



Rules and Guidance Notes

Sportshall Parallel

www.sportshall.org

Competition Rules Overview

Sportshall Parallel Competition

The Sportshall Parallel Team Challenge provides athletes of all abilities with the opportunity to take part in a series of activities in a fun team based competition format. Each Athlete completes each event and receives their own individual National Governing Body Award Level based on the suggested adaptations and their Athlete Grouping.

This document outlines the rules of each event, provides guidance notes for officials and also includes details of our recommended adaptations to ensure every athlete can take part.

The adaptations outlined throughout this document are provided for when the equipment or event itself is altered. Some athletes may be able to complete the standard activity but may need the activity broken down into stages or demonstrated more than once. The adaptations provided are suggested and should an athlete need to amend the adaptation further we would always advise to do so. Further adaptations can be found in our full adaptation resource online.

Principles

Whilst providing a competitive platform for young athletes to develop it is important that the focus of the competition remains on having fun. Sportshall competitions emphasise team participation rather than individual success. Athletics rules and techniques should be learned with support from officials - rather than just enforced at this level. Guidance should be offered to all children.

Recommendations

- Practice jumps and throws should be allowed.
- Athletes should take their trials in succession and not in rounds. This helps the child to master the technique.
- Athletes should all record at least one performance. Guidance should be offered to ensure this happens. *For example, if a child is struggling with an event, take them to one side and provide some coaching.*
- As ever in Sportshall, time will be limited and all efforts should be made to start events promptly and progress swiftly.
- Please remember you are dealing with young children and use appropriate language when explaining the events.

Athlete Groupings

1. Power Chair / Electric Wheelchair User
2. Manual Wheelchair User
3. Ambulant - Moderate Impairment
4. Ambulant - Minimal Impairment

Group	Description	Brief description of some athletes and impairments in this group	Additional Information
1	Power Chair User	Athlete with cerebral palsy - electric wheelchair user - quadriplegic - severe to moderate involvement in all four limbs	
2	Manual Wheelchair user	Athlete with cerebral palsy Athlete with a spinal cord injury Quadraplegic and paraplegic athletes	All athletes in this group CANNOT run unaided They MAY be able to stand and walk with support and MIGHT not regularly use a wheelchair
3	Ambulant - moderate impairment	Athlete with cerebral palsy - Ataxic/Athetoid - affected in three or four limbs Athlete with cerebral palsy - Diplegic - functionally affected in both legs Athlete with a double above knee amputation Dwarf Athletes Blind and visually impaired athletes running with a guide	All athletes in this group CAN run unaided EXCEPT for blind and visually impaired athletes who need the support of a guide runner
4	Ambulant - minimal impairment	Athlete who is deaf or with a hearing impairment Athlete with a single or double arm amputation or physical impairment allowing similar movement Athlete with cerebral palsy - Hemiplegic - functionally affected on one side Athlete with single above knee amputation or physical impairment allowing similar movement Athlete with single or double below knee amputation or physical impairment allowing similar movement Athlete with a learning disability - IQ of 75 or less, limited social adaptation in day to day abilities and their learning disability must be evident during 0 - 18 years	All athletes in this group can run unaided

