

Dowerin District High School



Athletics Carnival Policy

Effective From: November 23rd 2020
Last Endorsed Date: November 2021

A review of the carnival will be made within two school weeks of the carnival each year.

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1. POLICY STATEMENT

All sporting carnivals at Dowerin DHS will be for the purpose of encouraging maximum student participation through competitive events which give the best opportunity for excellence. The carnival should be enjoyable for, and inclusive of, all students.

Acknowledgement must be given that the carnivals are competitive events, where student achievement is rewarded with faction points, and an invitation to be part of the Interschool Team for that sport.

2. BACKGROUND

2.1 RATIONALE

Students at Dowerin DHS have a wide range of sporting abilities. In a climate of decreasing involvement in physical activity, it is important to encourage all students to **participate** in the maximum possible number of events at carnivals.

Encouragement of excellence will be achieved by allocating students to events according to ability, as determined in the current year by the Physical Education staff. This will provide an opportunity for more athletic students to compete in an environment which encourages best performance.

2.2 DEFINITIONS and ABBREVIATIONS

EASA – East Avon Sporting Association

ASSISTANCE – when a student is aided in any physical way to complete an event.

2.3 FACTION ALLOCATION

Students will be allocated to factions upon enrolment at the school. The following points will direct student allocation:

- Students will be allocated to the same faction as their siblings.
- The total number of students in each faction together with the balance between factions for each age group will guide placement.

2.4 FACTION CAPTAINS

There is a Primary and Secondary Faction Captain for each faction.

Students apply to become a faction captain by completing a school determined task. The Physical Education teacher, in consultation with staff, appoints the Faction Captains based on:

- the level of completion of the task
- the level of sportsmanship demonstrated by the student in a variety of contexts.
- The level of participation in Phys Ed classes and sporting events.

Faction Captains are part of the Student Leadership Team who are expected to:

- uphold high standards; demonstrating the Dowerin Virtues and sportsmanship at all times.
- promote faction alliance in preparation for, and at, the sports carnival.
- accept trophies and give related speeches.

3. PROCEDURES – ATHLETICS CARNIVAL

3.1 EVENT OVERVIEW

The Athletics Carnival will be run during Term 3 and include all events which are in the East Avon Sports Association Interschool Carnival as well as school determined events which allow maximum student participation. Age/year allocation for the purpose of events and champions will reflect the EASA Interschool Carnival.

3.2 STUDENT PARTICIPATION

3.2.1 Student Preparation

- All students will be taught correct technique for events and have the opportunity to practice their skills during Physical Education classes leading up to the carnival.
- It is the responsibility of the Kindergarten teacher to ensure Kindergarten students are exposed to the events they will participate in at the carnival. (See 3.3)

3.2.2 Student Nomination to Events

- All students, who are physically able, will participate in all *individual* Field and Track events.
- For track events where heats are necessary, the Physical Education teacher will allocate students according to data gathered in Physical Education classes. Students will be made aware of the purpose of this data as it is gathered. Students will have more than one opportunity to record their 'best' time. Students may request a further opportunity to record a time for an event if they are sick on the day of one of the timed events in Physical Education classes. This will be at the discretion of the Physical Education teacher.
- There will be between eight (8) and ten (10) students in each division for events of 50m, 75m, 100m events, the arrangement of which will be determined by the Physical Education teacher.
- There will be between six (6) and eight (8) students participating in the 200m, 400m and 800m events.

TEAM EVENTS

- All students will participate in *at least* one team event.
- For each event, factions will arrange teams with the goal of winning the event.
- Where possible, more than one team from each faction may be put forward for each team event.
- For team events, points will only be awarded for first and second place. A single faction may not be awarded points for first *and* second place.

3.2.3 Interschool Selection

- Students will be selected for the Interschool Team based on results in the Faction Athletics Carnival.
- Selection for team events will be at the discretion of the Physical Education Teacher. It is recommended members for the team events be drawn from the individual representatives rather than a student attending purely to participate in a single team event. Selection for team events will be based on Faction Athletics Carnival results. If a student is selected for only one interschool team event, parents will be consulted and the choice will be the parent/student's as to whether the student travels to the interschool carnival or not.

