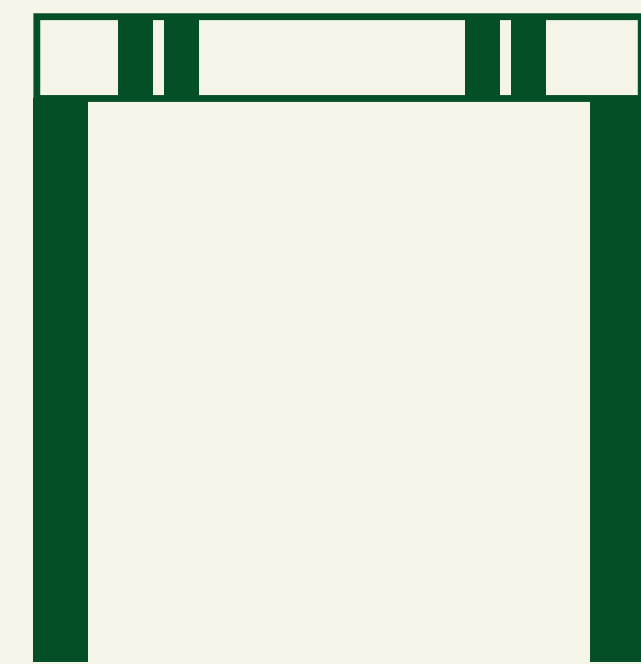
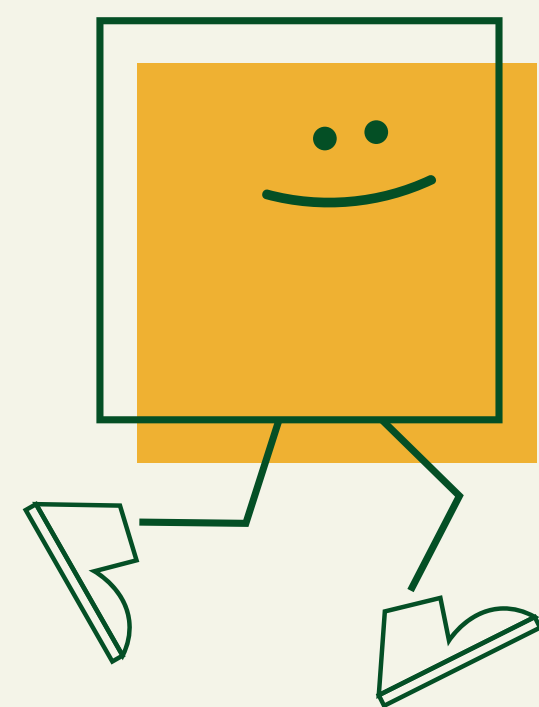
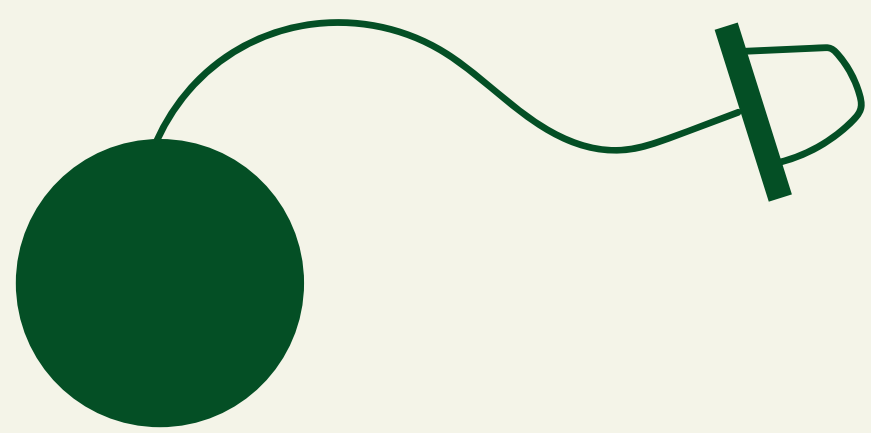
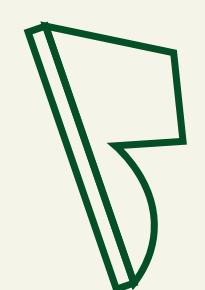




# SPRAOI

**GAMES**



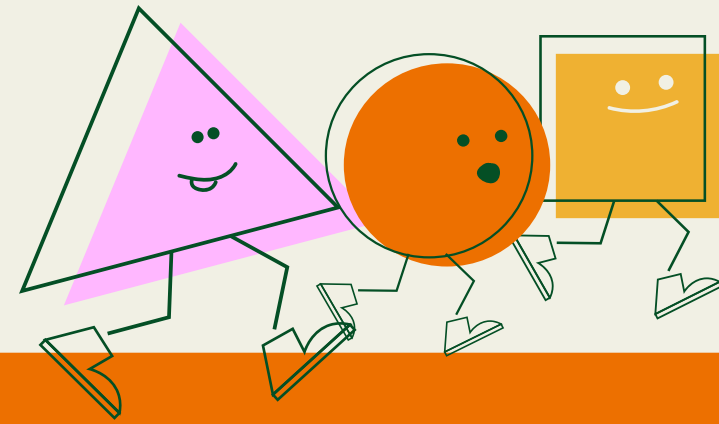
# Introducing the Spraoi Games!

Athletics Ireland's **NEW** team competition for kids with fun and participation at the fore.

