

# NOTRE DAME SENIOR ATHLETICS CARNIVAL 2025

**YEAR 3 – YEAR 6**

**GERRY ARCHER – TERM 4, WEEK 1, TUESDAY, 14  
OCTOBER**

Time	Year 3	Year 4	Year 5	Year 6
9.30am - 9.35am	Introduction/Opening Ceremony			
9.35am – 10.05am	Year 3 Girls 200m Year 3 Boys 200m Year 4 Girls 200m Year 4 Boys 200m <i>*Students have recess during/after races</i>		Rotations mer ko-lap Tug-o-War	Rotations Tug-o-War mer ko-lap
10.10am – 10.40am	Rotations mer ko-lap Tug-o-War	Rotations Tug-o-War mer ko-lap	Year 5 Girls 200m Year 5 Boys 200m Year 6 Girls 200m Year 6 Boys 200m <i>*Students have recess during/after races</i>	
10.40am – 11.20am	Year 5 Girls Leader ball* Year 5 Boys Leader ball* Year 6 Girls Leader ball* Year 6 Boys Leader ball* Year 3 Girls Leader ball* Year 3 Boys Leader ball* Year 4 Girls Leader ball** Year 4 Boys Leader ball**  *all these events will have 8-9 students, any faction that doesn't have enough numbers will have students from a lower year group assist them.  **Year 4 factions that don't have enough numbers will have year 4 girls or boys assist them.			



11.20am – 11.50am	Year 3 Girls 100m Year 3 Boys 100m Year 4 Girls 100m Year 4 Boys 100m		Rotations Pass Ball Flag/Bucket Relay	Rotations Flag/Bucket Relay Pass Ball
11.50am – 12.20pm	Rotations Pass Ball Flag/Bucket Relay	Rotations Flag/Bucket Relay Pass Ball	Year 5 Girls 100m Year 5 Boys 100m Year 6 Girls 100m Year 6 Boys 100m	
12.25pm – 12.40pm	Lunch Students can join parents to have lunch.			
12.40pm – 1.05pm	Year 3 Mixed Star Relay (selected)* Year 4 Mixed Star Relay (selected)* Year 5 Mixed Star Relay (selected)* Year 6 Mixed Star Relay (selected)* <b>*Students not selected for the Baton Relay will participate in Star Relay</b>			
1.10pm – 1.35pm	Year 3 100m Baton Relay (selected) Year 4 100m Baton Relay (selected) Year 5 100m Baton Relay (selected) Year 6 100m Baton Relay (selected) <b>Grand Relay (top boy and girl from each year group) Year 3-6</b> <b>Parents/Teachers and Year 6 Relay</b>			
1.45pm – 1.50pm	Clean up			
1.50pm – 2.00pm	Presentations and Dismissal			

*\*A reminder that times are estimated for each series of events - please arrive early to avoid disappointment.*



## Points Allocation

Placings	Team Games	A Division	B Division	C Division	D Division
<b>1<sup>st</sup></b>	24 points	32 points	24 points	10 points	8 points
<b>2<sup>nd</sup></b>	20 points	30 points	22 points	9 points	7 points
<b>3<sup>rd</sup></b>	16 points	28 points	20 points	8 points	6 points
<b>4<sup>th</sup></b>	12 points	26 points	18 points	7 points	5 points
<b>5<sup>th</sup></b>		24 points	16 points	6 points	4 points
<b>6<sup>th</sup></b>		22 points	14 points	5 points	3 points
<b>7<sup>th</sup></b>		20 points	12 points	4 points	2 points
<b>8<sup>th</sup></b>		18 points	10 points	3 points	1 point

*Track Events - All students will be timed during Physical Education lessons and placed in the appropriate divisions for the NDCPS Carnival. Only runners from A Division will be selected for the Interschool Athletics Carnival/s.*

***NO TIMING WILL BE DONE AT THE CARNIVAL/S.***

<b><i>Field Events</i></b>														
<b><i>1</i></b>	<b><i>2</i></b>	<b><i>3</i></b>	<b><i>4</i></b>	<b><i>5</i></b>	<b><i>6</i></b>	<b><i>7</i></b>	<b><i>8</i></b>	<b><i>9</i></b>	<b><i>10</i></b>	<b><i>11</i></b>	<b><i>12</i></b>	<b><i>13</i></b>	<b><i>14</i></b>	<b><i>15-30</i></b>
<b><i>32</i></b>	<b><i>31</i></b>	<b><i>30</i></b>	<b><i>29</i></b>	<b><i>28</i></b>	<b><i>27</i></b>	<b><i>26</i></b>	<b><i>25</i></b>	<b><i>24</i></b>	<b><i>23</i></b>	<b><i>22</i></b>	<b><i>21</i></b>	<b><i>20</i></b>	<b><i>19</i></b>	<b><i>18-1</i></b>

**Champion boy and girl awards will be the following events:** 400m, 200m, 100m, shot put, turbo javelin and long jump - vortex will replace shot put and turbo javelin for year 3.