3.3 EVENTS

| |
|-------------------|
| Interschool Event |
|-------------------|

| | INDIVIDUAL EVENTS (Championship Points) | | | | | | | | | | | | TEAM EVENTS | | | | | | | Total Team Event | Total Number of Events |
|-----------|---|-----|------|------|------|------|-----------|-------------|--------|--------|----------|----------|-----------------|-----------|-------------|-------------|-------------|--------------|----------------|------------------|------------------------|
| | 50m | 75m | 100m | 200m | 400m | 800m | LONG JUMP | TRIPLE JUMP | HOWLER | DISCUS | SHOT PUT | IND FLAG | Total Ind Event | TEAM FLAG | LEADER BALL | 4x50m RELAY | 4x75m RELAY | 4x100m RELAY | BEAN BAG RELAY | | |
| P-2 | X | | | | X | | X | | X | | | X | 5 | X | | X | | | X | 3 | 8 |
| Year 3-4 | X | | | | X | | X | | X | | | X | 5 | X | X | X | | | | 3 | 8 |
| Year 5-6 | | X | | | X | | X | X | | | X | X | 6 | X | X | | X | | | 3 | 9 |
| Year 7-8 | | | X | X | | X | X | X | | X | X | | 7 | | X | | | X | | 2 | 9 |
| Year 9-10 | | | X | X | | X | X | X | | X | X | | 7 | | X | | | X | | 2 | 9 |

Students will participate in individual and team events as shown in the table below:

FACTION ATHLETICS - Event List

TRIPLE JUMP

- Will be held for Year 5/6, 7/8 and 9/10 Girls and Boys.
 - All competitors will use a 1.2 x 0.2m strip mat safely secured to the ground.
 - All measurements will be taken from the front of the Mat.
 - The mat will be situated the following distances away from the front of the pit:
Boys 5/6 5.00m Boys Y7/8 6.00m Girls 5/6 3-4m
Boys 9/10 7.00m Girls Y9/10 5.00m Girls 7/8 4.00m
- Discretion is to be used** in the placing of the mat for the triple jump if it is noted that students are jumping of his/her jumps.
- Each competitor is permitted three trials, and shall be credited with the best of his/her jumps. If a tie occurs the competitor whose second best performance is better shall be awarded the higher place.
 - The hop shall be made so that the competitor lands first upon the same foot as that from which he/she has taken off, in the step he/she shall land on the other foot from which, subsequently, the jump is performed.
 - If the competitor, while jumping, touches the ground with the "sleeping" leg, It shall be considered a no- jump.
 - On all other respects the rules defining a failure for the long jump shall apply

LONG JUMP

- Students in Years 3/4, 5/6, 7/8 and 9/10 will compete using a strip mat (1.2m x 0.2m) place one meter from the front of the jump pit. Students in Year P-2 will jump off from a 1-metre square mat (sand on grass). All mats are to be safely secured to the ground.
- Each competitor is permitted three trials, and shall be credited with the best of his jumps. If a tie occurs, the competitor whose second best performance is better shall be awarded the higher place.
- If a competitor takes off before reaching the board it shall not for that reason be counted as a no-jump
- It shall be counted as a no-jump if any competitor
 - Touches the ground beyond the take-off line with any part of the body, whether running up without jumping or in the act of jumping.
 - Takes off from outside either end of the board, whether beyond or behind the take-off line extended.
 - In the course of landing, touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.
 - After a completed jump, walks back through the landing area.
 - Employs any form of somersaulting.

JUMP OFFICIALS

There will be three officials allocated to each pit. Their duties will be:

Recorder: Records all distances for the competitors and determines the places of each competitor at the conclusion of the event.

Pit Judge: Places the head of the tape at the nearest break in the landing area.

Foot Judge: Determine whether or not a failure has occurred, (ie 'no jump') The take-off foot judge will call out the distance clearly for the recorder to write down.

MEASURING

1. All jumps for Years 3/4, 5/6, 7/8 and 9/10 are to be measured from the front of the mat.
2. All jumps for Year P-2 are to be measured from the nearest front of the foot anywhere on the one-meter square mat.

SHOTPUT

1. The shot put is to be putted from inside a circle of 2m diameter and to land inside boundaries of a 45° arc.
2. The following weights should be used:

| | | |
|-----------|------|-----------------|
| Year 5/6 | 1 kg | Boys and Girls |
| Year 7/8 | 2 kg | Boys and Girls. |
| Year 9/10 | 3 kg | Boys and Girls. |

RULES

1. Each competitor is permitted three trials and will be credited with the best of his/her puts.
2. If a tie occurs the competitor whose second best performance is better shall be awarded the higher place.
3. A competitor must commence the throw from a stationary position inside the circle. A slide is permitted as part of the technique. The shot shall be put from the shoulder with one hand only. At the time the competitor takes a stance in the ring to commence the put, the shot shall touch or be in close proximity to the chin and the hand shall not be dropped below this position during the action of putting. The shot may not be taken behind the line of the shoulder.

