

**Agnes Water**

**State School**



**Athletics Guidelines**

# Mission Statement

At Agnes Water State School we aim to provide a full Athletics program to all students.

Students will engage in Athletics training in Track and Field events during Physical Education lessons leading up to the 2 days of carnivals.

Students will be given specific instruction on the safe and efficient way to perform all disciplines within our athletics programs. They will also be given time to practice and develop their skills within these disciplines.

Our 2 days of Athletics Carnivals are set out for maximum participation, enjoyment, building a sense of team spirit and providing opportunities to represent the school at a higher level.

The following information is a guide to all events and protocols that will be followed for the Athletics days. Of course each year changes and adjustments may need to be made to ensure the smooth running of these days and that the students at our school have the opportunity to enjoy and compete safely.

Yours in sport

Stuart Lane

HPE Teacher

Agnes Water State School

## **Field Events Day**

- All field events will be held on this day. Dependent on participants, additional events may be held over until the Track Event Day.
- 800 metres will be held on this day.
- 200 metre heats will be held on this day.

## **Track Events Day**

- Annual March Past will be held on this day to open the day.
- All sprint heats and finals will be held on this day.
- 200 metre finals will be held on this day.
- Ball games will be held on this day.
- Relays will be held on this day.
- Presentation on Trophies and Age Champions will occur on this day.

## **60, 80,100 sprints**

- 60 metres – 5 and 6 Years
- 80 metres – 7, 8, 9 Years
- 100 metres – 10, 11, 12 Years

## **200,800 Metres**

### 200 metres

- For ages 10, 11, 12 years.
- All competitors are to remain in given lane for the entire race.
- Heats will occur on Field events day and finals will be held on Track Events day.
- 200 metre start line is on the far side of the oval with a normal finish.
- Staggered start.

### 800 metres

- Competitors start on an angled line.
- After 60 metres all competitors merge to the inside lane.
- 2 and a half laps to be completed.
- A bell will sound when competitors have one lap to go.
- 800 metre start line is on the far side of the oval.

## **March Past**

- The annual March Past will open the Track Athletics day.
- All competitors will march down the running track in their houses past spectators.
- Points will be awarded to the house that is neat, tidy and marching in lines.

## **Relays**

- Age specific Relays.
- Age specific relays are for points towards Relay trophy.
- Mixed relays to ensure every student has at least one relay.
- Mixed relays do not receive points towards relay trophy.
- Distances are the same as sprints – 60 metre – 5 and 6 Years, 80 metre – 7, 8 and 9 Years, 100 metre – 10, 11 and 12 Years.
- All age relay - If time permits an all age relay will be held. See attached for more details on all age relay. Points will contribute to relay trophy.
- Parent/Teacher/Student relays – If time permits mixed parent/teacher/student relays will be held. No points are given for this event.

## **Ball Games**

- Year levelled ball games. Prep, Year ½, Year 3/4, Year 5/6.
- Ensure all students participate in at least one ball game.
- Multiple year levels may race simultaneously.
- Students can be drawn from the year level below if there are insufficient competitors only.

## **Ribbons**

- Participation ribbons are awarded to every student from Prep to Year 3 who participate in the track events.
- 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place ribbons will be awarded to all participants in sprint finals, mid distance finals, ball games, relays and field events.

## **Age Champion Trophies**

- Age champions are eligible for 10, 11 and 12 years competitors.

## **Overall Trophies**

- Overall Trophy – Total points over the 2 days
- Relays Trophy – Highest points for relays.
- Ballgames Trophy – Highest points for ballgames

## **Representative Selection and Qualifying**

- Competitors aged 10, 11, 12 years are eligible for representative selection.
- 9 years competitors are eligible however may not be selected for all events.
- Competitors must meet qualification times/distances/ heights to be eligible for selection.
- Students will receive correspondence from the school if they have been selected in the Agnes Water State School team.
- This selection process will occur after the Athletics days.
- Students who have not followed the AWSS Code of Conduct will be ineligible for selection.

## High Jump

Before the commencement of the competition, the Judges shall announce to the competitors the commencing heights and the different heights to which the bar will be raised at the end of each round. If the High Jump Referee (qualified Level One Coach) decides that the style is not safe, due to either technique inconsistencies or standard of available facilities, the competitor must withdraw from the competition.

