

Annandale State School



Athletics Guidelines

Mission Statement

At Annandale State School we aim to provide an Athletics program to all students that provides access to a range of track and field events, both individual and team, that are age and developmentally appropriate.

Students will engage in Athletics training in Track and Field events during Physical Education lessons leading up to Athletics Carnival.

Students will be given specific instruction on the safe and efficient way to perform all disciplines within our athletics programs. They will also be given time to practice and develop their skills within these disciplines.

Our Athletics Carnivals are set out for maximum participation, enjoyment, building a sense of team spirit and providing opportunities to represent the school at a higher level.

The following information is a guide to all events and protocols that will be followed for the Athletics days. Each year changes and adjustments may need to be made to ensure the smooth running of these days and that the students at our school have the opportunity to enjoy and compete safely.

Age Divisions (2026)

5 Years	6 Years	7 Years	8 Years
2021(Prep)	2020 (P/1)	2019 (1/2)	2018 (2/3)
9 Years	10 Years	11 Years	12 Years / 13 Years
2017 (3/4)	2016 (4/5)	2015 (5/6)	2014/2013



ORDER OF EVENTS

Thursday 25 June

	5 Yr Boys	5yr Girls	6yr Boys	6yr Girls	7yr Boys	7yr Girls	8yr Boys	8yr Girls	9yr Boys	9yr Girls	10yr Boys	10yr Girls	11yr Boys	11yr Girls	12/13yr Boys	12/13 Girls
9:00am							Assemble in houses and war cries									
9:30am							Shot Put 1&2	Shotput 3&4	Longjump 1&2	Novelty Events	200m	200m	200m	200m	200m	200m
10:15am							Shot Put 1&2	Shotput 3&4	Novelty Events	Longjump 1&2	200m	200m	200m	200m	200m	200m
11:00am							Lunch (normal)									
11:50am							200m	200m	200m	200m	Shot Put 1&2	Shotput 3&4	Longjump 1&2	Novelty Events	Vortex Challenge & Ball Games	Vortex Challenge & Ball Games
12:30pm							200m	200m	200m	200m	Shot Put 1&2	Shotput 3&4	Novelty Events	Longjump 1&2	Vortex Challenge & Ball Games	Vortex Challenge & Ball Games
1:20pm							Lunch (normal)									
1:50pm							800m	800m	800m	800m	800m	800m	800m	800m	800m	800m

Friday 26 June

	5 Yr Boys	5yr Girls	6yr Boys	6yr Girls	7yr Boys	7yr Girls	8yr Boys	8yr Girls	9yr Boys	9yr Girls	10yr Boys	10yr Girls	11yr Boys	11yr Girls	12/13yr Boys	12/13 Girls
9:00am							Assemble in houses and war cries									
9:20am	Novelty Events	Novelty Events	Novelty Events	Novelty Events	Sprints & Relays	Sprints & Relays	Sprints & Relays	Sprints & Relays	Vortex Challenge & Ball Games	Vortex Challenge & Ball Games	Vortex Challenge & Ball Games	Vortex Challenge & Ball Games			Longjump 1&2	Novelty Events
10:15am	Novelty Events	Novelty Events	Novelty Events	Novelty Events	Sprints & Relays	Sprints & Relays	Sprints & Relays	Sprints & Relays	Vortex Challenge & Ball Games	Vortex Challenge & Ball Games	Vortex Challenge & Ball Games	Vortex Challenge & Ball Games	Shot Put 1&2	Shotput 3&4	Novelty Events	Longjump 1&2
10:50am	Staff Vs Parent Vs Year 6 Relay															
11:00am	Lunch															
11:30am	Sprints & Relays	Sprints & Relays	Sprints & Relays	Sprints & Relays	Novelty Events	Novelty Events	Vortex Challenge & Ball Games	Vortex Challenge & Ball Games	Shot Put 1&2	Shotput 3&4	Longjump 1&2	Novelty Events	Sprints & Relays	Sprints & Relays	Sprints & Relays	Sprints & Relays
12:10pm	Sprints & Relays	Sprints & Relays	Sprints & Relays	Sprints & Relays	Novelty Events	Novelty Events	Vortex Challenge & Ball Games	Vortex Challenge & Ball Games	Shot Put 1&2	Shotput 3&4	Novelty Events	Longjump 1&2	Sprints & Relays	Sprints & Relays	Sprints & Relays	Sprints & Relays
12:50pm	Break															
1:00pm	Return to Class	Return to Class	Return to Class	Return to Class	Vortex Challenge & Ball Games	Vortex Challenge & Ball Games	Longjump 1&2	Novelty Events	Sprints & Relays	Sprints & Relays	Sprints & Relays	Sprints & Relays	Vortex Challenge & Ball Games	Vortex Challenge & Ball Games	Shot Put 1&2	Shotput 3&4
1:30pm	Return to Class	Return to Class	Return to Class	Return to Class	Vortex Challenge & Ball Games	Vortex Challenge & Ball Games	Novelty Events	Longjump 1&2	Sprints & Relays	Sprints & Relays	Sprints & Relays	Sprints & Relays	Vortex Challenge & Ball Games	Vortex Challenge & Ball Games	Shot Put 1&2	Shotput 3&4
2:20pm	Presentations in Shed															

