**How does the Virtual Sportshall Athletics Championships work?**

1. Everybody can practice these events and use them to drive a focused approach to physical activity.
2. Participants of all ages can register to record their results on the Open Track Sportshall site and see how they compare against other athletes from other areas. Branches are welcome to create their own competition using the results submitted to the Open Track site.
3. The third stage is the actual National Sportshall Athletics Championships. 10 athletes are nominated by their branch to represent the branch in the national competition. Each team must meet the following criteria to be eligible for the National Sportshall Athletics Championships Trophy:
   1. A **minimum** of 5 athletes from categories 1 – 4
   2. A **maximum** of 5 athletes from category 5
   3. All nominated athletes must be selected from the school year groups P6 – S6

**Sportshall is an excellent introduction to athletics for new participants or those that have shown potential in qualifying events. Teams are requested to be mindful of this when nominating athletes.**

**Athlete Groupings (Please see Appendix B)**

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| **1. Power Chair / Electric Wheelchair User** |
| **2. Manual Wheelchair User** |
| **3. Ambulant 1** |
| **4. Ambulant 2** |
| **5. Ambulant 3** |
| **6. Autism Spectrum Disorder/ Global Developmental Delay** |

The National Sportshall Championships will consist of 10 athletes from the groups highlighted in yellow. When you complete the registration form please assign each athlete to one of the above groupings. Full descriptions of groups are highlighted in Appendix B.

**When will the Virtual Sportshall Athletics Championships take place? (Please see Appendix A).**

The Virtual Sportshall Athletics Championships will take place in a two-week period starting on Monday 3 May until Friday 14 May. During this period, each participant is tasked with completing all five activities in the competition. You can perform the activities anywhere you can find the space.

**Event 1: 75m Shuttle Sprint**

**Event 2: Target Throw**

**Event 3: Standing Long Jump**

**Event 4: Chest Push**

**Event 5: Speed Bounce**

The ten nominated athletes should be highlighted on your results spreadsheet and their results are just logged as normal alongside other participants. Nominated athletes must be registered prior to the event starting and cannot be changed after the competition starts.

**All final athlete results are to be logged by Thursday 20 May**

*Please note: The health and wellbeing of our participants are our priority therefor it is essential that all participants in this event should adhere to the current recommended Scottish Government Covid-19 Guidelines. More information on this, alongside the latest sportscotland, Scottish Disability Sport and Scottish Athletics guidance can be found*[*here*](https://www.scottishdisabilitysport.com/wp-content/uploads/2021/01/SDS-Guidance-Paper-Jan-2021.pdf)*.*

**During the Virtual Sportshall Athletics Championships**

The **Virtual Sportshall Athletics Championships** will take place over two weeks with athletes completing all five events in this period. Each challenge is explained fully in Appendix A with full adaptations to include everyone. Demonstration videos will be available on our Youtube Channel for use by participants. Don’t forget to share your team’s photos and videos with us throughout the challenge provided you have received appropriate permission to do so. Please ensure athletes are reminded to undertake the tasks in a safe environment with appropriate measures in place.

**Appendix A: Activity Descriptions & Adaptations**

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| **Event 1: 75m Shuttle Sprint:** |
| • Stopwatch  • Tape Measure  The shuttle run should be completed over a 5m course, measured out on a flat, dry grass or road surface in the garden, on the driveway or elsewhere close to the home. Athletes should run 15 back-to-back repetitions of the 5m course to give one 75m time. Athletes should touch the 5m and start marks with one hand after each repetition where appropriate. Times can be recorded using any standard stopwatch, including a smartphone app. |
| **Adaptations: 75m Shuttle Sprint**  Athletes with a disability can use the equipment they usually would for athletics (wheelchair, race-running frame etc). A guide can be used for an athlete with a visual impairment. If shuttle runs are not possible for safety or practical reasons (e.g. a wheelchair athlete in a racing chair), a 100m course may be used to record a 100m time. A further route is required in this instance to produce a comparable time. The 100m course should be on a road surface (quiet road, cycle path or similar) or a track if venues are open. |

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| **Event 2: Target Throw** |
| **Target Throw**  • Tape Measure  • A Target approximately 0.5m in diameter (such as a washing basket, dog bed or large bucket)  • A tennis ball, sponge ball, bean bag or a pair(s) of balled up socks (any size or colour!)  Using the same 5m distance as the shuttle run, the target should be placed 5m away from the athlete. The athlete has 12 attempts to throw their chosen item into the target from the 5m marker. Each successful throw earns 5 points. You can throw the same item 12 times, throw 12 different items, or anything in between to total 12 attempts. |
| **Adaptations: Target Throw**  Athletes with a physical disability can propel the object with their hands or feet. A guide can be used for an athlete with a visual impairment. Athletes in groups 1 & 2 should bring the target closer by 2m. |