DISCUS

1. The discus is to be thrown from inside a 2.5m diameter circle and the discus must land within a 45° arc.
2. The following weights should be used:

| | |
|----------------|------|
| Year 7/8 Boys | 1 kg |
| Year 9/10 Boys | 1 kg |

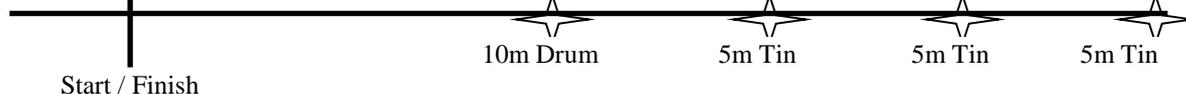
RULES

1. Each competitor is permitted three trials, and shall be credited with the best of his throws.
2. If a tie occurs the competitor whose second best performance is better shall be awarded the high place.
3. The discus shall be thrown from a circle. The competitor must commence the throw from a stationary position. A slide is permitted but the throwing technique is not to include a body spin. The competitor is allowed to touch the inner edge of the circle. It shall be a foul throw and not allowed to count if the competitor, after he has stepped into the circle and begun to make a throw, touches with any part of his body, the ground outside the circle or the top edge of the circle, or if he improperly releases the discus in making any attempt.
4. Provided that, in the course of a trial, the foregoing rules have not been infringed, a competitor may interrupt a trial once started, may lay the implement down inside or outside the circle and may leave the circle (when leaving the circle he must step out as required below) before returning to a stationary position and beginning a fresh trial.

- For a valid trial, the discus must fall completely within the inner edges of the lines marking the sector.
- The measurement of each throw shall be made immediately after the throw from the nearest mark made by the fall of the discus to the inside of the circumference of the circle, along a line from the mark made by the implement to the centre of the circle.

FLAG RACE

LAYOUT



RULES

- Each boys and girls team is permitted to have 4 members.
- Participating age groups are Year P-2, 3/4 and Year 5/6.
- Team lined up behind Start/Finish line - flags are in small tins.
- First runner - brings flags to drum, taking ONE flag from a tin and placing it in the drum, then returning for next flag. If a flag bounces out or is not PLACED in, he/she must replace it before continuing.
- Before next runner commences, any flag displaced by the wind or inadvertently by the runner must be replaced by the runner in its correct position. The referee for the team is to stand WITH THE TEAM and tell the runner to replace any flags to their correct position before the next runner commences.
- Second runner - the three flags are returned to the tins, one at a time. If when taking a flag from the drum, another is pulled out by mistake and/or falls to the ground, the runner must replace it in the drum before continuing.
- Third and Fourth runners - as for first and second.
- The order in which the flags are put out or brought in does not matter. Each flag must be handled separately and is correctly placed before the next is shifted.
- Each succeeding runner commences when -
 - all flags in their correct position
 - he/she is touched by the preceding runner.
- As each runner completes his/her run, he/she then squats behind his/her team. The event concludes when the last member crosses the start/finish line.

Individual Flag

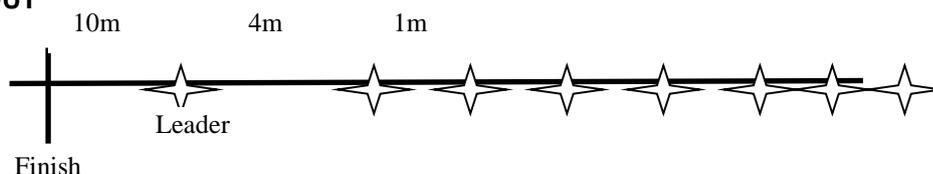
- Only the fastest 6 boys and girls from Forrest and Stirling for each age group will compete in individual flags at the carnival
- Trials will be held during PE lessons to determine who qualifies for this event.
- All students are given the opportunity to compete in the team flags.

EQUIPMENT

- | | | |
|---|---|---|
| 1 | x | 4 gallon drum (sufficient sand in tin for flags to be above top of tins). |
| 3 | x | 1.2kg milk tins (sufficient sand in tin for flags to be above top of tins) buckets may be used. |
| 3 | x | Flag sticks (15" long broom handle) flags firmly attached to each stick. |

LEADERBALL

LAYOUT



- The leader is 10m from the finish line, facing away from it. Leader is 4m from the first player, facing him/her. Each team member (not including the leader) is 1m apart.
- The leader throws the ball to the first player who catches it, places the ball on the spot, runs clockwise around the back of the team, then around the leader, back to

his/her spot, picks up the ball, throws the ball the leader and sits or crouches down. The leader throws the ball to the second player who follows the same course as the first. The game continues until the last person (no 9) has run and thrown the ball to the leader. The leader turns and runs to the finishing line.