PRESENTATION OF TROPHIES

The following trophies will be presented at the end of the carnival to the team with the most points in these categories.

1. Ribbons from High Jump
2. Track Events
3. Field Events
4. Overall
5. Team Spirit (team results)
6. Age Champions (8yr, 9yr, 10yr, 11yr, 12yr)

Sprints – 60m, 80m,100m

- Sprint Heats are held prior to the Carnival Day to determine divisions.
- 60 metres – 5 and 6 Years
- 80 metres – 7, 8, 9 Years
- 100 metres – 10, 11, 12, 13 Years
- Ribbons are awarded in all divisions
- Relay events are held if time permits and are run at the 60m distance, no matter the age division. Relays can consist of 4 or 6 runners and up to 2 teams from each house in each race. No Ribbons are awarded, however points are calculated.
- **At the end of all races, places 1-4 are lined up first, then all other places behind them. All students must go past the score tent, before returning to their house tent.**

Mid Distance Events – 200m, 800m

200 metres

- For ages 8, 9, 10, 11, 12, 13 years.
- All competitors are to remain in given lane for the entire race.
- Heats will occur in class prior to finals day where students will compete in divisions.
- 200 metre start line is on the far side of the oval and is run counter-clockwise.
- Staggered start measured on the inside line.
- Ribbons are awarded in all divisions.

800 metres

- For ages 9, 10, 11, 12 & 13 years.
- Competitors start on an angled line.
- After 60 metres all competitors merge to the inside lane.
- 2 laps to be completed.
- A bell will sound when competitors have one lap to go.
- 800 metre start line located near the finish line.
- Ribbons are awarded.

Tabloid and Novelty Events

- Mixed aged relays and novelty events for points towards team trophy.
- Mixed relays to ensure every student has at least one relay.
- Distances for relays are 60m
- Parent/Teacher/Student relays – If time permits mixed parent/teacher/student relays will be held. No points are given for this event.
- Events can include; egg and spoon, sack race, baton race, tunnel ball, over and under.

High Jump

- High Jump events for 9 – 13 years are by nomination only and held prior to the carnival. Ribbons are presented at the awards presentations.

Ribbons

- Participation ribbons are awarded to every student for 5Yr, 6yr and 7yr aged divisions who participate in the track events.
- 1st, 2nd, 3rd, 4th place ribbons will be awarded to all participants in each division of sprints, mid distance, and field events.
- Ribbons are not awarded for Tabloid, Novelty or Relay events.

Point Allocations

Place	Division 1 (Track and Field)	Other Division (Track and Field)	Relay and Team
1 st	10	6	20
2 nd	9	5	18
3 rd	8	4	16
4 th	7	3	14
Participation	1	1	5

Age Champions

- Age Champions medals are awarded for 8 years to 13 years only.
- Age champions are determined by the highest individual points across track and field events.
- Where points are tied, each individual will be awarded age champion.

Representative Selection and Qualifying

- Competitors aged 9, 10, 11 and 12 years are eligible for representative selection.
- 9 years competitors are eligible however may not be selected for all events.
- Competitors must meet qualification times/distances/ heights to be eligible for selection.
- Students will receive correspondence from the school if they have been selected in the Annandale State School team.
- This selection process will occur after the Athletics days.
- Students who have not followed the Annandale State School Code of Conduct will be ineligible for selection.

The following is taken directly from the Townsville School Sports Athletics Sub-committee. These are the minimum qualifying heights for High Jump.