### Starting Heights

AGE	BOYS	GIRLS
7 Years	55 cm	50 cm
8 Years	70 cm	60 cm
9 Years	80 cm	70 cm
10 Years	90 cm	80 cm
11 Years	100 cm	90 cm
12 Years	105 cm	95 cm

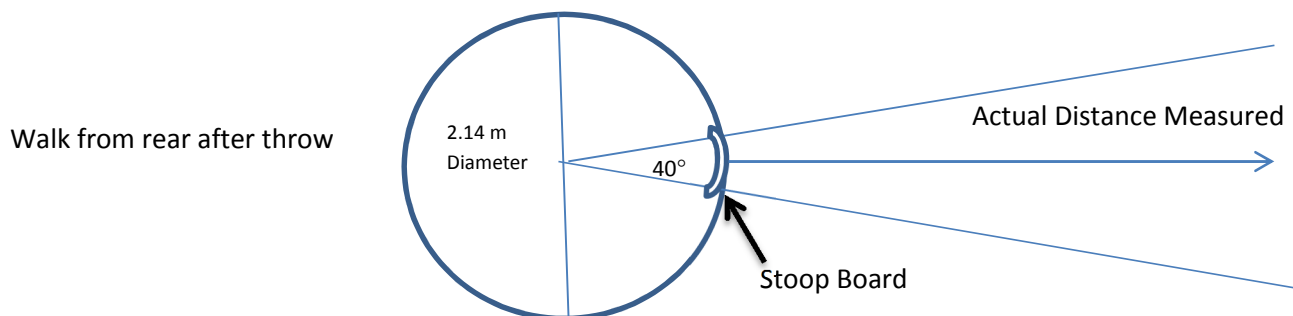
1. Rises – 5cm, 5cm and 3cm thereafter. Height of jump is measured from the centre of the bar. Each end of the bar may be measured to establish level.
2. A competitor is allowed three attempts at any one height, and must not be restricted in his run by poor ground lay-out or by other competitors.
3. Failure in all three attempts eliminates the competitor.
4. If a competitor passes the plane of the uprights or touches any of the equipment but does not jump, it is classified as a jump.
5. If a competitor baulks twice consecutively it is also classed as a jump.
6. When all competitors but one are eliminated, the winner is allowed to continue if he wishes and try to create a new record. In this case the bar must be raised at intervals of 3cm or multiples of 3cm as indicated by the competitor.
7. In the event of a tie, a count-back will be used. The competitor awarded the height placing will be decided in the following order:
  - The one with the lease number of jumps at the height at which the tie occurs shall be declared the winner.
  - The competitor with the lowest amount of failure throughout the competition, up to and including the last eight shall be declared the winner.
  - If it concerns first place, competitors shall have one more jump at the height they failed. If no decision is reached, the bar shall be raised or lowered 2cm. They shall then attempt one more jump at each height until the tie is resolved. Competitors tying must jump on each occasion when resolving the tie.
  - If it concerns any other place: competitors shall be awarded the same place in the competition.
  - If there is a shortage of time, a tie for first will have to be awarded
8. A competitor may commence at any height above the minimum height and may jump at his/her own discretion at any subsequent height.
9. The bar supports should face the opposite upright so that the bar will fall easily to the ground if dislodge.
10. It is to the judge's discretion as to whether a jump is successful if the bar falls. i.e. whether the jumper or other factors caused the bar to fall.

## Long Jump

1. Take-off board shall be 25cm wide and at least 95cm long set in the ground.
2. No part of the jumping foot may protrude over the front edge of the board.
3. The distance of the jump shall be determined from the front of the board nearest the pit, to the nearest point where any part of the body touches the pit.
4. Each competitor is allowed three (3) jumps and must not be restricted in his approach run by poor ground lay-out or by other competitors standing in the way.
5. Should the competitor pass over the jumping board regardless of whether he jumps, an attempt is counted.
6. Each pit shall have 3 officials – 2 measure, one of who records and a 'judge' to call faults.
7. In the event of a tie, the second best jump counts.

