**Sportshall Athletics Rules**

**Year group: Year 5 & 6 Combined**

**Gender: Mixed**

**Team Criteria:** Maximum of 15 boys and 15 girls.

**Format:** They may compete in a maximum of two track and two field events.

On the track:

1 + 1 lap Relay

2 + 2 lap relay each requiring two girls and two boys

6 lap paarlauf

(each requiring two girls and two boys)

Obstacle Relay

Over/Under relay each requiring four girl and four boys

4 x 1 lap relay

(each requiring four girls and four boys)

**…… and in the field**

Chest push

Soft Javelin

Speed Bounce

Standing Long Jump

Standing Triple Jump

Vertical Jump

(each requiring three girls and three boys)