High Jump - QUALIFYING HEIGHTS

	Girls	Boys	Height Increments
AGE	START HEIGHT	START HEIGHT	
9 Years	0.80 m	0.90 m	The first rise will be 5 cm with subsequent rises at the discretion of the High Jump Stewards.
10 YEARS	0.9 m	1.00 m	
11 YEARS	1.00 m	1.05 m	
12 YEARS	1.05 m	1.10 m	

Nine Year Old Field Events

Points to Note

- students will not be eligible for selection in the Northern Regional team; however, athletes will be selected to compete at the regional trials for the purpose of experience.
- A – D Schools will nominate two boys and two girls in the field events. E and F schools will nominate one of each gender.

Events

High Jump

- o Scissor jumping only (no Fosbury Flop)
- o Jumpers will jump on scissor mats on the grass
- o Starting heights will be – 90cm for boys and 80cm for girls (first rise 5cm, with subsequent rises at the discretion of the event officials).

Shot Put

- o throwers will use a 2Kg shot (in accordance with Athletics North Queensland)
- o throwers must wear closed in shoes

Long Jump

- o no change to event

For further information regarding selection, please reference the Townsville School Sports Athletics Sub-committee procedures.

High Jump

Before the commencement of the competition, the Judges shall announce to the competitors the commencing heights and the different heights to which the bar will be raised at the end of each round. If the High Jump Referee (qualified Level One Coach) decides that the style is not safe, due to either technique inconsistencies or standard of available facilities, the competitor must withdraw from the competition.

Starting Heights

AGE	BOYS	GIRLS
9 Years	85 cm	75 cm
10 Years	90 cm	80 cm
11 Years	100 cm	90 cm
12 Years	105 cm	95 cm

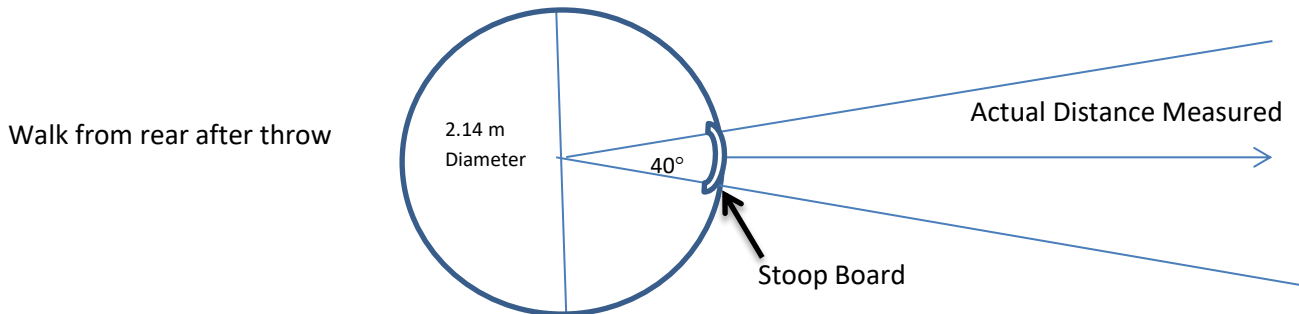
1. Rises – 5cm, 5cm and 3cm thereafter. Height of jump is measured from the centre of the bar. Each end of the bar may be measured to establish level.
2. A competitor is allowed three attempts at any one height, and must not be restricted in his run by poor ground lay-out or by other competitors.
3. Failure in all three attempts eliminates the competitor.
4. If a competitor passes the plane of the uprights or touches any of the equipment but does not jump, it is classified as a jump.
5. If a competitor baulks twice consecutively it is also classed as a jump.
6. When all competitors but one are eliminated, the winner is allowed to continue if he wishes and try to create a new record. In this case the bar must be raised at intervals of 3cm or multiples of 3cm as indicated by the competitor.
7. In the event of a tie, a count-back will be used. The competitor awarded the height placing will be decided in the following order:
 - The one with the lease number of jumps at the height at which the tie occurs shall be declared the winner.
 - The competitor with the lowest amount of failure throughout the competition, up to and including the last eight shall be declared the winner.
 - If it concerns first place, competitors shall have one more jump at the height they failed. If no decision is reached, the bar shall be raised or lowered 2cm. They shall then attempt one more jump at each height until the tie is resolved. Competitors tying must jump on each occasion when resolving the tie.
 - If it concerns any other place: competitors shall be awarded the same place in the competition.
 - If there is a shortage of time, a tie for first will have to be awarded
8. A competitor may commence at any height above the minimum height and may jump at his/her own discretion at any subsequent height.
9. The bar supports should face the opposite upright so that the bar will fall easily to the ground if dislodge.
10. It is to the judge's discretion as to whether a jump is successful if the bar falls. i.e. whether the jumper or other factors caused the bar to fall.

