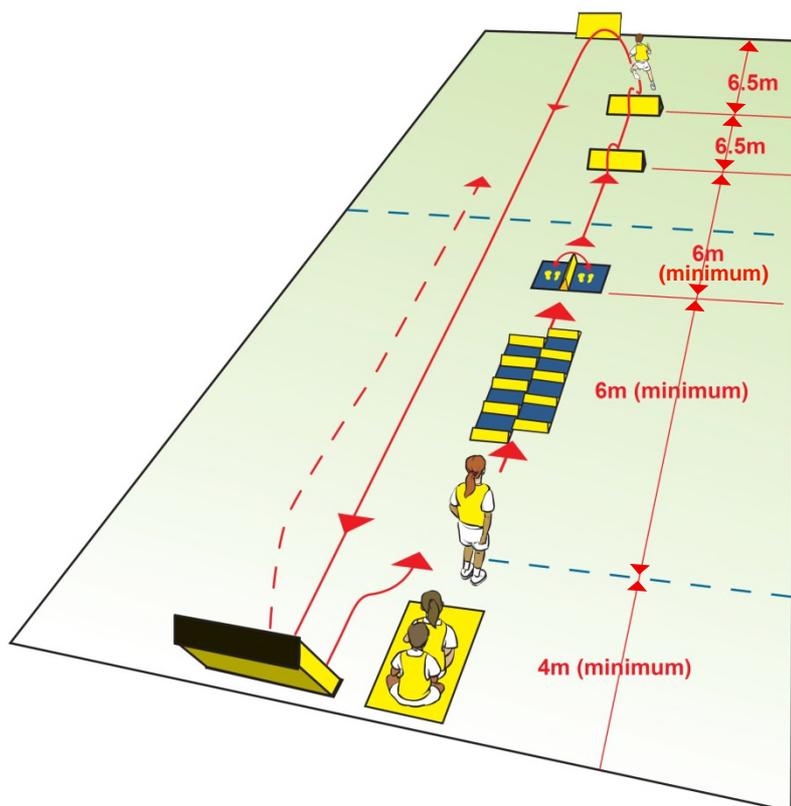


A fun relay event for teams of four incorporating a series of obstacles along a linear track.



## Guidance Notes

- Each lane must have a judge to count bounces and faults. This judge should stand next to the Speed Bounce mat in the return lane of the team they are judging. When the athlete has completed their bounces the judge should stand on the Speed Bounce mat to ensure that the return lane is clear.
- Judges should count the number of bounces aloud, taking particular care to ensure that both feet complete each bounce.
- Judges must be in place to pick up the hurdles but should be careful to not obstruct the athletes when doing so. It is better that a hurdle is left lying out of place than risk injury to either athlete or judge.
- Do ensure that the athletes are not blocking the Reversaboards behind the team mats.
- A **foam** baton or bean bag should be used for safety where obstacles are involved.

## SAFETY NOTE

- Distances indicated are provided for safety and to ensure space for a good changeover.
- The position of the hurdles are **FIXED** at the distances that are outlined.
- The Hi-Stepper must be placed half way between the start line and the Speed Bounce
- The start line can be moved forward but **MUST** be a minimum of 4m from the reversaboard and there must be a minimum of 6m between the start line and the end of the Hi-Stepper

## Rules

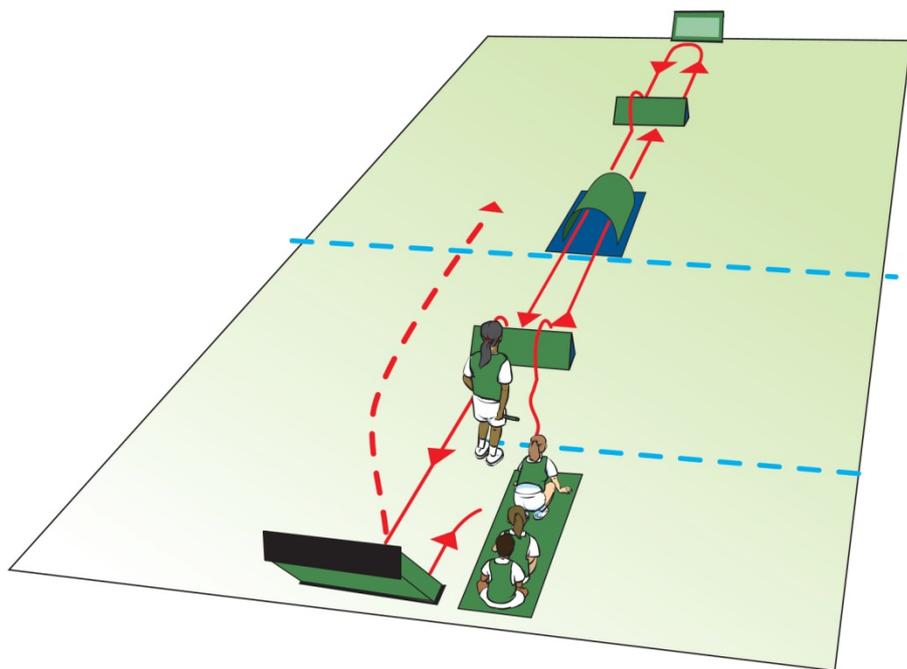
- All four team members sit on the team base mat.
- The first runner from each team steps forward to the start line in front of the team base mat with their foam baton / bean bag, ensuring that their feet remain behind the line. A crouched start is not permitted and hands may not be placed on the floor.
- On the whistle they must run through the Hi-Stepper ensuring a foot is placed in each segment, complete 10 Speed Bounces, clear both hurdles and turn on the Reversaboard at the far end of the hall.
- They must run the return leg avoiding all the obstacles.
- Finally they turn on the Reversaboard next to the team base mat, pass the baton / bean bag on to the next runner, who will be standing waiting to receive it and then return to the team base mat and sit behind the rest of the team.
- The second and third runners proceed as the first runner.
- The last runner must also complete the course as above, having turned on the Reversaboard next to the team base mat they must run through the finish line in the centre of the hall.

