

# **District Elementary Track Meet**

## **RULES**

No Spikes / Cleats allowed

### **Basketball Shoot**

One attempt. Time limit = 1 minute. Begin by shooting foul shot, if ball goes in 5 points, if rebound take second shot from point of rebound, if goes in 3 points. If ball rolls off surface contestant will start from foul line. The contestant rebounds. Shooting is continuous to the end of 1 minute time limit. Any type of shot may be taken. Each ball that goes in scores 1 point. No other student may assist in retrieving ball if it rolls away

### **Jump Rope**

Student will jump for 1 minute. Any style is permitted.  
May not use jump ropes with ball bearings in handle.

### **Pull Up**

One attempt  
Any grip, complete extension to chin over bar – count out loud.

### **Softball Throw**

Two attempts.  
Measure distance for each throw for each participant and record score.  
overhand throws only

### **Standing Long Jump**

Two attempts.  
Measure to back of heels OR whatever body part lands closest to the start line if student falls back

### **Triple Jump**

Two attempts.  
Start from a one foot take off land on same foot, step opposite, jump and land on both feet – no running approach. “Same, Opposite, Both”  
May not push off from one foot (Back foot)

### **Tug of War**

No cleats/spikes allowed.