Taken from England Athletics Disability Competition Guidance Document

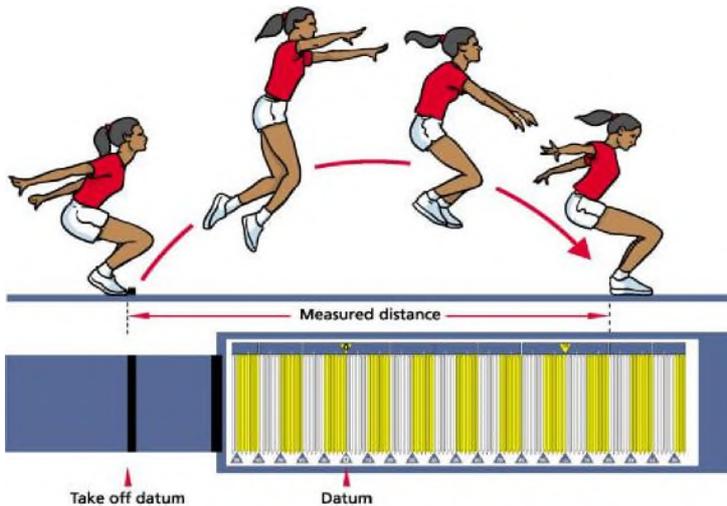
Suggested Event Adaptations

Group	Description	Standing Long Jump	Speed Bounce	Hi-Stepper	Chest Push	Target Throw	Javelin
1	Powerchair	4m tapered course with SP. At 0m the SP are 1.20m wide at 4m the SP are 50cm wide. Measured where bump into SP	Number of times you touch the SP in 20 seconds. SP 10cms either side of the front wheels.	4 x 8m Slalom. Cones placed centrally at 2, 4 and 6m.	Distance a size 4 football can be thrown/pushed/rolled.	Rainbow Target Throw.	Distance a Howler can be thrown/pushed.
2	Manual Wheelchair User	4m tapered course with SP. At 0m the SP are 1.20m wide at 4m the SP are 50cm wide. Measured where bump into SP	Number of times you touch the SP in 20 seconds. SP 10cms either side of the front wheels.	4 x 8m Slalom. Cones placed centrally at 2, 4 and 6m.	Distance a 1kg Med ball can be thrown / pushed.	Standard event. Start at 2m.	Distance a Howler/Mini Jav can be thrown.
3	Ambulant Moderate Impairment	Standard Event. Can jump from 0m if required.	Mini (10cm) wedge for 20 seconds	4 x 8m distance. Wedges 1, 4, 7 and 10 left on.	Distance a 1kg Med ball can be thrown / pushed.	Standard event.	Distance a Howler/Mini Jav can be thrown.
4	Ambulant Minimal Impairment	Standard Event. Can jump from 0m if required.	Standard Event.	Standard Event.	Distance a 1kg Med ball can be thrown / pushed.	Standard Event.	Standard Event.



STANDING LONG JUMP

This two-footed jump from a standing position is a test of co-ordination and leg strength. A special calibrated landing mat is used which enable jumps to be recorded easily.



Guidance Notes

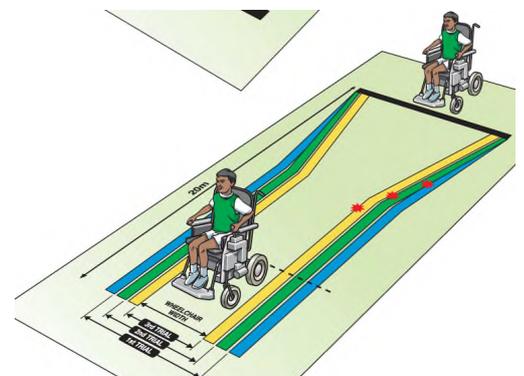
- It is recommended that three judges are used, one to watch the take off and two to observe the landing.
- Following each jump, the judges place a finger level with the spot they consider to be the shortest mark. In the event of a difference of opinion, the shorter of the two distances is recorded.
- Where a mat has two take off datum lines, an athlete may start from either mark. For those less familiar with the event, it is recommended that an under 11 athlete starts from the 1m datum line with an under 13 or under 15 athlete starting from the 2m datum line.

Rules

- The athlete must stand on the mat with both feet behind the take off datum line.
- Techniques involving a crouch or rocking motion prior to the jump are permitted provided that both feet are alongside each other and retain contact with the mat until the start of the jump.
- No part of the athlete must touch the mat in front of the start line prior to take off.
- The athlete should jump as far as possible from a standing position, with a two footed take off. One footed take offs are not permitted.
- The athlete must land on both feet, with both feet being placed on the mat. The measurement lines printed on the mat are for guidance only. If an athlete's foot lands outside the graduated area and the judges are able to measure the jump, it should be recorded as a good trial.
- The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.
- Measurement is taken from the take off line to the back of the closest heel on landing.

Adaptations

- Ambulant Athletes with restricted mobility (group 3) may wish to jump from the zero on the scale.
- Wheelchair users (Groups 1 and 2) work within a 4 metre tapered sleeping policemen course. At zero (the starting position) the sleeping policemen are spaced 1.20 metres apart. At 4 metres the sleeping policemen are spaced 0.5 metres apart.
- Manual Wheelchair users must push once and see how far they achieve before bumping into the sleeping policemen. The distance recorded is from zero to where the sleeping policemen is touched.
- Electric Wheelchair users must see how far they achieve before bumping into the sleeping policemen. The distance recorded is from zero to where the sleeping policemen is touched.



SPEED BOUNCE

Speed Bounce is an exciting test of speed, rhythm and coordination.



Guidance Notes

- A practice trial of between 5 and 10 bounces provides ideal opportunity to spot potential problems with technique.
- Judges should remind athletes of the rules prior to their trial starting making specific reference to the importance of retaining a two footed jump as identified in the second rule.
- At least two officials should count the “good” bounces. They should then liaise and agree on the number completed. It is **not** a fault if the wedge is clipped or brushed!
- A third official should monitor the stopwatch/clock and provide a verbal time check with 10 seconds remaining. They are also ideally placed to check technique.