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| **Event 3: Standing Long Jump** |
| **Standing Long Jump**  • Tape Measure  Standing long jump can be measured with a tape measure on any (reasonable) ground surface – on a trampoline is cheating! Athletes should jump forwards from a standing position and land as far from their take-off point as they can. Athletes must start and land with two feet together. Measurement is taken from the take-off line to the back of the closest heel on landing. Should they fall back on landing, they should take their attempt again. |
| **Adaptations: Standing Long Jump**  Athletes with a disability can use the equipment they usually would for athletics (wheelchair, race-running frame etc). A guide can be used for an athlete with a visual impairment. A frame may be used to steady a CP or amputee athlete if required for balance.  Where possible athletes on wheels should work on a 4 metre tapered course with markers. At zero the markers should be 1.2m width apart. At 4 metres the markers should be 0.5m apart. Athletes should perform one long push: one push of your wheels from the start point. The end point would be where the back wheel is when the athlete comes to a stop or hits a marker. For powerchair users it is a matter of chair control. They must see how far they can travel in one continuous movement on the tapered course before hitting a marker. The distance recorded is from zero to where the back wheel of the chair is on impact with the marker. |
| **Event 4: Chest Push** |
| **Chest Push**   * Tape Measure * Size 7 Basketball (Normal size)   Chest push is a throwing event where the athlete holds the ball against their chest and pushes with both hands. A line should be marked out and the athlete must not pass the throwing line during their throw. 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 always remain on the floor. One foot may be in front of the other, but no run ups or steps are permitted. Once thrown, the distance is measured from the throwing line to the point where the ball first lands. |
| **Adaptations: Chest Push**  Athletes in Group 1 can use a Size 4 football or similar as standard.  A one-handed push or roll is permitted. Theis should take place on a flat surface where the distance of the ball is not affected by the gradient of the terrain i.e. not at the top of a hill. If a push or roll is undertaken please add this to the comments section on the results spreadsheet. |

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| **Event 5: Speed Bounce** |
| **Speed Bounce**   * Any non-fixed item approximately 30cm long and 15cm high to jump over   Speed Bounce is a two-footed jump in which an athlete takes off and lands on both feet. The athlete should cross the middle object as many times as possible in thirty seconds. If the athlete clips or brush the middle object, then the jumps are still counted. |
| **Adaptations: Speed Bounce**  Athletes with restricted mobility should utilise a smaller object to jump over. A side-step would also be an acceptable adaptation for athletes with restricted balance or movement. You could also use a person or object to steady yourself whilst performing the activity.  Wheelchair athletes must see how many times in 30 seconds they can alternately touch cones or lines with their front wheels placed 10cm-15cm either side of the wheels. Each touch counts as one. Visually impaired groups may benefit from an object with strong contrasts of colour to ascertain where the height of the object is. |

**Appendix B: Classification Groups for Virtual Pentathlon**

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| **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 or those who use a RaceRunning bike | Athlete with cerebral palsy  Athlete with a spinal cord injury  Quadraplegic and paraplegic athletes  **\*some athletes with lower limb impairments may wish to use a wheelchair for some events** | 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 1 | 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  Athletes with Achondroplasia (dwarfism)  B1/2 Blind and visually impaired athletes with an additional impairment running with a guide  Athletes with Down Syndrome | All athletes in this group CAN run unaided EXCEPT for blind and visually impaired athletes who may need the support of a guide runner |
| 4 | Ambulant 2 | Athlete with 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  B1/2 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 may need the support of a guide runner |
| 5 | Ambulant 3 | 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  Athlete with a single below elbow amputation or equivalent  Athlete who is deaf or with a hearing impairment  Athlete with a visual impairment at B3 level | All athletes in this group can run unaided |
| 6 | ASD/ GDD | Athletes on the Autism Spectrum Disorder and no other learning disability  Athletes with Global Developmental Delay and no other learning disability | All athletes in the group can run unaided |
| **\*PLEASE NOTE ATHLETES WITH A LOWER LIMB PHYSICAL IMPAIRMENT CAN OPT TO USE A WHEELCHAIR FOR CERTAIN EVENTS & REMAIN AMBULANT FOR OTHERS** | | | |