## DISCUS

1. All competitors must wear shoes.
2. The throw is made from a circle of 2.14m in diameter (due to standing throw). In the middle of the circumference of the circle at the front is a stoop board whose measurements are 1.22m (on the inside circumference), 11cm wide and 11cm high. The sector within which all throws must fall is indicated by radii of the circle making an angle of 40°.
3. The competitor walks into the circle, starts from a stationary position and throws the discus to land within the sector, then leaves the circle by walking from the rear half after the discus has landed. While in the circle the competitor must not touch any part of the circumference markings of the circle, the top of the stop board, or the ground outside the circle with any part of his body.
4. The discus must be thrown from a standing position (no rotation spin) due to the fact that no schools have safety cages. You may grip the discus in any way you like.
5. Student awaiting their throw should be seated at least 5m from the discus circle.
6. The use of numbered markers to signify longest throws may be used to speed up competition.
7. In competition events, each competitor has three throws. Placings are then decided according to the best throw of each competitor.
8. Measurement is taken from the nearest edge of the stop board, to the inside edge of the white perimeter (stopping board); the tape should continue through the circle's centre. Measurement must be read at the board, **not** the impact print.
9. The discus must land so that the point of impact is within the inner edges of the lines marking the sector of 40°.
10. No device of any kind – e.g. the tapping of fingers – which in any way assists a competitor when making a throw shall be allowed.
11. The discus must be returned safely to the starting position by hand (not thrown) – it is envisaged that responsible children may assist in this area.



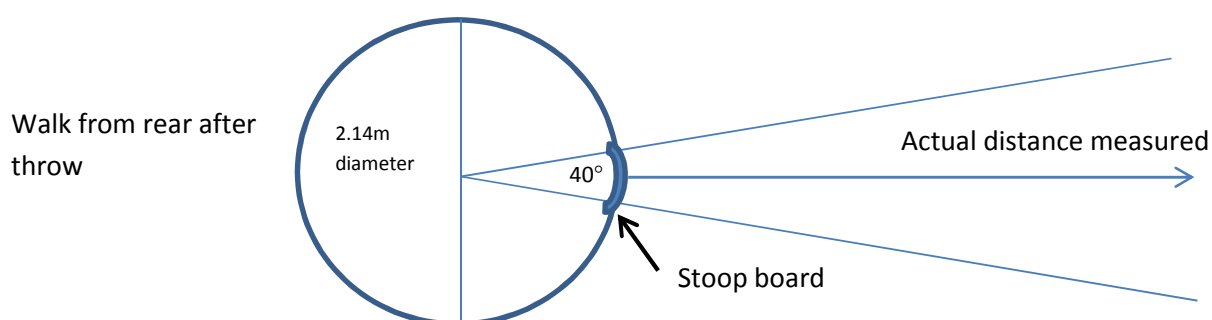
AGE	WEIGHTS
5 Years	350 g
6 Years	350 g
7 Years	350 g
8 Years	350 g
9 Years	500 g
10 Years	500 g
11 Years	750 g
12 Years	750 g

## SHOT PUT

1. All competitors must wear shoes.
2. The put is made from a circle of 2:14m in diameter. In the middle of the circumference of the circle at the front is a stop board whose measurements are 1.22m (on the inside circumference), 11cm wide and 11cm high. The sector within which all puts must fall in indicated by radii of the circle making an angle of 40°.
3. The competitor walks into the circle, put the shot to land within the sector, then leaves the circle by walking from the rear half after the shot has landed. While in the circle the competitor must not touch any part of the circumference markings of the circle, the top of the stop board, or the ground outside the circle with any part of his body.
4. The shot must be put from the shoulder with one hand only and must not at any stage of its flight move or drop behind the line of the shoulders. The shot is held at the base of the fingers and against the neck.
5. Infringement of any of these rules is a foul. The foul counts as an attempt and is not measured.
6. The use of numbered markers to signify longest throws may be used to speed up competition.
7. In competition events, each competitor has three throws. Placings are then decided according to the best throw of each competitor.
8. Measurement is taken from the nearest edge of the land mark, to the inside edge of the white perimeter (stopping board); the tape should continue through the circle's centre. Measurement must be read at the board, **not** the impact print.
9. The shot must land so that the point of impact is within the inner edges of the lines marking the sector of 40°.
10. No device of any kind – e.g. the tapping of fingers – which in any way assists a competitor when making a put, shall be allowed.
11. The shot must be returned safely to the starting position by hand (not thrown) – it is envisaged that responsible children may assist in this area.

NOTE – There is a clear distinction between drawing the shot away from the neck to gain extra leverage (this is normally associated with a lowering of the shot and elbow) and moving the head to the left as the driving position is reached. The latter does NOT constitute a foul and competitors should not be penalised for turning the head out of the line of the shot before it is released. It must be a push, not a throw.