## Faults

A half second time penalty is given for each fault noted. One fault will be given for each occasion an athlete:

- Misses a segment of the hi-stepper (maximum two faults per athlete to be awarded).
- Omits a bounce, e.g. an athlete who completes just seven bounces should receive three faults.
- Omits a hurdle. Faults should **NOT** be given if an athlete knocks over a hurdle or if it's not been replaced.
- Passes the baton / bean bag before turning on the Reversaboard.

A fun relay race for teams of four along a linear track with hurdles and a tunnel.



### Guidance Notes

- Judges must be in place to pick up the hurdles but should be careful to not obstruct the athletes when doing so. It is better that a hurdle is left lying out of place than risk injury to either the athlete or judge.
- The judges must also ensure that the athletes are not blocking the Reversaboards behind the team mats.
- A **foam** baton or bean bag should be used for safety where obstacles are involved.

### SAFETY NOTE

- The start line can be moved forward but **MUST** be a minimum of 4m from the reversaboard
- The distances between each obstacle should be a minimum of 6.5m.

### Rules

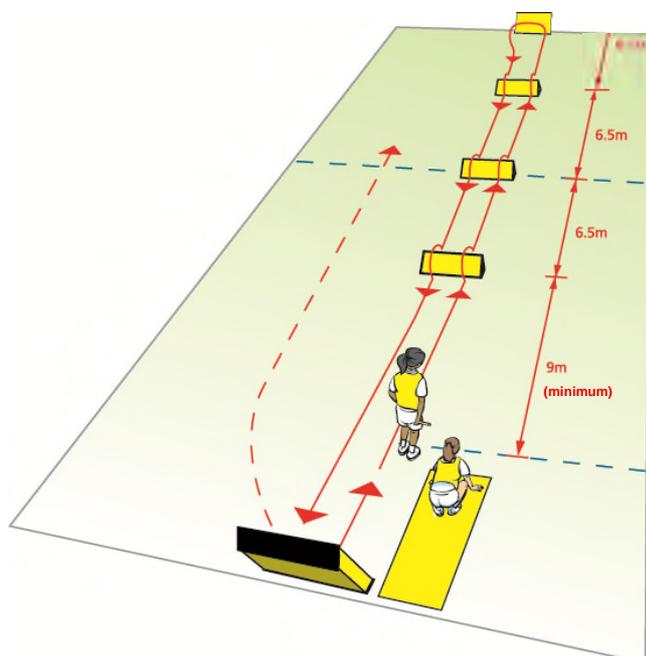
- All four team members sit on the team base mat.
- The first runner from each team steps to the left of the mat and forward to the start line, ensuring that their feet remain behind the line directly facing the first hurdle. A crouched start is not permitted and hands may not be placed on the floor.
- On the whistle they clear the first hurdle, run through the tunnel and clear the second hurdle. They then 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 next to the team base mat, pass the baton / bean bag on to the next runner, who will be standing waiting to receive it and then return to the team base mat and sit behind the rest of the team.
- The second and third runners proceed as the first runner.
- The last runner must also complete the course as above, having turned on the Reversaboard next to the team base mat they should pass on the left hand side of the hurdle before they run through the finish line in the centre of the hall.

### Faults

A half second time penalty is given for each fault noted. One fault will be given for each occasion an athlete:

- Omits a hurdle. Faults should **NOT** be given if an athlete knocks over a hurdle or if it has not been replaced.
- Fails to go through the tunnel.
- Passes the baton / bean bag before turning on the Reversaboard.

A fun relay race for teams of two along a linear track with hurdles.



## Guidance Notes

- Judges must be in place to pick up the hurdles but should be careful to not obstruct the athletes when doing so. It is better that a hurdle is left lying out of place than risk injury to either athlete or judge.
- Judges must also ensure that the athletes are not blocking the Reversaboard behind the team mats.
- A **foam** baton or bean bag should be used for safety where obstacles are involved.

## SAFETY NOTE

- Distances indicated are provided for safety and to ensure space for a good changeover.
- The start line can be moved forward but **MUST** be a minimum of 4m from the reversaboard

## Rules

- The two team members sit on the team base mat.
- The first runner from each team steps to the left of the mat and forward to the start line, ensuring that their feet remain behind the line directly facing the first hurdle. A crouched start is not permitted and hands may not be placed on the floor.
- 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 next to the team base mat, turn and pass the baton / bean bag on to next runner, who will be standing waiting to receive it. The first runner returns to the team base mat and sits behind the rest of the team.
- The second runner must also complete the course as above, having turned on the Reversaboard next to the team base mat they should pass on the left hand side of the hurdle before they run through the finish line in the centre of the hall.

## Faults

A half second time penalty is given for each fault noted. One fault will be given for each occasion an athlete:

- Omits a hurdle. Faults should **NOT** be given if an athlete knocks over a hurdle or if it has not been replaced.
- Passes the baton / bean bag before turning on the Reversaboard.