Minutes
Eight Team Competition using a four lane track	2 Hours

# F.I.A. COMPETITION

# SECTION 4

## IFTA SHORT PROGRAMME Order of Events

### Track Events

Obstacle Relay	Girls
Obstacle Relay	Boys
1 + 1 Pairs Race	Boys
2 + 2 Pairs Race	Boys
Over/Under Relay	Boys
Over/Under Relay	Girls
1 + 1 Pairs Race	Girls
2 + 2 Pairs Race	Girls
4 x 1 Lap Relay	Boys
4 x 1 Lap Relay	Girls

### Field Events

For each round one child from each team is sent to each event station.

#### ROUND ONE GIRLS

Standing Long Jump  
Standing Triple Jump  
Vertical Jump  
Balance Test

#### ROUND ONE BOYS

Standing Long Jump  
Standing Triple Jump  
Vertical Jump  
Balance Test

#### ROUND TWO GIRLS

Sitting Throw  
Chest Push  
Speed Bounce

#### ROUND TWO BOYS

Sitting Throw  
Chest Push  
Speed Bounce

#### THESE EVENTS TAKE PLACE ON THE TRACK AREA

Soft Javelin	Boys
Soft Javelin	Girls

START

(TIME)

FINISH

**PRESENTATIONS**



# SECTION 4

# F.I.A. COMPETITION

## FUN IN ATHLETICS PROSPECTUS Long Programme

SECTION	TRIALS	NUMBER IN TEAM	
		GIRLS	BOYS
<b>TRACK EVENTS</b>			
Obstacle Relay	All run as time-trials	4	4
1 + 1 Lap Pairs Race		2	2
4 x 1 Lap Sprint Relay		4	4
6 Lap Paarlauf		2	2
Over/Under Relay		4	4
Grand Prix Race		6	6
Non Scoring Grand Prix Race		6	6
<b>JUMPING EVENTS</b>			
Standing Long Jump	3	2	2
Standing Triple Jump	3	2	2
Vertical Jump	3	2	2
<b>AGILITY EVENTS</b>			
Speed Bounce (20 secs)	1	2	2
Balance Test (15 secs 2 x right foot + 2 x left foot)	set of 4	2	2
<b>THROWING EVENTS</b>			
Soft Javelin	3	2	2
Chest Push (1Kg ball)	3	2	2
Sitting Throw	3	2	2
Tossing the Caber	3	2	2
Target Throw	1	2	2

Recommended team size is **15 girls and 15 boys**.

**All teams** should have a **minimum** team strength of **8 girls and 8 boys** and a **maximum** strength of **20 girls and 20 boys**. These can be all girls or all boys teams, or a mixed girls and boys team.

Each team member is limited to a maximum of:

**2 track + 2 field events which must be from different sections.**

### Estimated Duration

Four Team Competition using a four lane track	2 Hours 10 Minutes
Six Team Competition using a six lane track	2 Hours 40 Minutes
Eight Team Competition using a four lane track	3 Hours

# F.I.A. COMPETITION

# SECTION 4

## IFTA LONG PROGRAMME Order of Events

### Track Events

Obstacle Relay Time-Trials	Girls
Obstacle Relay Time-Trials	Boys
1 Lap + 1 Lap Pairs Race	Girls
4 x 1 Lap Sprint Relay	Girls
1 Lap + 1 Lap Pairs Race	Boys
4 x 1 Lap Sprint Relay	Boys
6 Lap Paarlauf	Girls
Over / Under Relay Time Trial	Girls
Over / Under Relay Time Trial	Boys
6 Lap Paarlauf	Boys

START

(TIME)

FINISH

### THESE EVENTS TAKE PLACE ON THE TRACK AREA

Soft Javelin	Boys
Soft Javelin	Girls

Grand Prix Time-Trials	Girls
Grand Prix Time-Trials	Boys
Grand Prix Time-Trials	Girls non scoring
Grand Prix Time-Trials	Boys non scoring

### Field Events

For each round one child from each team is sent to each event station

#### ROUND ONE BOYS

Standing Long Jump	Balance Test
Standing Triple Jump	Chest Push 1Kg
Vertical Jump	Sitting Throw
Speed Bounce	Target Throw

#### ROUND ONE GIRLS

Standing Long Jump	Balance Test
Standing Triple Jump	Chest Push 1Kg
Vertical Jump	Sitting Throw
Speed Bounce	Target Throw

#### ROUND TWO BOYS

Standing Long Jump	Balance Test
Standing Triple Jump	Chest Push 1Kg
Vertical Jump	Sitting Throw
Speed Bounce	Target Throw

#### ROUND TWO GIRLS

Standing Long Jump	Balance Test
Standing Triple Jump	Chest Push 1Kg
Vertical Jump	Sitting Throw
Speed Bounce	Target Throw

#### ROUND THREE BOYS

Standing Long Jump	Balance Test
Standing Triple Jump	Chest Push 1Kg
Vertical Jump	Sitting Throw
Speed Bounce	Target Throw

#### ROUND THREE GIRLS

Caber

#### ROUND THREE GIRLS

Standing Long Jump	Balance Test
Standing Triple Jump	Chest Push 1Kg
Vertical Jump	Sitting Throw
Speed Bounce	Target Throw

#### ROUND THREE BOYS

Caber

## PRESENTATIONS



## ORGANISATION

Good planning and preparation are the key to success and it will only be OK on the day if you have done the work beforehand. The following notes relate to the programmes given.