Students awaiting their throw should be seated at least 5m back from the Shot Put Circle.



AGE	WEIGHTS
5 Years	180 g Black/Silver dot
6 Years	180 g Black/Silver dot
7 Years	180 g Black/Silver dot
8 Years	1 Kg Silver
9 Years	1.5 Kg Black
10 Years	2 kg
11 Years	2 kg
12 Years	3 Kg



## LEADER BALL

1. Team to consist of 7 players. . If not enough competitors are available ensure all teams have an even amount of players.
2. The circle must be 1 metre in diameter, centre of circle being 2 metres from the first line, lines being 1 metre apart.
3. The leader stands in the circle, facing the remaining players who stand directly behind one another, front foot toeing the cross marks provided until the ball is received.
4. Start – Ball must be on the ground in the circle; the leader's body must be vertical with arms raised over the head and legs straight; one whistle blast for ready; Gun for go.
5. The leader throws the ball to the first player who catches it and turns to his left and runs down the left side of the team, around the end player, up the right hand side of the team, around the leader, and back to his place. The players throws the ball back to the leader and crouches in place on the cross line. The ball may be thrown only after the player toes the cross line or centre line behind cross.
6. The leader throws to each player in turn, each player running the same course. When all players have run, the leader runs to the tape 15 metres from the centre of the circle.
7. Leader and end player must stand erect with heels on the ground, when other players are passing around.
8. Leader must have both feet in the circle when the ball is thrown.
9. Each player must have forward foot on the mark to receive the ball.
10. Last player must toe the line with forward foot, and must turn to the left before running forward.
11. Players must not touch with hand, or swing around end player or leader.
12. Only the player losing the ball on the pass must retrieve it, and return to position before continuing the game.
13. A fully inflated ball, with circumference 62cm to 70cm must be used.
14. A player retrieving a stray ball from their team must not interfere with another team or they will be disqualified.

NB The leader must have both feet inside the circle when receiving the pass. Should the leader have to leave the circle to retrieve the ball, he must return both feet inside the circle before making the next pass or running to the finish line.

# TUNNEL BALL

1. Team to consist of 10 players. If not enough competitors are available ensure all teams have an even amount of players.
2. Lines to be one metre apart with 2.5 metres between each team. Teams to line up with each player directly behind the player in front, such position to be maintained throughout.
3. Start procedure: 1<sup>st</sup> whistle – fee astride jump, straddling centre line; 2<sup>nd</sup> whistle – ball held at arm's length above leader's head, body vertical; commence tunnelling, WHEN GUN IS FIRED.
4. The ball is passed through tunnel to end player, who runs up the right side of the team, takes up position on or across cross line before continuing, then takes upright position as in 3.
5. Players must play on cross lines and not shorten the distance between one player and the next.
6. Players must have at least part of both feet in contact with the ground and astride the centre line when the ball passes through their legs.
7. Should the ball leave the tunnel, only the player who is next to continue tunnelling must retrieve the ball, and return to his proper place in line before continuing play.
8. Player collecting ball at the end of the line must have both feet on or behind the line when he collects the ball.
9. When the original leader runs to the front, he will continue 15 metres to the tape.
10. A tunnel ball equivalent to the current issue for primary school must be used.
11. A player retrieving a stray ball from his team must not interfere with another team or his team will be disqualified.

# Agnes Water State School Sports CODE OF CONDUCT

## (Students, Parents & Spectators)

The following code of conduct highlights the level of expected behaviour of students, parents and spectators when participating in / attending Agnes Water State School sporting events. Consequences for not honouring this code of conduct are listed below. Please ensure that you have read and understand this code prior to participating in / attending Agnes Water State School sporting events. Please be aware that ignorance of the contents of this Code will not be accepted as an excuse for any breach.

## **EXPECTATIONS OF STUDENT PARTICIPANTS**

### As a team member

- Take responsibility for your own behaviour and performance.
- Compete by the competition conditions and rules.
- Never argue with the Judge's, Referee's or Umpire's decision.
- Control your temper – no criticism by word or gesture.
- Work equally hard for yourself and your team – your team's performance will benefit and so will your own.
- Be a good sport. Encourage and support your own team members.
- Show respect for yourself, your team mates, officials, your opponents and their skills.
- Behave in a manner that respects the rights of others
- Stay in the designated team area and support other team members during times when you are not competing.

