

U11 Quadkids

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> ● Each team must consist of between 8-10 pupils, no more than 5 boys or 5 girls. ● No substitutions are allowed. ● Each participant will compete in all 4 events. 	<ul style="list-style-type: none"> ● Pupils in Year 4, 5 & 6 can compete.

Competition Format & Basic Rules

Quadkids is a easy to organise athletics concept designed to give more children the opportunity to participate in and enjoy the core disciplines of athletics.

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

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

Events

- 75m Sprint
 - 6 athletes per heat.
 - Times are rounded up to the nearest 0.1 of a second.
- 600m Run
 - Maximum of 16 athletes per heat.
 - Athletes do not run in lanes.
 - Times are rounded up to the nearest whole second.
- Vortex Howler Throw
 - Can be thrown from standing, or a run-up used.
 - Athletes get 3 consecutive throws.
 - Foot must not cross the line, otherwise a “no-throw”.
- Standing Long Jump
 - Two-footed jump, from a standing start.
 - Must not cross the designated take off point, otherwise a no jump.
 - Three jumps per athlete, not consecutive. First round jumps, followed by second round jumps, followed by third round jumps.

The winning team is that with the most points after all events (combined boys and girls).

Further information about Quadkids athletics can be found at <http://www.quadkids.org/>.