### Competitors

120 children preferably of the same age group or school year. This allows four schools or clubs to take part each fielding teams of 15 girls and 15 boys.

### Venue

Make sure that you have a suitable venue booked and allow time for setting up and packing away the equipment.

### Equipment

Check that you have all the necessary equipment available and in good condition. Supplementary equipment should include **stopwatches, clipboards, whistles and score sheets.**

### Helpers / Judges

Ensure you have sufficient helpers and judges to run your event. It is worth noting that older students provide a good source of help if adequately supervised.

Each team should have a manager or supervisor who is responsible for making sure athletes are at the correct events in good time.

### Helpers instruction

It is wise to brief all helpers before the teams arrive and make sure they fully understand the event or job that they are undertaking.

Give all field event judges a clipboard with the rules and results sheet for their event attached.



### Pre-event team management

Sit all the teams down and allocate the coloured bibs. Make sure each team manager has completed the team declaration sheet and understands the order of events.

### The programme

- Allocate four judges one for each lane to count Speed Bounce, record the time and note any faults on the Hi-Stepper.
- Call the first four girls out and then demonstrate the event before they start it.
- It is good practice to demonstrate each of the track events before it takes place to let the children learn by observation.
- When the obstacle relay is over the first round of field events is called and each team sends one boy to each of the stations.
- As each field event round is completed the next is announced making sure that there are no races in progress as the athletes cross the track to access their field events.
- The javelin takes place on the track area. One girl from each team has one practice throw followed by three competitive throws. These girls then sit down while the next four girls take their throws.
- The Caber (optional) takes place in the field events area when space becomes available.
- Upon completion of the javelin the grand prix takes place on the track area (long programme) or use 4 x 1 lap relay in the short programme. This brings the event to an exciting finish.
- If you have time a non-scoring grand prix allows more children to participate while scorers check the results.
- Presentations take place in reverse order ensuring all teams are given encouragement and congratulations.

### Post event

Ensure that all helpers, team managers and centre staff are thanked for their help and support.

## RULES

### Rules

- Teams consist of 15 boys and 15 girls (plus a manager).
- Competitors may take part in a maximum of two track and two field events.
- IFTA rules apply to the individual events.

### The Paarlaufl

- This is a pairs relay where the baton must complete the required number of laps. The two athletes can do this in any sequence giving the opportunity for team tactics eg. a stronger runner may wish to complete more laps than their partner.

## SCORING

The same points will be awarded for each event.

Finishing Position	Points
1st	8
2nd	6
3rd	4
4th	2

- Fun in Athletics points are always awarded in twos.
- This is to avoid fractions if a tie occurs as the points are shared. **Example:** If two teams tie for first place, the available points are shared (8 points + 6 points) ÷ 2 giving each team 7 points

### TRACK

Points are awarded in the order of finishing **except** the obstacle relay where the winning order is based on the lowest times after any penalties have been added for incorrect Hi-Stepper, Speed Bounce and takeover.

### FIELD

Field events scores are the aggregate of the best achievement of each team member.

### Example

#### STANDING LONG JUMP (three competitors per team)

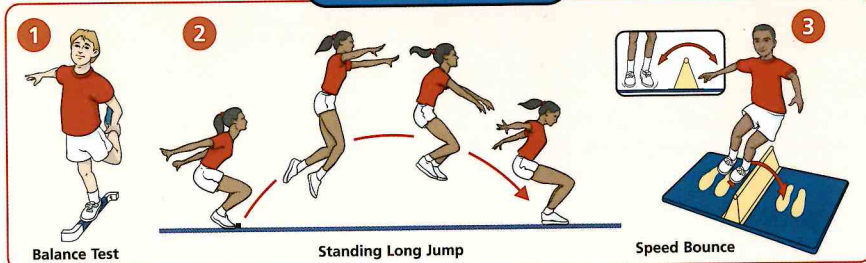
	Trial 1	Trial 2	Trial 3	Best
Team member 1	1.82	1.75	1.88	1.88
Team member 2	2.00	1.68	1.94	2.00
Team member 3	1.84	1.94	1.81	1.94
Team Performance				5.82



# SECTION 5 AGILITY CHALLENGE

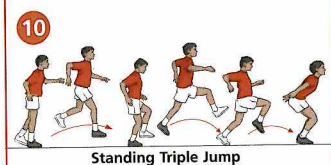
## AGILITY CHALLENGE

### TRIATHLON

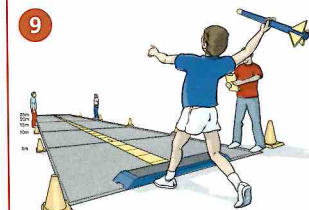


- **Triathlon** - three events
  - Co-ordination, balance, speed, rhythm and leg strength.
- **Pentathlon** - five events
  - Eye to hand co-ordination, agility and throwing accuracy.
  - Co-ordination, balance, speed, rhythm and leg strength.
- **Decathlon** - ten events
  - Upper body strength, fitness and stamina.
  - Eye to hand co-ordination, agility and throwing accuracy.
  - Co-ordination, balance, speed, rhythm and leg strength.