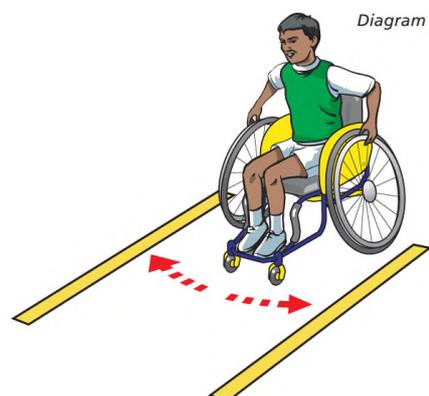
Judges and or other athletes may place a foot on the corner of the mat to prevent it slipping. The same support should be afforded to all athletes.

Rules

- Participants must wear suitable footwear. An athlete is not permitted to compete in bare feet.
- Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet – the athlete’s feet should leave the mat simultaneously and land on the mat simultaneously.
- The athlete should cross the wedge as many times as possible within the allocated time period as follows:
Under 11’s (years 5 & 6) – 20 seconds, Under 13’s and Under 15’s (years 7, 8, 9 & 10) – 30 seconds.
- Any athlete undertaking a trial and considered to be using an incorrect technique should be stopped. They should be offered an explanation as to the correct technique and permitted a fresh trial after an adequate period of rest.
- The number of “good” bounces should be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge.

Adaptations

- Athletes with restricted mobility (Group 3) should utilize a 10cm wedge.
- Wheelchair athletes (Groups 1 and 2) must see how many times in 20 seconds they can alternately touch sleeping policemen placed 10cm either side (or in front and behind) of the wheels. Each touch counts as one.
- Visually impaired groups may benefit from a black and white striped wedge tip.



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CHEST PUSH

A standing throw where the participant pushes a weighted ball from the chest.



Guidance Notes

- It is recommended that two judges are used, one to watch the throw and one to watch and record the landing.
- It is appropriate to use a waiting athlete to roll the ball back.

Rules

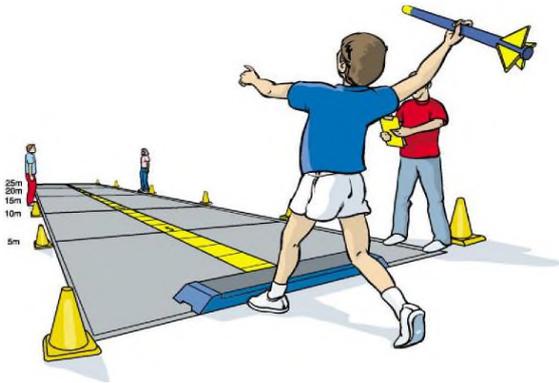
- The athlete holds the ball against their chest and pushes with both hands.
- The athlete's chest must face forward and there must be no rotation in the trunk.
- Both feet must be behind the throwing line and remain on the floor at all times. One foot may be in front of the other but no run ups or steps are permitted.
- The athlete must not pass the throwing line during their throw.
- Once thrown, the ball doesn't have to land on the mat.
- The distance thrown is measured from the throwing line to the point where the ball first lands. Always mark down to the nearest 25cm.

Adaptations

- Athletes in Group 1 (Powerchair users) can use a Size 4 Football as standard.
- A one handed push/roll is permitted.

JAVELIN

A standing throw using a Javelin.



Guidance Notes

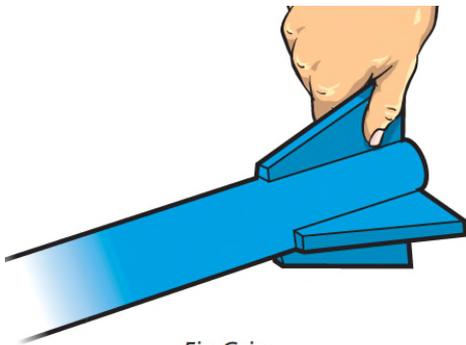
- It is recommended that two judges are used. One judge to watch the throw and one to watch and record the landing.
- The throwing area should be clearly marked to prevent spectators walking through.
- The javelin competition should be supervised at all times.

Rules

- The javelin is thrown from a standing position with 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 makes contact with the ground.
- The distance is measured in metres and always down to the nearest metre.
- It is safe to allow the athletes to collect their own javelins once all competitors have had their turn.
- DO NOT allow the javelins to be thrown back to waiting athletes.