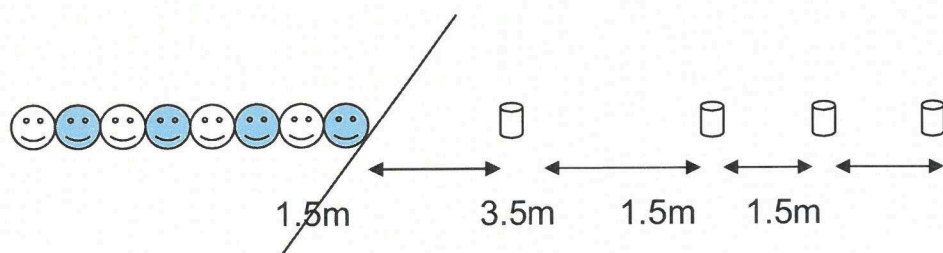
## Tug-o-war

- The centre of the rope should align with the centre marked on the ground.
  - As soon as the referee blows the whistle, each team can start pulling the rope into their territory.
  - The objective of the game is for each team to pull the rope along with the members of opposition team to their side.
  - As soon as the second mark on the rope from the centre red mark crosses over the centre line, the team to pull the rope to their area wins the game.
  - Ensure all students participate in at least 1 round
  - No ribbons for this event
  - Rd 1 Presentation vs Mercy
  - Rd 1 McAuley vs Nagle
- 3<sup>rd</sup> vs 4<sup>th</sup> playoff (loser of round 1)
- 1<sup>st</sup> vs 2<sup>nd</sup> playoff (winner of round 1)



## Flag/Bucket Relay

- Each team is to have **4 buckets** (1 to keep flags in and 3 to deposit **plastic flags** into)
- Each team is to have **8 competitors** (4 Boys & 4 Girls).
- Competitors must ensure that **all flags are correctly placed into the tins.**
- Children may only have **1 flag in their hand at any given time.**
- All **tins must be upright** before the competitor finishes their turn.
- Children must **'tag'** the next competitor before they are allowed to commence.
- The race is finished when the last competitor returns the last flag to the first tin.
- All competitors must be seated after their turn.
- No ribbons for this event.
- The spacing for the tins is as follows:





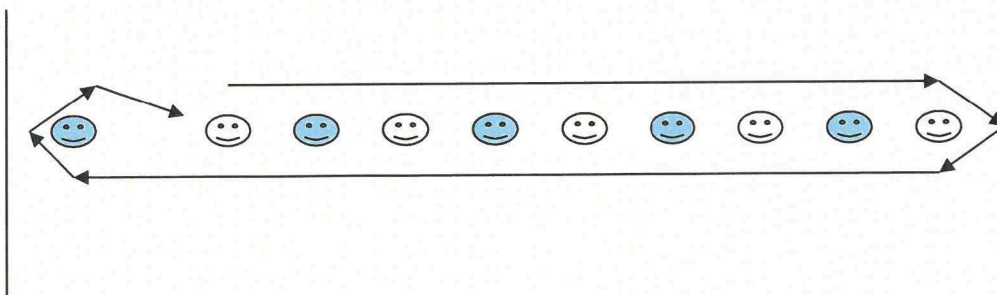
## Leader ball

Years 3 – 6

1 team warning – foot on the dot.

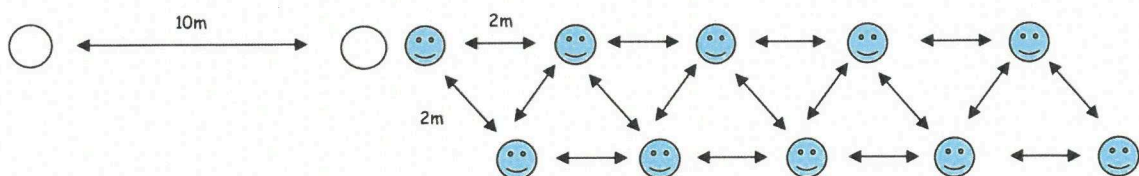
1. All teams to use an in2cricket ball.
2. All teams to have 1 leader and nine other team members.
3. The leader will pass to each of the team members in turn.
4. Once the ball is **CAUGHT** it is to be **PLACED** on the dot (not dropped). The competitor must then run clockwise (right), around the **LAST** person, around the **LEADER**, and then back to their place, where they must throw the ball back to the leader.
5. Underarm and overarm throws are permitted.
6. Backward 'flips' of the ball are **NOT** permitted.
7. The leader and last person must remain upright (2 feet on the dot) while competitors are running around them.
8. All competitors must have their **FRONT** foot on the dot when throwing.
9. **Dropped Catch – retrieve ball. Place on dot & THEN run.**
10. If the ball rolls from the dot only the competitor whose turn it is, may retrieve the ball. No one else is permitted to touch the ball.
11. When retrieving the ball, a competitor is **NOT** permitted to run through another team – they must run **AROUND** the other team **WHERE POSSIBLE**.
12. Once the leader has caught the return throw from the last competitor, the leader must **PLACE** the ball on their dot, and run to the finish line.
13. Disqualification of a team will occur if any of the following infringements occur:
  1. If the first person's hand(s) are in contact with the ball while the leader's hand(s) are on it.
  2. If a competitor retrieves the ball and it was not that competitor that lost the ball.
  3. If a competitor touches any team member whilst running.