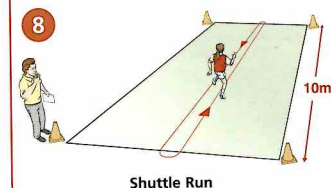
### DECATHLON



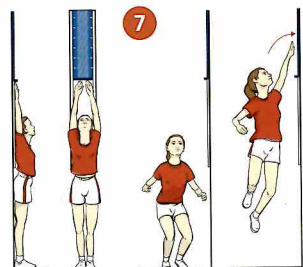
Standing Triple Jump



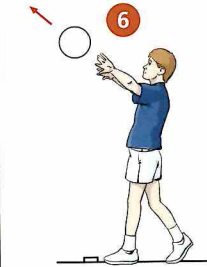
Soft Javelin



Shuttle Run

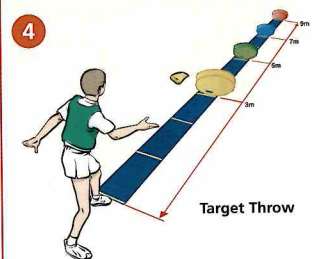


Vertical Jump

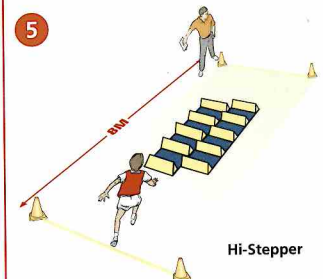


Chest Push

### PENTATHLON



Target Throw



Hi-Stepper

# AGILITY CHALLENGE SECTION 5

## AGILITY CHALLENGE

### Description

These fun to do challenges can be set up almost anywhere, suitable locations include classrooms, halls, malls, playing fields and school yards. Appropriate for children from five years to adult. They are designed to provide opportunities for large numbers to participate whilst testing the individual's basic sporting skills. Each participant receives a personal scorecard on which their performance and points score is recorded. Emphasis is on participation and self improvement.

#### The Triathlon

Balance Test  
Standing Long Jump  
Speed Bounce

#### The Pentathlon

Balance Test  
Standing Long Jump  
Speed Bounce  
Target Throw  
Hi-Stepper



### Layout

Layout of the 'Agility Challenges' will vary according to the area available. Suggested Triathlon & Pentathlon Arena Layouts are shown on pages 40 & 41.

### Rules

- Standard IFTA event rules apply (see the track and field sections within this book).

### Tips

- For optimum performance participants should attempt each event in the sequence they are placed on the score-card.

- Allow a full recovery before re-taking the challenge.
- In a teaching situation children can be encouraged to measure each other's performances.

### Safety

- Avoid placing equipment near obstacles.
- Where possible use barriers to designate event area.

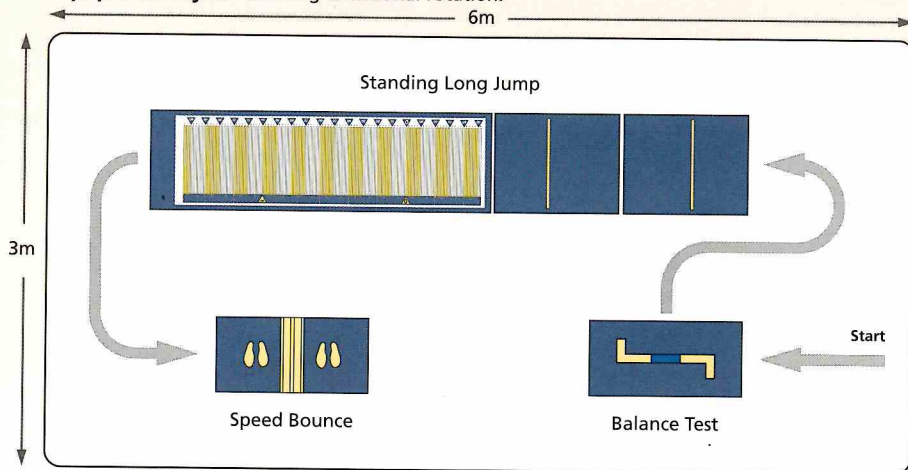




# SECTION 5 AGILITY CHALLENGE

## TRIATHLON

Equipment layout showing directional rotation.



Score card. Note:- use IFTA tables to obtain points.