Adaptations

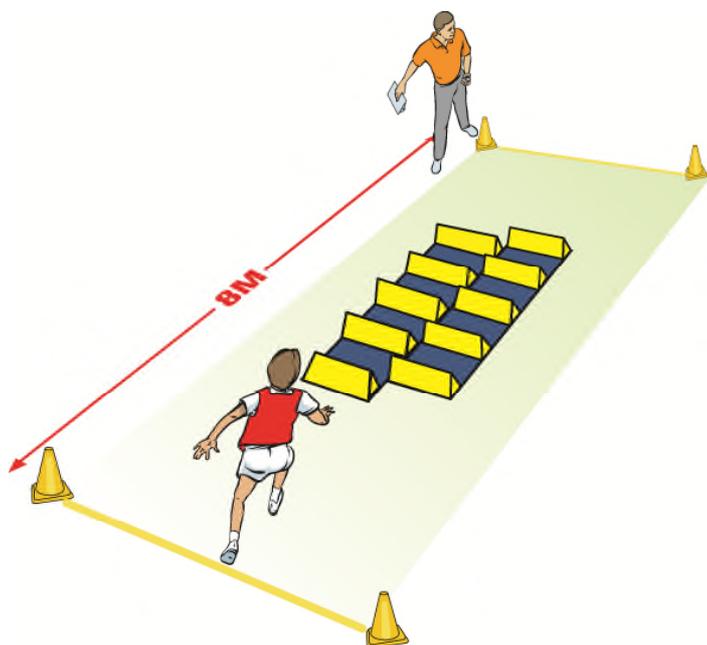
- Athletes with restricted mobility can utilize a Vortex Howler or Mini Javelin
- An alternative grip (by the fin) can be encouraged.



Fin Grip

HI-STEPPER

An explosive event that develops agility, co-ordination, speed and acceleration.



Guidance Notes

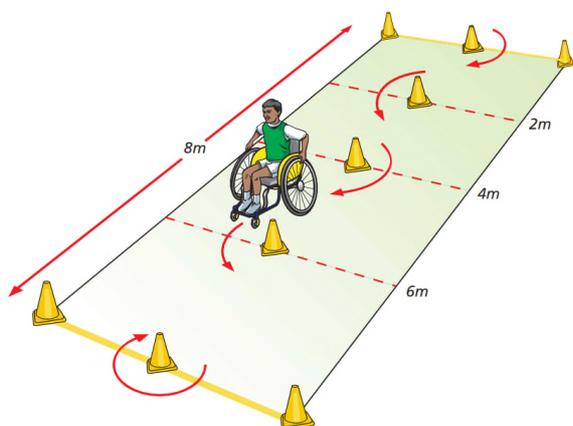
- One judge may be used to time this event. The same judge must watch the turning lines and the hi-stepper for faults.
- An adequate run off area should be provided at each end of the course.

Rules

- The athlete begins from a standing position behind the start line.
- On the whistle the athlete sprints over the hi-stepper placing one foot in each of the squares.
- The athlete must place one foot over the return line before turning and repeating the hi-stepper in the opposite direction.
- After completing the hi-stepper four times the clock is stopped when they re-cross the start line.
- The time is taken to the tenth of a second.
- Time penalties of 0.1 second must be added if an athlete misses a square or steps onto a wedge.
- 0.2 second must be added if the athlete turns short of the line.

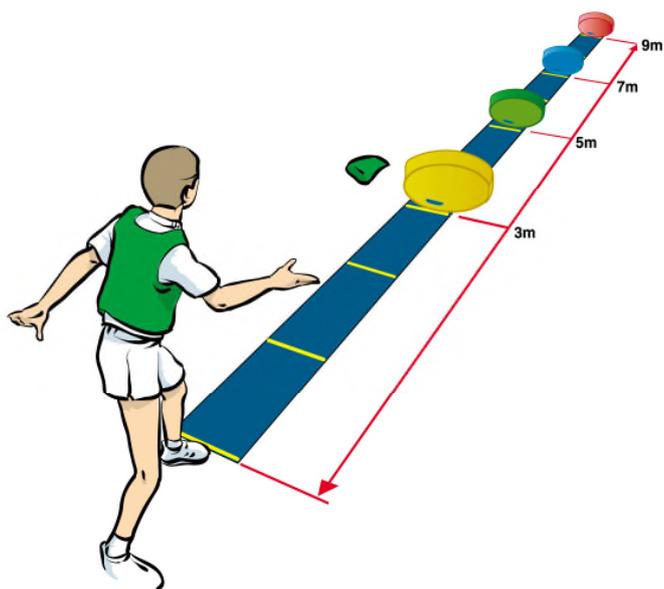
Adaptations

- Wheelchair users (Groups 1 & 2) should aim to complete a 4 x 8 metres distance in a slalom course with cones placed at 2, 4 and 6 metres.
- Athletes in Group 3 should complete the Hi-Stepper course with 5 alternate wedges removed.