Long Jump

1. Take-off board shall be 25cm side and at least 95cm long set in the ground.
2. No part of the jumping foot may protrude over the front edge of the board.
3. The distance of the jump shall be determined from the front of the board nearest the pit, to the nearest point where any part of the body touches the pit and is measured on each jump.
4. Each competitor is allowed three (3) jumps and must not be restricted in his approach run by poor ground lay-out or by other competitors standing in the way.
5. Should the competitor pass over the jumping board regardless of whether he jumps, an attempt is counted.
6. Where possible, each pit shall have 3 officials – 2 measure, one of who records and a 'judge' to call faults.
7. In the event of a tie, the second best jump counts.

Discus (Not yet run at Annandale)

1. All competitors must wear shoes.
2. The throw is made from a circle of 2.14m in diameter (due to standing throw). In the middle of the circumference of the circle at the front is a stoop board whose measurements are 1.22m (on the inside circumference), 11cm wide and 11cm high. The sector within which all throws must fall is indicated by radii of the circle making an angle of 40°.
3. The competitor walks into the circle, starts from a stationary position and throws the discus to land within the sector, then leaves the circle by walking from the rear half after the discus has landed. While in the circle the competitor must not touch any part of the circumference markings of the circle, the top of the stop board, or the ground outside the circle with any part of his body.
4. The discus must be thrown from a standing position (no rotation spin) due to the fact that no schools have safety cages. You may grip the discus in any way you like.
5. Student awaiting their throw should be seated at least 5m from the discus circle.
6. The use of numbered markers to signify longest throws may be used to speed up competition.
7. In competition events, each competitor has three throws. Placings are then decided according to the best throw of each competitor.
8. Measurement is taken from the nearest edge of the stop board, to the inside edge of the white perimeter (stopping board); the tape should continue through the circle's centre. Measurement must be read at the board, **not** the impact print.
9. The discus must land so that the point of impact is within the inner edges of the lines marking the sector of 40°.
10. No device of any kind – e.g. the tapping of fingers – which in any way assists a competitor when making a throw shall be allowed.
11. The discus must be returned safely to the starting position by hand (not thrown) – it is envisaged that responsible children may assist in this area.



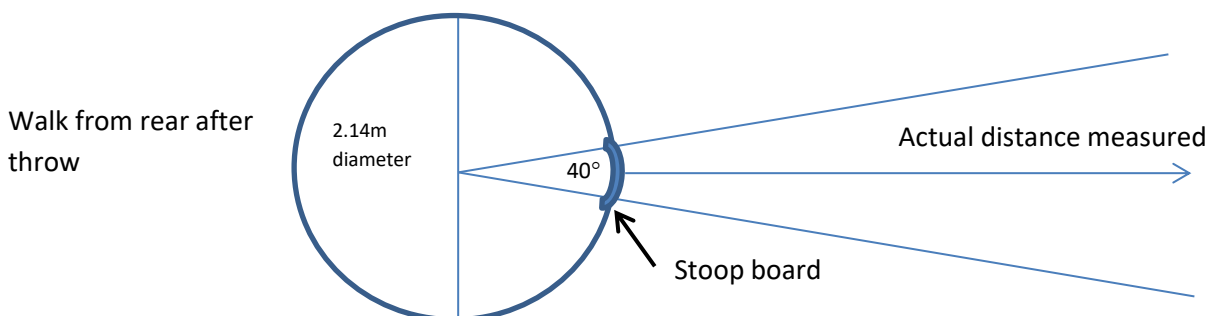
AGE	WEIGHTS
5 Years	350 g
6 Years	350 g
7 Years	350 g
8 Years	350 g
9 Years	500 g
10 Years	500 g
11 Years	750 g
12 Years	750 g