AGILITY CHALLENGE - TRIATHLON SCORECARD								
NAME		AGE		GIRL				
				BOY				
TEAM / SCHOOL								
EVENTS	TRIALS						PERFORMANCE	POINTS
BALANCE TEST (4x15 seconds)	LEFT LEG	RIGHT LEG	LEFT LEG	RIGHT LEG	TOTAL			
STANDING LONG JUMP	1		2		3		BEST	
SPEED BOUNCE (20 seconds)	10	20	30	40	50	60	TOTAL	
SIGNED							TOTAL POINTS	

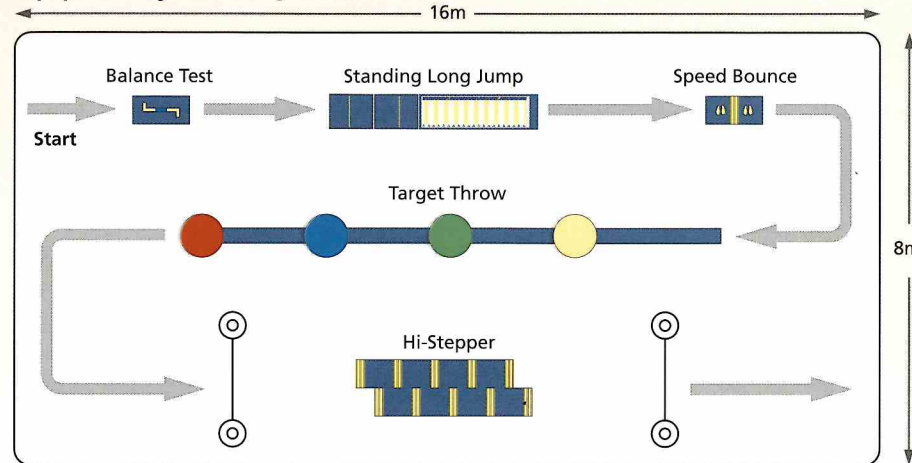
### Equipment

**Triathlon:** Standing Long Jump mat, Balance Beam and mat, Speed Bounce mat, two stopwatches.  
**Pentathlon:** Standing Long Jump mat, Balance Beam and mat, Speed Bounce mat, Hi-Stepper, Target Throw set, three stopwatches.

# AGILITY CHALLENGE SECTION 5

## PENTATHLON

Equipment layout showing directional rotation.



Score card. Note:- use IFTA tables to obtain points.

AGILITY CHALLENGE - PENTATHLON SCORECARD								
NAME		AGE		GIRL				
				BOY				
TEAM / SCHOOL								
EVENTS	TRIALS						PERFORMANCE	POINTS
BALANCE TEST (4x15 seconds)	LEFT LEG	RIGHT LEG	LEFT LEG	RIGHT LEG	TOTAL			
STANDING LONG JUMP	1		2		3		BEST	
SPEED BOUNCE (20 seconds)	10	20	30	40	50	60	TOTAL	
TARGET THROW	YELLOW - 3m		GREEN - 5m		BLUE - 7m		RED - 9m	TOTAL
HI-STEPPER (4 x 8m shuttle run)	TIME TAKEN (secs)			FAULTS			ADJUSTED TIME	
SIGNED							TOTAL POINTS	



# SECTION 5 AGILITY CHALLENGE

## DECATHLON

### Description

The IFTA Decathlon is suitable for larger groups of children allowing participation in a wide variety of events and skills. Where space and time are limited by using the 'flow system' individuals or teams progress around the ten event stations. Individuals may carry personal score cards or for team competition standard event score cards can be used. The format uses the IFTA points tables to calculate both individual and team scores.

The IFTA Decathlon is suitable for school sports days, club sessions and team competitions. Separate programmes have been developed for different age groups and for both indoor and outdoor use.

The Decathlon featured in this book is suitable for the 8-11 year age group.

IFTA DECATHLON Primary 8 - 11 years	
1.	Balance Test
2.	Standing Long Jump
3.	Speed Bounce
4.	Target Throw
5.	Hi-Stepper
6.	Chest Push
7.	Vertical Jump
8.	Shuttle Run 10 x 10m
9.	Soft Javelin
10.	Standing Triple Jump

### Procedure

The event stations are prepared as shown in the layout diagram. Each competitor is given a score card on which they write their name, age and school or team name. As they travel around the event stations their performances are written on the card to give them a personal achievement record.

### Rules

Note the IFTA Decathlon can be used for individual or team participation.

For individual participation standard IFTA event rules apply.

For a team events the following rules apply.

- Suggested team size is ten.
- Girls and boys have separate competitions.

- IFTA scoring tables should be used (see pages 46 - 49)
- At each station all ten team members participate, however, only the top seven performances are added together to give the team's event score.
- The IFTA Decathlon team score is the total of all ten event team scores added together. The highest team total wins the competition.