### Consequences for breaches of this code by students

Teachers may deal immediately with any breaches of this code by imposing appropriate consequences, including not playing remaining fixtures/events or activities and notification of parents.

The Principal is responsible for imposing any longer term consequences to your future participation in events.

Students may be notified orally or in writing of a temporary ban from participating or attending sporting fixtures until formal processes are conducted by the Principal to determine complaints under this Code. Students will be afforded natural justice in respect of breaches of this code.

# **EXPECTATIONS OF PARENTS AND SPECTATORS'**

## Parents Code of Conduct

- Cooperate with the school to achieve the best outcomes for your child
- Support team and event officials in maintaining a safe and respectful learning environment for all students
- Maintain positive relationships with team officials regarding your child's learning, wellbeing and behaviour
- Encourage participation by your children.
- Provide a model of good sportsmanship for your child to copy.
- Be courteous and constructive in your communication with players, team officials, game officials and sport administrators.
- Encourage honest effort, skilled performance and team loyalty.
- Make any new parents feel welcome on all occasions.
- Do not interfere with the conduct of any events.
- Support School Sport Australia's policy of a smoke and alcohol free environment.

## Spectators' Code of Conduct

- Demonstrate appropriate social behaviour at Agnes Water State School events.
- Remember children play for enjoyment, please don't let your behaviour detract from their enjoyment.
- Let game officials conduct events without interference.
- Support skilled performances and team play with generous applause.
- Demonstrate respect for opposing players and their supporters.
- Support our policy of a smoke and alcohol free environment

## Consequences for breaches of this code by parents / spectators

Team managers and event organisers may deal immediately with any breaches of this code by warning offenders about their conduct, asking offenders to leave venues, and calling police to intervene where necessary. The Principal is responsible for imposing any longer term consequences such as written warnings, or barring attendance at future events for a period or indefinitely.

Parents and spectators may be notified orally or in writing of a temporary ban from attending sporting events until formal processes are conducted by the Principal to determine complaints under this Code.

Parents and spectators will be afforded natural justice in respect of breaches of this code.

Parents and spectators should note that it is an offence to insult (meaning "to treat insolently or with contemptuous rudeness, to abuse") an officer of a state educational institution in the presence or hearing of students – s.333(2)(b) Wilful Disturbance, of the Education (General Provisions) Act 2006 (EGPA). Breaches of this section of the EGPA may result in a complaint being made to police.

## Agnes Water State School Sport

### HYDRATION GUIDELINES

#### DRINK WATER – DRINK FLUIDS – DRINK WATER – DRINK FLUIDS

#### Introduction

Agnes Water State School Sport programs provide both sporting and educational opportunities for students. The purpose of these guidelines is to ensure that students become aware of the benefits of proper hydration practices before, during and after physical activity.

It is essential therefore that all staff at Agnes Water State School ensures that students are not placed at risk and are properly hydrated before participating in physical activity.

#### Key Messages

The following messages should be used to help convey the benefits of proper hydration.

- THIRST IS A POOR INDICATOR OF FLUID NEED
- HYDRATE BEFORE, DURING AND AFTER PLAY

#### Suggested Procedures

The following procedures are suggested for all Queensland School Sport events:

- Agnes Water State School will ensure that water is available at all venues at all times and if necessary, water carriers will be provided during matches.
- Other fluids which may be used include diluted sports drinks, diluted cordial and diluted fruit juices. **Carbonated drinks should not be used.**
- The procedures to be followed for providing fluid to students during competition should be clearly identified at pre-event meetings.
- Sports which do not have appropriate scheduled re-hydration strategies (eg drinks breaks) should implement strategies for allowing fluid to be provided to participants during matches.
- Scheduled breaks in matches should be used to actively promote the benefits of hydration to participants.
- Where possible, team management should actively promote the use of interchange rules as a tool to prevent dehydration.
- Participating teams may designate their own water carriers. These may be adults but cannot be the team coach.
- No water carrier is to engage in the coaching of individuals or the team whilst on the field of play.
- During matches, these should be located immediately next to the playing area to enable players to help themselves (at appropriate times) during matches.

**REMEMBER – DRINK UNTIL YOUR URINE IS CLEAR!!**