<b>Target Age:</b>	u9/10
<b>Gender:</b>	Mixed
<b>Duration:</b>	2 hours max
<b>Teams:</b>	6 athletes per team. multiple teams per club or 6 different clubs with one team
<b>Locations:</b>	Clubs attending/invited is based on geographic location and potential progression to Regional and National competition



# How it works:



## Structure:

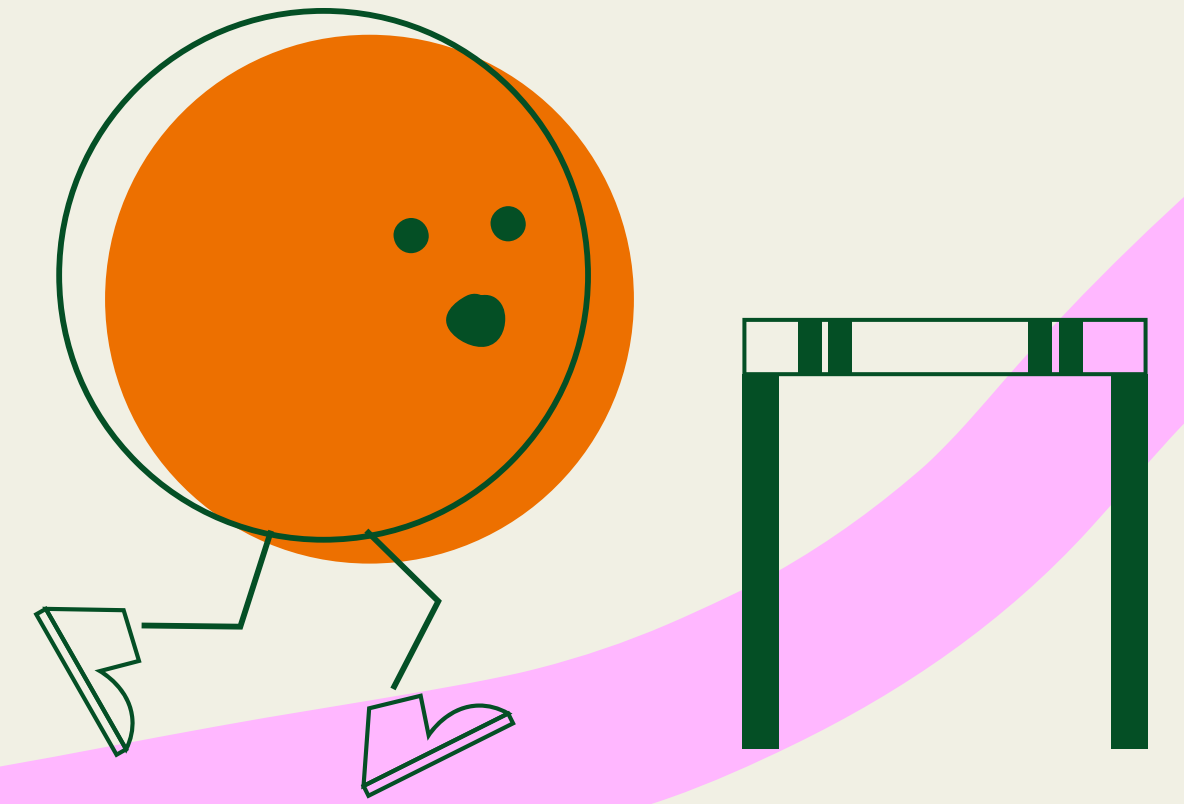
- Athletes all split into groups equal to the number of events (not including relay)
- All events are set up and ready from the start.
- All groups rotate to enable athletes complete all events (not including relay)
- Use multiple run, jump and throw areas to minimise waiting times for athletes

## Events:

- 1.** Standing Long Jump (*3 attempts*)
- 2.** Vertical Jump (*3 attempts*)
- 3.** Chest Push (*3 attempts*)
- 4.** Ball Throw or Howler (*3 attempts*)
- 5.** 20m Speed Gate
- 6.** Speed Bounce

**FINAL:** Obstacle course Relay

# Scoring & performance:



## Scoring

- Athletes in each group are rated on the performance, **each athlete gets a score**. If there is a tie for a place in any event, divide total points available equally.
- **Scores are added together from the team**- the best athletes/teams will have the lower scores. Split teams into groups of 2 based on overall scores so far (e.g. 1st and 2nd, 3rd and 4th etc) so after the 5 events before the relay, you have 6 teams competing, top 2 would go head to head for Gold division, 3rd and 4th place would go head to head for Silver, 5th and 6th places would go head to head for Bronze division

## Obstacle Course Relay Final

- AS per scoring system there will only be 2 teams in every race. All 6 athletes take part. Obstacle course components is optional but consistent for all teams taking part on that day. Awards on the the must be team based eg small cup for each division as emphasis is fun and participation

# What you will need:

## Officials:

- Clubs to provide minimum 2 officials per team
- Host club to appoint 1 additional lead official for overall scoring
- Lead official to brief officials on the day to refresh on the scoring and emphasise their role in reinforcing technique to athletes at the start of each event

## Equipment Needed

The following are suggested items of equipment. What is used is dependant and flexible to the clubs resources but all athletes should use the same for the competition day:

- **All Events:** Measuring tapes, cones, whistle
- **Vertical jump:** Wall and Chalk masking tape to mark when jumping
- **Chest push:** football/basketball
- **Ball throw or turbo javelin:** sliotar/tennis ball/turbo javelin
- **20m speed gate:** speed gates or stopwatch
- **Standing long jump:** jumping pit or mat
- **Relay:** equipment can vary – small hurdles, hoola hoops, relay batons, cones.

I HAD FUN  
AT SPRAOI

# How to Set Up for Spraoi

- One athlete from each of the 6 teams will start at each event and rotate.





# SPRAOI

**GAMES**