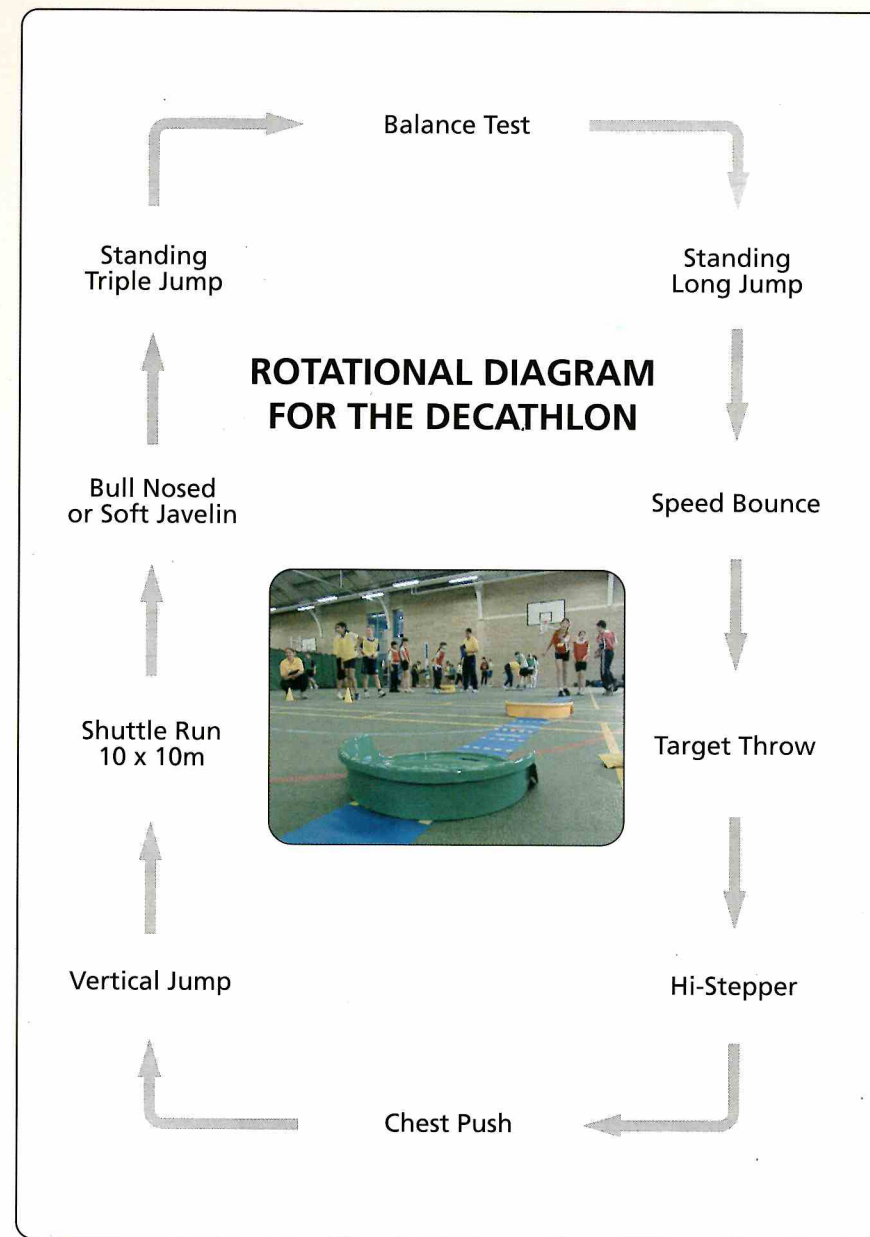
### Safety

- Make sure that all event stations are supervised.
- Ensure adequate space is given to each station.



# AGILITY CHALLENGE SECTION 5

## DECATHLON





# SECTION 5 AGILITY CHALLENGE

## DECATHLON

Score card. Note:- use IFTA tables for points.

AGILITY CHALLENGE - DECATHLON SCORECARD							
NAME		AGE		GIRL			
				BOY			
TEAM / SCHOOL							
EVENTS	TRIALS				PERFORMANCE	POINTS	
BALANCE TEST (4x15 seconds)	LEFT LEG	RIGHT LEG	LEFT LEG	RIGHT LEG	TOTAL		
STANDING LONG JUMP	1	2	3	BEST			
SPEED BOUNCE (20 seconds)	10	20	30	40	50	60	TOTAL
TARGET THROW	YELLOW - 3m	GREEN - 5m	BLUE - 7m	RED - 9m	TOTAL		
HI-STEPPER (4 x 8m shuttle run)	TIME TAKEN (secs)		FAULTS		ADJUSTED TIME		
1Kg CHEST PUSH	1	2	3	BEST			
VERTICAL JUMP	1	2	3	BEST			
SHUTTLE RUN 10 x 10m	TIME TRIAL				SECONDS		
SOFT JAVELIN	1	2	3	BEST			
STANDING TRIPLE JUMP	1	2	3	BEST			
SIGNED					TOTAL POINTS		

# AGILITY CHALLENGE SECTION 5

## TEAM SCORE CARD

															Name	
															School/Club	
															Boy	
															Girl	
															Age	
Score Points	Score Points	Score Points	Score Points	Score Points	Score Points	Score Points	Score Points	Score Points	Score Points	Score Points	Score Points	Score Points	Score Points	Score Points	Score Points	Balance Test
																Standing long Jump
																Speed Bounce
																Target Throw
																Hi-Stepper
																Chest Push
																Vertical Jump
																Soft or Bull Nosed Javelin
																Shuttle Run 10 x 10m
																Standing Triple Jump
																Total Points
																Award
																% Improvement

School/Club

Date:

Sheet no.:



# SECTION 5

# AGILITY CHALLENGE

## IFTA POINTS TABLE

## GIRLS SHEET 1A

Points	Balance Test 4 x 15 secs	St Long Jump	Speed Bounce 20 secs	Target Throw	Hi-Stepper 4 x 8m	Chest Push 1kg	Vertical Jump	Shuttle Run 10 x 10m	Soft or Bull Nosed Javelin	Standing Triple Jump	Points
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If your score goes off the table points are awarded as follows:

increments	n/a	2cm	1 no.	n/a	0.1 Sec	25cms	1cm	0.1 Sec	1 mtrs	6cm	increments
Points	n/a	1	1	n/a	2	2	1	1	2	1	Points
	secs	mtrs	no.	no.	secs	mtrs	cms	secs	mtrs	mtrs	
80	-	2.52	73	-	11.5	11.75	68	23.4	-	7.60	80
79	-	2.50	72	-	11.6	-	67	23.6	30	7.53	79
78	-	2.48	71	-	11.7	11.50	66	23.8	-	7.46	78
77	-	2.46	70	-	11.8	-	65	23.9	29	7.39	77
76	-	2.44	69	-	11.9	11.25	64	24.0	-	7.32	76
75	-	2.42	68	40	12.0	-	63	24.1	28	7.25	75
74	-	2.40	67	39	12.2	11.00	62	24.2	-	7.18	74
73	-	2.37	66	-	12.4	-	61	24.3	27	7.11	73
72	-	2.34	65	38	12.5	10.75	-	24.4	-	7.04	72
71	60	2.32	64	37	12.6	-	60	24.5	26	6.97	71
70	-	2.30	63	-	12.7	10.50	59	24.6	-	6.90	70
69	59	2.28	62	36	12.8	-	-	24.7	25	6.83	69
68	-	2.26	61	35	12.9	10.25	58	24.8	-	6.76	68
67	58	2.24	60	-	13.0	-	57	24.9	24	6.69	67
66	57	2.22	59	34	13.1	10.00	-	25.0	-	6.62	66
65	56	2.20	58	33	13.2	9.75	56	25.1	23	6.55	65
64	55	2.18	57	-	13.3	9.50	55	25.2	-	6.48	64
63	54	2.16	-	32	13.4	-	-	25.3	-	6.42	63
62	53	2.14	56	31	13.5	9.25	54	25.4	22	6.36	62
61	52	2.12	55	-	13.6	-	53	25.5	-	6.30	61
60	51	2.10	-	30	13.7	9.00	-	25.6	-	6.24	60
59	50	2.08	54	-	13.8	-	52	25.7	21	6.18	59
58	49	2.06	53	29	13.9	8.75	51	25.8	-	6.12	58
57	48	2.03	-	-	14.0	8.50	-	25.9	-	6.06	57
56	47	2.00	52	28	14.1	8.25	50	26.0	20	6.00	56
55	46	1.97	51	-	14.2	8.00	49	26.3	-	5.93	55
54	45	1.94	-	27	14.3	-	48	26.6	-	5.86	54
53	44	1.91	50	-	14.4	7.75	47	26.9	19	5.79	53
52	43	1.88	-	26	14.5	7.50	46	27.2	-	5.72	52
51	42	1.85	49	25	14.6	-	45	27.5	-	5.64	51
50	41	1.82	-	24	14.7	7.25	44	27.8	18	5.56	50
49	40	1.79	48	23	14.8	7.00	43	28.1	-	5.48	49
48	39	1.76	-	22	14.9	-	42	28.4	17	5.40	48
47	38	1.74	47	21	15.0	6.75	41	28.7	-	5.32	47
46	37	1.72	-	20	15.1	6.50	40	29.0	16	5.24	46
45	36	1.70	46	19	15.2	-	-	29.3	-	5.18	45
44	35	1.68	-	18	15.3	6.25	39	29.6	15	5.14	44
43	34	1.66	45	17	15.4	-	38	29.9	-	5.10	43
42	33	1.64	44	16	15.5	6.00	-	30.1	14	5.05	42
41	32	1.62	43	15	15.6	-	37	30.3	-	5.00	41