Shot Put

1. All competitors must wear shoes.
2. The put is made from a circle of 2.14m in diameter. In the middle of the circumference of the circle at the front is a stop board whose measurements are 1.22m (on the inside circumference), 11cm wide and 11cm high. The sector within which all puts must fall in indicated by radii of the circle making an angle of 40°.
3. The competitor walks into the circle, put the shot to land within the sector, then leaves the circle by walking from the rear half after the shot has landed. While in the circle the competitor must not touch any part of the circumference markings of the circle, the top of the stop board, or the ground outside the circle with any part of his body.
4. The shot must be put from the shoulder with one hand only and must not at any stage of its flight move or drop behind the line of the shoulders. The shot is held at the base of the fingers and against the neck.
5. Infringement of any of these rules is a foul. The foul counts as an attempt and is not measured.
6. The use of numbered markers to signify longest throws may be used to speed up competition.
7. In competition events, each competitor has three throws. Placings are then decided according to the best throw of each competitor.
8. Measurement is taken from the nearest edge of the land mark, to the inside edge of the white perimeter (stopping board); the tape should continue through the circle's centre. Measurement must be read at the board, **not** the impact print.
9. The shot must land so that the point of impact is within the inner edges of the lines marking the sector of 40°.
10. No device of any kind – e.g. the tapping of fingers – which in any way assists a competitor when making a put, shall be allowed.
11. The shot must be returned safely to the starting position by hand (not thrown) – it is envisaged that responsible children may assist in this area.

NOTE – There is a clear distinction between drawing the shot away from the neck to gain extra leverage (this is normally associated with a lowering of the shot and elbow) and moving the head to the left as the driving position is reached. The latter does NOT constitute a foul and competitors should not be penalised for turning the head out of the line of the shot before it is released. It must be a push, not a throw.

Students awaiting their throw should be seated at least 5m back from the Shot Put Circle.



AGE	WEIGHTS
5 Years	180 g
6 Years	180 g
7 Years	180 g
8 Years	1 Kg
9 Years	1.5 Kg
10 Years	2 kg
11 Years	2 kg
12 Years	3 Kg

Vortex

1. All competitors must wear shoes.
2. Competitors will use a vortex ball with tail fins.
3. Competitors will begin their throw from either a static standing position or use a run up of no more than 3 paces.
4. Competitors must throw the vortex from behind the launch line and must land their throw within the designated rectangular field (4m or paces wide)
5. The field will be defined by markers.
6. The point of first impact on the ground is the noted as the distance thrown.
7. The three furthest throws will marked with a coloured flexi pole. Students holding these positions will be recorded on a record sheet.
8. Students will have three attempts each.
9. A foul thrown is determined when the thrower steps over the throw line, or the vortex lands outside of the designated rectangular field.
10. The vortex is thrown as an overarm throw by either the left or right arm. The thrower will extend their arm backwards and then launch the vortex overarm.
11. The vortex is thrown holding the vortex at the point of connection between the tail and ball.
12. **Ribbons and points are awarded for this event, but does not count towards Age Champion. This is scored as a novelty event and place points are counted as team points.**

Targets

This challenge is played if time permits following Shot Put

Equipment 3 x hula hoops and 3 x (holey hockey balls)

1. All competitors must wear shoes.
2. Three hula hoops are placed at the 5m, 7m and 9m (steps) from the shotput pit.
3. Students take it in turns to shoot for a target using the holey hockey ball (using a shot put push) from the shotput ring. Each student throws 1 ball, then rotates to the next student.
4. Alternate throwers from teams, so that it is a bit more of a score competition between the houses.
5. If the ball lands and stays in the hoop Points are scored for the house as follows
 - a. Target 1 (5m) – 5 points
 - b. Target 2 (7m) – 10 points
 - c. Target 3 (9m) – 20 points
6. Each student takes it in turn to throw
7. The team with the highest points earns 10 house points that are added to the novelty event points.
8. Repeat the game if time permits.

Modified Races

3 LEGGED RACES

Students get a partner and attach race band to ankles at the start line. Organise races into boys and girls or mixed pairs.

Teacher calls go and they race to finish. Teachers may get students to swap partners for race two if time permits.

RELAYS

Students form teams of four. Teacher gives leader a running ring and sends two students to the other end. Race should start and finish at the same point.

HURDLES

Line students up in their houses. Students race over the hurdles to a marker and back again.

TUG OF WAR

Two even teams assemble at either end of the rope. Students are asked to hold and when the teacher says pull the students try to get the rope past the marker.

Modified Games

BOCCE

Organise class into four teams. Students each have a colour ball that they must roll to the jack. Closest ball to the jack gets the win

PARACHUTES

Teachers can organise the students around two parachutes to play any number of games that they wish. There will be round bean bags for students to pop up .