TARGET THROW

A test of hand to eye coordination and throwing accuracy.



Guidance Notes

- Two judges are recommended, one to watch the throw and one to watch and record the landing.
- To speed the event up, ask four waiting athletes to collect the bean bags once the competing athlete has finished.

Rules

- The targets are to be placed at a distance of 3m, 5m, 7m and 9m from the throwing line.
- The athlete stands behind the throwing line and throws three matching bean bags into the nearest target.
- They continue this for each of the targets.
- 2 points are scored if the bean bag lands directly in the same coloured target or if the bean bag lands in the target but then bounces out.
- 1 point is scored if the bean bag touches the floor before ending up in the target or if the bean bag lands only partially in the target.
- No points are scored if a bean bag lands in a different coloured target.
- The maximum points an athlete can score is 24 (6 points per target).
- An athlete can throw the bean bags under arm or over arm.

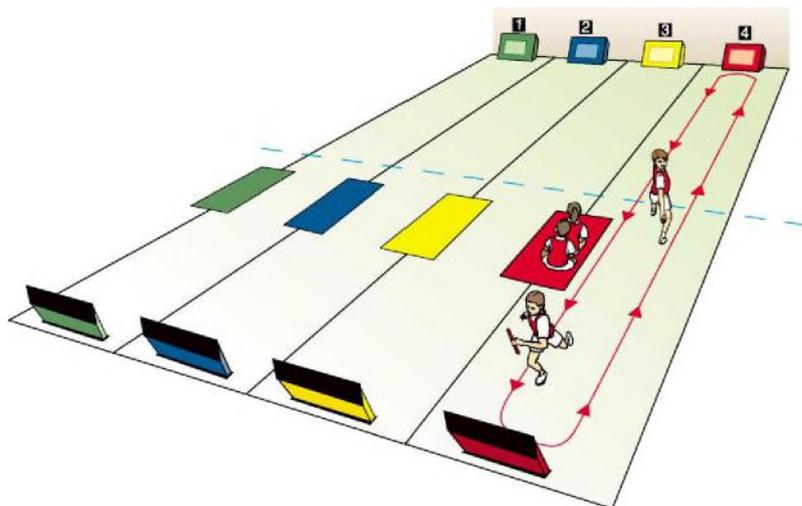
Adaptations

- Athletes in Group 1 (Powerchair Users) should utilise a Rainbow Target Throw with the same scoring.
- Athletes in Group 2 should throw from the 2 metre mark.



TRACK RACES

A broad range of different relays may be staged on a linear track.



Guidance Notes

- **4 x 1 Lap Relay** – Each of the four team members complete one lap each.
- **4 x 1 Lap Hurdles Relay** – Each of the four team members complete one lap each.

Rules

- All athletes contesting the relay sit on or behind the team base mat.
- The first athlete from each team moves up to the start line, ensuring that they remain behind the line.
- On the whistle/gun the first athlete runs towards the first Reversaboard. They turn on the Reversaboard and run the return leg, turning on the second Reversaboard behind the team mat. They must return to the centre of the hall and hand the baton to the next runner, who proceeds as the previous runner.
- The retiring runner returns to the team base mat and sits behind the rest of the team.
- The last runner proceeds as the previous runners but, after turning on the second Reversaboard behind the team, this runner must run through the finish line in the centre of the hall.
- The athletes that are not running must sit on or behind their team mat to ensure a clear view for the judges.
- Mats should be set back from the start line and offset to the left as shown above.
- Bean Bags can be replaced for Batons where appropriate. Cones can be used instead of Reversaboard where necessary.

4 x 1 Lap Hurdles Race

Rules

- All four team members sit on or behind the team base mat.
- The first athlete from each team approaches the start line, level with the team base mat
- On the whistle they run and clear the three hurdles, turn on the Reversaboard at the far end of the hall and repeat the course in the opposite direction. Finally they turn on the Reversaboard behind the team base mat, turn and pass the beanbag on to next runner, who will be standing waiting to receive it.
- The last runner must also complete the course as above, having turned on the Reversaboard behind the team base mat they must run through the finish line in the centre of the hall.
- Hi-Stepper wedges should be placed next to each 40cm Hurdle to give each athlete the choice. Wedges should be turned at 90 degrees for wheelchair users to slalom around.