# AGILITY CHALLENGE

# SECTION 5

## IFTA POINTS TABLE

## GIRLS SHEET 1B

Points	Balance Test 4 x 15 secs	St Long Jump	Speed Bounce 20 secs	Target Throw	Hi-Stepper 4 x 8m	Chest Push 1kg	Vertical Jump	Shuttle Run 10 x 10m	Soft or Bull Nosed Javelin	Standing Triple Jump	Points
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	secs	mtrs	no.	no.	secs	mtrs	cms	secs	mtrs	mtrs	
40	31	1.60	42	14	15.7	5.75	36	30.5	-	4.95	40
39	30	1.58	41	-	15.8	-	-	30.6	13	4.90	39
38	29	1.56	40	13	15.9	5.50	35	30.7	-	4.85	38
37	28	-	39	-	16.0	-	34	30.8	-	4.80	37
36	27	1.54	38	12	16.1	5.25	-	30.9	12	4.75	36
35	26	-	37	-	16.2	-	33	31.0	-	4.70	35
34	25	1.52	36	-	16.3	-	32	31.1	-	4.65	34
33	24	-	35	11	16.4	5.00	-	31.2	11	4.60	33
32	23	1.50	34	-	16.5	-	31	31.4	-	4.55	32
31	22	-	33	-	16.6	4.75	30	31.6	-	4.51	31
30	21	1.48	32	10	16.7	-	29	31.8	10	4.47	30
29	20	-	31	-	16.8	-	-	32.0	-	4.44	29
28	19	1.46	30	-	17.0	4.50	28	32.2	-	4.40	28
27	18	-	29	9	17.2	-	27	32.4	9	4.37	27
26	17	1.44	28	-	17.4	-	26	32.6	-	4.34	26
25	-	-	27	-	17.6	4.25	-	32.8	-	4.31	25
24	16	1.42	26	8	17.9	-	25	33.0	8	4.27	24
23	-	1.40	-	-	18.2	-	24	33.3	-	4.22	23
22	15	1.38	25	-	18.5	4.00	23	33.6	-	4.17	22
21	-	1.36	24	7	18.8	-	-	34.0	-	4.10	21
20	14	1.34	23	-	19.1	-	22	34.4	7	4.05	20
19	-	1.32	22	-	19.4	3.75	-	34.8	-	4.00	19
18	13	1.30	-	6	19.8	-	21	35.2	-	3.93	18
17	-	1.28	21	-	20.2	-	-	35.6	-	3.87	17
16	12	1.26	20	-	20.6	3.50	20	36.0	6	3.80	16
15	-	1.24	19	5	21.0	-	19	36.5	-	3.75	15
14	11	1.22	18	-	21.5	-	18	37.0	-	3.68	14
13	-	1.20	17	-	22.0	3.25	17	37.5	-	3.62	13
12	10	1.18	16	4	22.5	-	16	38.2	5	3.56	12
11	9	1.16	15	-	23.0	-	15	38.9	-	3.50	11
10	8	1.14	14	-	23.5	3.00	14	39.5	-	3.40	10
9	7	1.12	13	3	24.0	-	13	40.0	-	3.35	9
8	6	1.10	12	-	24.5	2.75	12	41.0	4	3.30	8
7	5	1.05	11	-	25.0	-	11	42.0	-	3.15	7
6	-	1.00	10	2	25.5	2.50	10	43.0	-	3.05	6
5	4	0.90	9	-	26.0	-	9	44.0	-	2.70	5
4	-	0.80	8	-	26.5	2.00	8	45.0	3	2.40	4
3	3	0.70	6	1	27.0	-	7	46.0	-	2.10	3
2	-	0.50	4	-	28.0	-	6	48.0	-	1.80	2
1	2	0.30	3	-	30.0	1.50	4	50.0	2	1.50	1



# SECTION 5 AGILITY CHALLENGE

## IFTA POINTS TABLE

## BOYS SHEET 1A

Points	Balance Test 4 x 15 secs	St Long Jump	Speed Bounce 20 secs	Target Throw	Hi-Stepper 4 x 8m	Chest Push 1kg	Vertical Jump	Shuttle Run 10 x 10m	Soft or Bull Nosed Javelin	Standing Triple Jump	Points
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If your score goes off the table points are awarded as follows:

increments	n/a	2cm	1 no.	n/a	0.1 Sec	25cms	1cm	0.1 Sec	1 mtrs	6cm	increments
Points	n/a	1	1	n/a	2	2	1	1	2	1	Points
	secs	mtrs	no.	no.	secs	mtrs	cms	secs	mtrs	mtrs	
80	-	2.65	73	-	11.2	12.50	70	23.0	38	8.17	80
79	-	2.62	72	-	11.3	-	69	23.1	-	8.13	79
78	-	2.59	71	-	11.4	12.25	68	23.2	37	8.08	78
77	-	2.56	70	-	11.5	-	67	23.3	36	8.03	77
76	-	2.53	69	-	11.6	12.00	66	23.4	-	7.79	76
75	-	2.50	68	40	11.7	-	65	23.5	35	7.90	75
74	-	2.48	67	39	11.8	11.75	64	23.7	34	7.82	74
73	-	2.46	66	-	12.0	-	63	23.8	-	7.74	73
72	-	2.44	65	38	12.1	11.50	62	23.9	33	7.66	72
71	60	2.42	64	37	12.2	-	61	24.0	32	7.58	71
70	-	2.40	63	-	12.3	11.25	-	24.2	-	7.50	70
69	59	2.38	62	36	12.4	-	60	24.4	31	7.42	69
68	-	2.36	61	35	12.5	11.00	59	24.5	30	7.34	68
67	58	2.34	60	-	12.6	-	58	24.6	-	7.26	67
66	57	2.32	59	34	12.7	10.75	57	24.7	29	7.18	66
65	56	2.30	58	33	12.8	-	56	24.9	-	7.10	65
64	55	2.28	57	-	13.0	10.50	55	25.0	28	7.02	64
63	54	2.26	-	32	13.1	-	-	25.1	-	6.94	63
62	53	2.24	56	31	13.2	10.25	54	25.2	27	6.86	62
61	52	2.22	55	-	13.3	10.00	53	25.3	-	6.78	61
60	51	2.20	-	30	13.4	-	-	25.4	26	6.70	60
59	50	2.17	54	-	13.5	9.75	52	25.5	-	6.62	59
58	49	2.14	53	29	13.6	9.50	51	25.6	25	6.54	58
57	48	2.11	-	-	13.7	-	-	25.7	-	6.46	57
56	47	2.08	52	28	13.8	9.25	50	25.8	24	6.38	56
55	46	2.04	51	-	14.0	9.00	49	26.0	-	6.30	55
54	45	2.01	-	27	14.1	-	48	26.3	23	6.22	54
53	44	1.99	50	-	14.2	8.75	47	26.6	-	6.14	53
52	43	1.96	-	26	14.3	8.50	46	26.8	22	6.06	52
51	42	1.93	49	25	14.4	-	45	27.0	-	6.00	51
50	41	1.90	-	24	14.5	8.25	44	27.3	21	5.94	50
49	40	1.88	48	23	14.6	8.00	43	27.6	-	5.87	49
48	39	1.85	-	22	14.7	-	42	28.0	20	5.80	48
47	38	1.82	47	21	14.8	7.75	41	28.3	-	5.74	47
46	37	1.80	-	20	15.0	7.50	40	28.6	19	5.66	46
45	36	1.77	46	19	15.1	7.25	-	29.0	-	5.60	45
44	35	1.74	-	18	15.2	7.00	39	29.3	18	5.54	44
43	34	1.70	45	17	15.3	-	38	29.6	-	5.46	43
42	33	1.68	44	16	15.4	6.75	-	29.8	17	5.38	42
41	32	1.66	43	15	15.5	6.50	37	30.0	-	5.30	41