FLING ITS

Students get one Fling It and a ball and they try to pop it up in the air and catch it. Students may wish to pop up ball to a partner.

FLY BALLS

Students each get a fly ball and they try to throw as far as possible. Students can then swing from the tail and see how far it can travel. At end the teacher gets all the fly balls and swing them up to create Fireworks (ask the kids).

Court Games

LEADER BALL

The kids line up in three teams and then the first person is the leader. They throw the ball to each student who catches the ball and then runs around the team and then passes the ball back. Continue until everyone is sitting and the leader runs around the team to finish.

ANIMAL ZOOS

The students take one animal from the hoop and put it into the next hoop and return to tag their teammate. Once the animals are in the second hoop, they move them to the last hoop. First team to have all animals in the last hoop wins.

DRIBBLE RELAY

Students line up in 4 lines. On the whistle they dribble the ball to the other end and pass to their team. Once all players have had a turn, all players sit down

SCOOTER RELAYS

Students take turns to race their scooter boards and then swap with their team mates. First relay-bellies. Second relay- backwards bottoms. Third relay-knees

DINOSAUR EGG AND SPOON RACE

Students line up at start in their teams of 4. Each team has a Dinosaur Egg and Spoon. Students must balance the egg on the spoon and race to change over with their team. If the egg falls off students must regain control and continue to race.

Senior Novelty Games 8 Years and Older (Team Challenges)

- Egg & Spoon races
- Tug of war
- 3 legged race
- Scissors Paper Rock Challenge
- Noughts and Crosses
- Sack Race (Hessian Garden Bag)

Noughts and Crosses Relay

Setting up the playing area

- Use hoops, masking tape, or chalk to mark out a grid of three by three on the floor at one end of the space.

Play the game

1. Everyone should split into two teams. Each team should line up at the opposite end of the space to the grid.
2. Give each team three cones or bean bags of the same colour.
3. Explain that everyone will be playing a giant version of noughts and crosses. The aim of the game is to be the first team to get three cones into an uninterrupted row on the grid.
4. Just like in the traditional game, you can count the rows horizontally, vertically, or diagonally.
5. The person leading the game should say 'go' and the first person in each team should pick up a cone/bean bag and run to place it in a spot on the grid.
6. Once the first person has placed the cone, they should run to join the back of their team's line. When they reach the back of the line, it's the next person's turn.
7. Everyone should repeat steps four and five until all three cones have been placed.
8. If neither team has completed a row, the next player should run to the grid and choose one of their team's cones to move to try to complete a row. Then they should run back to their team.
9. Everyone should keep playing until one team has moved their cones into an uninterrupted row.



HOOLA-HOOP

ROCK-PAPER-SCISSORS RELAY

Participants

Any number of participants.

Time Allotment

5+ Minutes

Activity Level

High

Materials

- Hula Hoops, floor dots, or tape to mark spots

Method

- Lay out the markers in a single pattern with a start and a finish line. A “Z” shape works well.
- Split the participants into 2 teams and line them up single file on each end of the floor markings.
- 1 participant from each team will hop through the path of markers towards the other team. When they meet the other team face to face, they will play rock-paper-scissors to determine who survives and who is sent back to the end of their team’s line.
- When a participant loses the rock-paper-scissors, match they jump out of the path and run to the back of their team’s line. The next participant in line begins hoping through the course toward the other team immediately.
- When a player wins the rock-paper-scissors match, they continue hoping through the pathway toward the other team.
- Every time the 2 teams meet face to face within the pathway they must play rock-paper-scissors. When a member of either team makes it all the way through the course to the other team they score a point and then run back to the end of their teams line and the next participant starts hoping.
- Play to however many points you want to. 5, 10, 20, etc.

Regulation Modification Options

Use the option most appropriate for the youth’s level of regulation:

- Have the participants who lose the rock-paper-scissors game do a regulation technique while waiting in line to go again. This will help to keep the participants regulated during the game and allow it to be continuous.
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Leader Ball

