



Athletics

Primary Quad Kids

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Important Contacts:

Quad Kids Coordinator:

Alison Croad, alison@quadkids.org

Competition Managers:

Daniel Murphy, dmurphy@st-edmunds.eu

Laura Gibb, lauragibbcm@live.co.uk

How to organise a quad kids athletics competition



| SPORT – QUAD KIDS ATHLETICS | |
|---|---|
| ELIGIBILITY | |
| Age Group | <p>School Years: 5 & 6</p> <p>This event is aimed at year 5 and 6 students. Year 4 students are able to participate at the discretion of the Team Manager.</p> |
| Eligibility | <p>Only school teams can enter the competition (not representative school teams).</p> <p>Established Club Teams are NOT eligible.</p> |
| TEAM REQUIREMENTS | |
| Team size on the day | 8 pupils - 4 boys and 4 girls |
| Squad size on the day | It is possible for squads of 10 to participate but only the top 4 scores for boys and girls will be counted. |
| EVENT FORMAT & RULES | |
| Event to be played to the Quad Kids Handbook | <p>The competition will be played to the Quad Kids Manual.</p> <p>Events: 75m, 600m, Vortex Howler, Standing Long Jump</p> <p>Times: All times recorded to the nearest 0.1 sec</p> |
| Format of competition | <p>Scoring: Each athlete is scored against standard tables for each event.</p> <p>75m: Straight line run, run on grass, tarmac or track. Max. 8 runners per race.</p> <p>600m: Preferably 1.5 laps of a 400m track. Max. 25 runners per race.</p> <p>Vortex Howler: 3 consecutive throws, grass area approx. 50m long, throwing behind a marked line, stepping over the line is a foul throw, the longest throw is recorded.</p> <p>Standing Long Jump: 2 footed jump from a standing start, a mat or pit can be used or grass (soft) surface, 3 jumps (does not have to be consecutive), stepping over the start line is a foul jump, the longest jump is recorded, measurement from the start line to the rearmost point of contact made by the feet or hands.</p> |

How to organise a quad kids athletics competition (cont.)



| | |
|---|---|
| Event Variations | A relay (8 x 50m / 4 x 100m (2 boys and 2 girls)) and can be used with the scoring template. This is to be completed after all other events have finished. |
| Sequence of Events | <ol style="list-style-type: none"> 1. Throw, Standing Long Jump & 600m Run (All run consequentially) 2. Sprint (Run after the above) |
| Athletes | Each athlete must wear a number on the front and back of their top. An athlete number template can be found on page 6. The template is designed to be used with sheets of 8 labels per sheet. |
| Team/player no show rules during competition | Late arrivals will forfeit the scores of any events that they have missed because of their late arrival. Only in exceptional circumstances will this rule be overturned by the tournament organiser. |
| Event Management | <p>Recommendations of Volunteers/Sports Leaders/Staff to run the events (based on 300 athletes. Less volunteers needed for less athletes):</p> <p>75m: 1 starter, 8 timers, 1 recorder Vortex Howler: 3 start judge, 3 measurer, 3 recorder 600m: 1 starter, 3-6 timers, 1 recorder Jump: 3 start judge, 3 measurer/scorer</p> <p>Total: 30 – 35 helpers</p> |
| Scoring | The Quad Kids scoring template should be used for all events. Please contact info@quadkids.org to access this excel spreadsheet. |
| Infringement of code of conduct | It is the responsibility of team managers to ensure all competitors behave in an appropriate manner based on good sportsmanship and fair play. Bad behaviour may result in disqualification. |
| Grievance procedures | If these relate to the sport specific tournament they must be made to the Tournament Organiser. |
| Timescale for Competition | <p>May-End of June: Cluster and Partnership competitions</p> <p>First Thursday in July: County Finals, Tidworth Athletics Stadium</p> |

Entry Form

Y5/6 Quad Kids Competition



Competition Information

Organisers Name:

Organisers Contact Telephone:

Organisers Contact Email:

Competition Round (cluster/partnership/county final):

Date:

Venue:

Start Time: Finish Time:

*Entry**

School Name.....

Teacher I/C.....

Phone contact.....

E-mail contact.....

We may be interested in entering a second team if space allows: Y / N

Closing date for entries:

* Please complete team declaration form and attach with entry form

TEAM / SCHOOL DECLARATION SHEET

| | |
|-------------|--|
| School Name | |
|-------------|--|

| Event Date | | Venue | | |
|------------|-----|----------------|----------------------------|--|
| Name | Sex | Photo Opt-out? | Notes / Medical Conditions | |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |

PLEASE NOTE: TEAMS MUST BE MADE OF A MINIMUM OF 8 PUPILS
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1

2

2

3

3

4

4



Athletics Leaders Award

Age requirements: 14 years or older.

Time requirements: 8 hour course including assessment.

Course description: An introduction to delivering athletics to 8 – 13 year olds using sportshall athletic equipment.

Delivery Requirements (i.e. Who can deliver the course and what qualifications / training do they need?) UK Athletics accredited Tutor.

Resources produced / required for delivery: Candidates will receive a pacesetter manual on completion of the course.

What does the young person obtain? (e.g. certificate) A UK Athletics coaches pass and license. Insurance to assist in the delivery of athletics sessions to 8 - 13 year olds.

What is the most appropriate next step in terms of obtaining further awards? By combining the CiA module with a UKA Level 1 coaching award, the young person will then be qualified and insured to lead coaching sessions for this age group. Candidates can then progress to our Level 2 coaching award and event specific modules.

Does the award have to be renewed after a certain period? All UKA coaches pass and licenses need to be renewed by gaining credits on a 2 year cycle.

Cost details £50 per candidate, (including facility hire, tutor fees and resources).

Contact details for those interested in putting on a course: Contact Stuart Attwell at UK Athletics on 0870 9987412, email sattwell@ukathletics.org.uk or visit www.ukathletics.net

Quadkids Training

Age requirements: 14 years or older.

Time requirements: 2 hours.

Course description: An introduction to delivering quadkids including using the scoring spreadsheet.

Cost: Free

Contact details for those interested in putting on a course: Contact Alison Croad at Quadkids, email Alison@quadkids.org