# AGILITY CHALLENGE SECTION 5

## IFTA POINTS TABLE

## BOYS SHEET 1B

Points	Balance Test 4 x 15 secs	St Long Jump	Speed Bounce 20 secs	Target Throw	Hi-Stepper 4 x 8m	Chest Push 1kg	Vertical Jump	Shuttle Run 10 x 10m	Soft or Bull Nosed Javelin	Standing Triple Jump	Points
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	secs	mtrs	no.	no.	secs	mtrs	cms	secs	mtrs	mtrs	
40	31	1.64	42	14	15.7	-	36	30.2	16	5.22	40
39	30	1.61	41	-	15.8	6.25	-	30.4	-	5.15	39
38	29	1.59	40	13	15.9	6.00	35	30.5	15	5.07	38
37	28	-	39	-	16.0	-	34	30.7	-	5.00	37
36	27	1.56	38	12	16.1	5.75	-	30.8	14	4.94	36
35	26	-	37	-	16.2	-	33	30.9	-	4.88	35
34	25	1.54	36	-	16.3	5.50	32	31.0	13	4.82	34
33	24	-	35	11	16.4	-	-	31.1	-	4.76	33
32	23	1.52	34	-	16.5	5.25	31	31.3	-	4.70	32
31	22	-	33	-	16.6	-	30	31.5	12	4.64	31
30	21	1.50	32	10	16.7	5.00	29	31.8	-	4.58	30
29	20	-	31	-	16.8	-	-	32.0	-	4.52	29
28	19	1.48	30	-	17.0	-	28	32.2	11	4.48	28
27	18	1.46	29	9	17.2	4.75	27	32.4	-	4.44	27
26	17	1.44	28	-	17.4	-	26	32.6	-	4.40	26
25	-	1.43	27	-	17.6	-	-	32.8	10	4.36	25
24	16	1.42	26	8	17.9	4.50	25	33.0	-	4.32	24
23	-	1.40	-	-	18.2	-	24	33.3	-	4.28	23
22	15	1.38	25	-	18.5	4.25	23	33.6	9	4.24	22
21	-	1.36	24	7	18.8	-	-	34.0	-	4.20	21
20	14	1.34	23	-	19.1	-	22	34.4	-	4.16	20
19	-	1.32	22	-	19.4	4.00	-	34.8	8	4.12	19
18	13	1.30	-	6	19.8	-	21	35.2	-	4.08	18
17	-	1.28	21	-	20.2	3.75	-	35.6	-	4.04	17
16	12	1.26	20	-	20.6	-	20	36.0	7	4.00	16
15	-	1.24	19	5	21.0	3.50	19	36.5	-	3.92	15
14	11	1.22	18	-	21.5	-	18	37.0	-	3.84	14
13	-	1.20	17	-	22.0	-	17	37.5	6	3.76	13
12	10	1.18	16	4	22.5	3.25	16	38.2	-	3.68	12
11	9	1.16	15	-	23.0	-	15	38.9	-	3.60	11
10	8	1.14	14	-	23.5	3.00	14	39.5	5	3.50	10
9	7	1.12	13	3	24.0	-	13	40.0	-	3.40	9
8	6	1.10	12	-	24.5	2.75	12	41.0	-	3.30	8
7	5	1.05	11	-	25.0	-	11	42.0	4	3.17	7
6	-	1.00	10	2	25.5	2.50	10	43.0	-	3.05	6
5	4	0.90	9	-	26.0	-	9	44.0	-	2.70	5
4	-	0.80	8	-	26.5	2.00	8	45.0	3	2.40	4
3	3	0.70	6	1	27.0	-	7	46.0	-	2.10	3
2	-	0.50	4	-	28.0	-	6	48.0	-	1.80	2
1	2	0.30	3	-	30.0	1.50	4	50.0	2	1.50	1