1. Team to consist of 7 players. If not enough competitors are available ensure all teams have an even amount of players.
2. The circle must be 1 metre in diameter, centre of circle being 2 metres from the first line, lines being 1 metre apart.
3. The leader stands in the circle, facing the remaining players who stand directly behind one another, front foot toeing the cross marks provided until the ball is received.
4. Start – Ball must be on the ground in the circle; the leader's body must be vertical with arms raised over the head and legs straight; one whistle blast for ready; Gun for go.
5. The leader throws the ball to the first player who catches it and turns to his left and runs down the left side of the team, around the end player, up the right hand side of the team, around the leader, and back to his place. The players throws the ball back to the leader and crouches in place on the cross line. The ball may be thrown only after the player toes the cross line or centre line behind cross.
6. The leader throws to each player in turn, each player running the same course. When all players have run, the leader runs to the tape 15 metres from the centre of the circle.
7. Leader and end player must stand erect with heels on the ground, when other players are passing around.
8. Leader must have both feet in the circle when the ball is thrown.
9. Each player must have forward foot on the mark to receive the ball.
10. Last player must toe the line with forward foot, and must turn to the left before running forward.
11. Players must not touch with hand, or swing around end player or leader.
12. Only the player losing the ball on the pass must retrieve it, and return to position before continuing the game.
13. A fully inflated ball, with circumference 62cm to 70cm must be used.
14. A player retrieving a stray ball from their team must not interfere with another team or they will be disqualified.

NB The leader must have both feet inside the circle when receiving the pass. Should the leader have to leave the circle to retrieve the ball, he must return both feet inside the circle before making the next pass or running to the finish line.

Tunnel Ball

1. Team to consist of 10 players. If not enough competitors are available ensure all teams have an even amount of players.
2. Lines to be one metre apart with 2.5 metres between each team. Teams to line up with each player directly behind the player in front, such position to be maintained throughout.
3. Start procedure: 1st whistle – fee astride jump, straddling centre line; 2nd whistle – ball held at arm's length above leader's head, body vertical; commence tunnelling, WHEN GUN IS FIRED.
4. The ball is passed through tunnel to end player, who runs up the right side of the team, takes up position on or across cross line before continuing, then takes upright position as in 3.
5. Players must play on cross lines and not shorten the distance between one player and the next.
6. Players must have at least part of both feet in contact with the ground and astride the centre line when the ball passes through their legs.
7. Should the ball leave the tunnel, only the player who is next to continue tunnelling must retrieve the ball, and return to his proper place in line before continuing play.
8. Player collecting ball at the end of the line must have both feet on or behind the line when he collects the ball.
9. When the original leader runs to the front, he will continue 15 metres to the tape.
10. A tunnel ball equivalent to the current issue for primary school must be used.
11. A player retrieving a stray ball from his team must not interfere with another team or his team will be disqualified.

Over and Under

1. Team to consist of 10 players. If not enough competitors are available ensure all teams have an even amount of players.
2. Lines to be one metre apart with 2.5 metres between each team. Teams to line up with each player directly behind the player in front, such position to be maintained throughout.
3. Start procedure: 1st whistle – fee astride jump, straddling centre line; 2nd whistle – ball held at arm's length above leader's head, body vertical; commence tunnelling, WHEN GUN IS FIRED.
4. The ball is passed through over the first player and between the legs of the second, continuing in this pattern to the end player, who runs up the right side of the team, takes up position on or across cross line before continuing, then takes upright position as in 3.
5. Players must play on cross lines and not shorten the distance between one player and the next.
6. Players must have at least part of both feet in contact with the ground and astride the centre line when the ball passes through their legs.
7. Should the ball leave game, only the player who is next to continue passing must retrieve the ball, and return to his proper place in line before continuing play.
8. Player collecting ball at the end of the line must have both feet on or behind the line when he collects the ball.
9. When the original leader runs to the front, he will continue 15 metres to the tape or designated finish point.
10. A tunnel ball equivalent to the current issue for primary school must be used.
11. A player retrieving a stray ball from his team must not interfere with another team or his team will be disqualified.

Annandale State School Sports CODE OF CONDUCT

(Students, Parents & Spectators)

The following code of conduct highlights the level of expected behaviour of students, parents and spectators when participating in / attending Annandale State School sporting events. The code of conduct does not replace the Annandale State School Code of Conduct, rather highlights key behaviour expectations at sporting events. Consequences for not honouring this code of conduct are listed below. Please ensure that you have read and understand this code prior to participating in / attending Annandale State School sporting events. Please be aware that ignorance of the contents of this Code will not be accepted as an excuse for any breach.