3. All teams are mixed half boys and half girls.

The team numbers are as follows –

P-2 Bean bag – 6 members including the leader

Year 3/4 – 8 members including the leader

Year 5/6 – 8 members including the leader

Secondary –10 members including the leader

RULES

1. First 3 throws to be underarm. Teams choice for subsequent throws.
2. The runner must not touch any other player.
3. Throwing - every time the ball is thrown, the thrower must have a least one foot on the spot.
4. Catching - if a player has to move from the spot to take the catch, they must return and place the ball on the spot before running.
5. The ball must be placed on the spot after being caught (not dropped or thrown).
6. The leader and the last child (no 9) must be standing erect with both feet on the spot when players are running around them.
7. The leader should hold the ball above his/her head when crossing the finish line.
8. If the ball rolls off the spot the ball is to be retrieved by person whose turn it is and the foot placed on the spot before it is thrown.

EQUIPMENT

1. A synthetic softball and bean bag is used.

3.3.1 Program of Events

- A Program of Events will be published & sent out on the parent communication app the day before, and also be available for spectators at the start of the carnival day.
- Field events will be managed through a tabloid style rotation of events during the morning.
- Distance track events of 400m and 800m will be included as part of the Field event rotation to allow students time to recover before sprint events.
- Individual flag relays will be run once students in each age group have completed their field event rotation.
- The afternoon program will focus on individual track and team events.
- Should time permit, a novelty staff / parent / student leaderball will be run.

3.4 OFFICIALS

3.4.1 Physical Education Teacher

The Phys Ed teacher will have no specific role at the carnival. They will manage the event.

3.4.2 Marshals and Officials

The following officials will be appointed for the Sports Carnival.

| OFFICIAL | NUMBER | ROLE |
|---------------------|--------------------|--|
| Chief Marshal | 1 | ○ Muster students for events from the faction bays |
| Start Marshal | 1 | ○ Support the Starter at all running, relay and team events by organising students at the start line to be in correct race and lane/team |
| Starter | 1 | ○ Start each running, relay and team event ○ Call false starts |
| Long Jump Officials | 3 per pit (4 pits) | ○ Measure and record jumps ○ Determine 'no jumps' ○ Rake and assist with measure |
| Howler Officials | 2 | ○ Measure and record throws ○ Determine 'no throws' |
| Discus Officials | 2 | ○ Measure and record throws ○ Determine 'no throws' |
| Shot Put Officials | 2 | ○ Measure and record throws ○ Determine 'no throws' |
| Chief Judge | 1 | ○ Final decisions on placings for running, relay and team events ○ Times 1 st place ○ Calls disqualifications |
| Chief Timer | 1 | ○ Runs Ipad timing system |
| Time Keepers | 2 | ○ Back up timers |
| Recorders | 3 | ○ Two recorders work to record Championship and Faction Points |
| Ribbons | 1 | ○ Hand out ribbons following events |
| Announcer | | ○ Announces result of events |

3.5 ACKNOWLEDGEMENT OF STUDENT ACHIEVEMENT

3.5.1 Acknowledging Places

- 1st, 2nd and 3rd place winners will receive a ribbon for each event.
- When possible, ribbons will be presented at the dais.
- Results of each event will be announced as soon as possible.

3.5.2 Championship Points

- All races will be timed and championship points will be awarded on the basis of time.
- Championship points will only be awarded for individual events.
- Championship points will be awarded according to 5 points-1st place, 3 points-2nd place, 2 points-3rd place and 1 (one) point for 4th.
- In the case of tied placings, the total number of points for the places will be shared between the competitors. For example, if there is a tie for first and second place, 8 points (5 for 1st and 3 for 2nd) will be shared equally between the two competitors.

3.5.3 Winning Faction

The winning faction will be determined by Individual and Team event points. Participation points will not contribute to the Faction Shield.

3.5.4 Participation

- All students who participate in a race will receive a faction participation point for each race they compete in. This excludes novelty events.

- The faction with the most participation points will be awarded additional points towards the Stirrest Cup.

3.5.5 Faction Points

| Place | Individual Events | Team Events |
|-----------------|-------------------|-------------|
| 1 st | 5 | 10 |
| 2 nd | 3 | 5 |
| 3 rd | 2 | 0 |
| 4 th | 1 | 0 |

3.5.6 Championship Awards

- Awards are based on championship points.
- 1st and 2nd will receive a medal.
- In the case of a draw, all students involved will receive awards.

3.6 FEEDBACK FORUM

Parents will have an opportunity to attend a carnival feedback forum approximately two weeks after the carnival. The date will be set on the school calender. An announcement will be made at the end of the carnival reminding parents of the forum date. Parents will also have the opportunity to give feedback through an online survey.