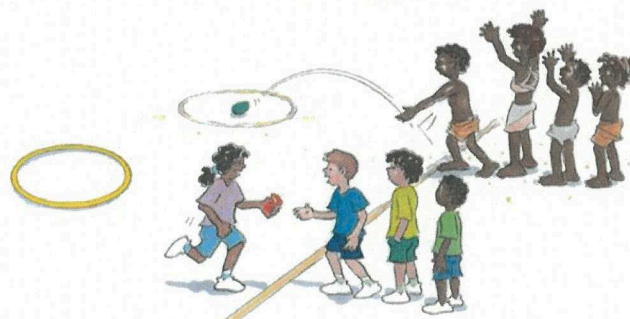
3m leader dot to first dot, then 1m between every dot thereafter



## Pass Ball Rules    Year 3-6

1. Each team is made up of 10 members. 3 pieces of equipment: a beanbag, in2cricket ball and netball.
2. Each member is spaced 2 metres apart in a horizontal line.
3. Year 3-6: the line parallel to the first line is to be spaced 3 metres apart.
4. The bean bag is to be used first, then the softball then the netball.
5. The items are to be placed into a hoop at the start of the race near the leader.
6. Underhand passes for bean bag and softball. Chest passes when passing the netball.
7. Passes are to be made in a zigzag manner down the line and then back for each item to be passed.
8. When the bean bag has passed up and back the leader must run 15 metres forward to another hoop to place the bean bag in. They then do the same for the softball and netball.
9. **After putting the netball into the hoop, the leader remains behind the last hoop (past the line) and the entire team must sit down at their spots to conclude the race.**
10. If a person is skipped in the passing the team is disqualified unless the ball goes back to the prior spot to include the missed person.
11. No ribbons for this event.





All school-age groups (K–12)

Post-school age

#### Background

This object-throwing game was observed being played in the Torres Strait on Mer Island in the nineteenth century. More recent versions have been observed.

#### Short description

This version of an object-throwing game is a relay event.

#### Players

- Teams of four to six lined up behind a starting line

#### Playing area

- A marked indoor or outdoor area suitable to the activity

#### Equipment

- One hoop for each team
- Beanbags, coins, large buttons or marbles to represent the *kolap* beans

#### Game play and basic rules

- Place a hoop about 5 metres in front of each team.
- On a signal to start, the first player in each team throws the disc (or beanbag) and attempts to land it in a hoop — it must land completely in the hoop without touching the hoop. After his or her turn the thrower runs out, retrieves the disc and hands it to the next person before joining the end of the line.
- Repeat for each team member and continue play for a set time (2–3 minutes) or set number of turns (20–50).

- Even numbers for each team or have students go twice.
- 3 beanbags per team incase of incorrect attempts
- If the student misses all 3 attempts, then this will count as a 'successful attempt', collect bean bags and bring back to group.
- The bean bag must land in the hoop before the student can run and collect the bean bag.
- Students are to sit down after they have retrieved their bean bag for their team.



## Star Relay

Years 4 - 6

- All teams to use a baton.
- All teams to have 10 team members.
- The leader will pass the baton to the person behind them, the baton continues to the back of the team.
- The end person grabs the baton & runs with it around **ALL** the teams (including own) to the front dot of their team.
- All team members shuffle back 1 dot.
- All competitors must have their **left** foot on the dot.
- If the baton exits the team, the person closest to where it exited, must retrieve it.
- When retrieving the baton, a competitor is **NOT** permitted to run through another team – they must run **AROUND** the other team **WHERE POSSIBLE**.
- Once the leader has reached the back when the baton reaches him/her, the leader must **PICK UP** the baton and run around all 4 teams to the front of their team the team sits.
- Disqualification of a team will occur if any of the following infringements occur:
  1. If the team gets out of order.
  2. If a competitor touches any team member whilst running.

\*\*\* 1m between every dot behind leader dot.