Expectations of Student Participants

As a team member

- Take responsibility for your own behaviour and performance.
- Compete by the competition conditions and rules.
- Never argue with the Judge's, Referee's or Umpire's decision.
- Control your temper – no criticism by word or gesture.
- Work equally hard for yourself and your team – your team's performance will benefit and so will your own.
- Be a good sport. Encourage and support your own team members.
- Show respect for yourself, your team mates, officials, your opponents and their skills.
- Behave in a manner that respects the rights of others
- Stay with team or class during events.
- Stay in the designated team area and support other team members during times when you are not competing.
- Remain sun safe by ensuring you are wearing sunscreen, a hat and sunsafe clothing appropriate for the event.

Consequences for breaches of this code by students

Teachers may deal immediately with any breaches of this code by imposing appropriate consequences, including not playing remaining fixtures/events or activities and notification of parents.

The Principal is responsible for imposing any longer term consequences to your future participation in events.

Students may be notified orally or in writing of a temporary ban from participating or attending sporting fixtures until formal processes are conducted by the Principal to determine complaints under this Code. Students will be afforded natural justice in respect of breaches of this code.

Expectations and Parents and Spectators

Parents Code of Conduct

- Cooperate with the school to achieve the best outcomes for your child
- Support team and event officials in maintaining a safe and respectful learning environment for all students
- Maintain positive relationships with team officials regarding your child's learning, wellbeing and behaviour
- Encourage participation by your children.
- Provide a model of good sportsmanship for your child to copy.
- Be courteous and constructive in your communication with players, team officials, game officials and sport administrators.
- Encourage honest effort, skilled performance and team loyalty.
- Make any new parents feel welcome on all occasions.
- Do not interfere with the conduct of any events.
- Supervise non-school age children and keep them with you.

Spectators' Code of Conduct

- Demonstrate appropriate social behaviour at Annandale State School events.
- Remember children play for enjoyment, please don't let your behaviour detract from their enjoyment.
- Let game officials conduct events without interference.
- Support skilled performances and team play with generous applause.
- Demonstrate respect for opposing players and their supporters.

Consequences for breaches of this code by parents / spectators

Team managers and event organisers may deal immediately with any breaches of this code by warning offenders about their conduct, asking offenders to leave venues, and calling police to intervene where necessary. The Principal is responsible for imposing any longer term consequences such as written warnings, or barring attendance at future events for a period or indefinitely.

Parents and spectators may be notified orally or in writing of a temporary ban from attending sporting events until formal processes are conducted by the Principal to determine complaints under this Code.

Parents and spectators will be afforded natural justice in respect of breaches of this code.

Parents and spectators should note that it is an offence to insult (meaning "to treat insolently or with contemptuous rudeness, to abuse") an officer of a state educational institution in the presence or hearing of students – s.333(2)(b) Wilful Disturbance, of the Education (General Provisions) Act 2006 (EGPA). Breaches of this section of the EGPA may result in a complaint being made to police.

ANNANDALE STATE SCHOOL

HYDRATION GUIDELINES

DRINK WATER – DRINK FLUIDS – DRINK WATER – DRINK FLUIDS

Introduction

Annandale State School Sport programs provide both sporting and educational opportunities for students. The purpose of these guidelines is to ensure that students become aware of the benefits of proper hydration practices before, during and after physical activity.

It is essential therefore that all staff at Annandale State School ensures that students are not placed at risk and are properly hydrated before participating in physical activity.

Key Messages

The following messages should be used to help convey the benefits of proper hydration.

- THIRST IS A POOR INDICATOR OF FLUID NEED
- HYDRATE BEFORE, DURING AND AFTER PLAY

Suggested Procedures

The following procedures are suggested for all Queensland School Sport events:

- Annandale State School will ensure that water is available at all venues at all times and if necessary, water carriers will be provided during matches.
- Students will bring with them a water bottle to each sporting event, with water only.
- **Other fluids which may be used include diluted sports drinks, diluted cordial and diluted fruit juices. Carbonated drinks are not be used at school events.**
- The procedures to be followed for providing fluid to students during competition should be clearly identified at pre-event meetings.
- Sports which do not have appropriate scheduled re-hydration strategies (eg drinks breaks) should implement strategies for allowing fluid to be provided to participants during matches.
- Scheduled breaks in matches should be used to actively promote the benefits of hydration to participants.
- Where possible, team management should actively promote the use of interchange rules as a tool to prevent dehydration.
- Participating teams may designate their own water carriers. These may be adults but cannot be the team coach.
- No water carrier is to engage in the coaching of individuals or the team whilst on the field of play.
- During matches, these should be located immediately next to the playing area to enable players to help themselves (at appropriate times) during matches.

Stations

