Panathlon Xtend Rules

Panathlon Xtend runs on a rotational system whereby students get to take part in each of the 8 /9 activities for 7 minutes. *After 4 rotations there is a short break, followed by another 4 rotations and then lunch. After lunch players have the opportunity to take part in non-scoring races before the medal ceremony. Every student will receive a medal.

* dependent upon number of activities

**Scooter Slalom**

Competitors are timed around a marked-out course within a grid.
A competitor selects either a two or three wheeled scooter and negotiates a slalom course.
The team does a relay formation with the best and worst time of competitors being recorded for the team.
The team can have as many goes as they wish in a rotation order within the allotted time.

**Tennis Ladder**

Each player will have **three** shots except the player who successfully **scores all three** attempts in which case a **bonus shot** will be awarded from the bonus “service” box. A player will start from the nearest line from the Tennis ladder and if successful move back to the next line…if unsuccessful the player remains at the line until the 3 attempts are over.

**Scoring**

A forehand from the first line that passes through the target circle scores **1 point**
A forehand from the second line that passes through the target circle scores **2 points**
A forehand from the third line that passes through the target circle scores **3 points**

Bonus points – select a volley or a backhand
A volley from the service box that passes through the target circle scores **5 points**
A backhand from the service box passes through the target circle scores **5 points**

The volley must be a non-bounce shot

The team’s total score is the number of points scored after 7 minutes. In the event of a tie at the end of the competition the deciding factor will be the number of 5 points scored, followed by the number of 3 points….. if required.
Futsal Football

Four competitors stand in the boxes on the corners of a square (A,B,C,D). The other team members stand adjacent to the boxes.

Competitors should pass (kick) a futsal clockwise through a passing arc placed half-way along a line linking the boxes and follow their pass to that box.

The incoming ball must be controlled in the box and another pass made to the next box etc.

Count the number of passes made correctly – the ball is passed around the square 4 times before the team members are changed.

A small goal is in the middle and once the ball gets back to position A the player has a shot for goal attracting a bonus point.

Precision Beanbag

Player aims for a pair for allow to shoot for a Full-house.

A pair allows the child to move onto a Full-house.

The player has 2 bean bags, and seeks to secure a pair.
A) Pairs are \((2 \times 1) / 2\times 2, 2 \times 4, 2 \times 6\) etc – if a pair is secured they then move onto Full House, if they don’t get a pair, they rotate out

The player with a pair then has 5 bean bags, and try to secure a FULL-HOUSE OF THEIR CHOICE

B) Full House sequence 12,8,10,8,12 (worth 5 pts) or 2,6,4,6,2 (worth 3 pts) or 1,4,1,4,1 (worth 1 pt), this is added to their pair score

**Players remain in the same order and the two challenges rotate**

Player is seated at the edge of the mat

- Calculate the average score for the team across Pairs/Full-House

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**Finders Keepers**

- 2 players at a time if possible (rotate students)
- Putt the ball towards the cones. The first cone the ball hits is collected by the player and placed in a scoring stack. Pick up only 1 cone at a time and once all cones have been collected the game can be set out again if time allows.
- Points Yellow = 10 Blue = 5 Green = 1
- Total the points accumulated

**Field Athletics**

The team will be divided into two groups:
- Standing Long Jump
- Speedbounce

Rotate across the two activities

1. **Standing Long Jump**

Two footed take off from a standing position with both feet behind the take-off line

Measurement is taken from the take-off line to the closest heel to the take off line upon landing
The participant may step forward after the jump however any step back or touching of the mat or floor behind the feet is a no jump (x)

A valid jump is recorded if both the athlete’s feet land on any part of the mat

The two highest jumps (from two different team members) are added together to give a team score

2. **Speedbounce**

Each competitor has 20 seconds to record as many valid bounces as possible. The competitor starts on the mat with both feet together on one side of the mat

Both feet must touch the mat on each side of the wedge at the same time for the bounce to count

The bounce is not counted if the wedge is jumped on

If the wedge is touched but both the competitor’s feet cross to the other side then the bounce is counted

The two highest scores (from two different team members) are added together to give a team score (they must be different competitors.

The two ranks for the Standing Long Jump (cm) and Speedbounce (no) are then averaged to give an overall ranking

**Flight Path**

- 1 person at a time
- Students throw Velcro balls at target at a set distance from the target, 1m for wheelchair users.
- 4 throws each - red Velcro balls then rotate student (continue for X mins).
- Scoring: Yellow 4 points Blue 3 points Red 2 points Green 1 point
- Team points are added together to get a team score

**Boccia Blast**

- All students must be sat on chairs in a line.
• Students take it in turns to throw a boccia ball at a ball/target area/skittle to score – the ball being knocked out of a hoop for 1 point, a boccia ball remaining in a smaller hoop for 2 points (of which there are two) and the skittle being knocked over for 3 points (of which there are two)

• Targets in the shape of an inverted triangle i.e hoop at the front, skittles at the back, smaller hoops in the middle

• The referee must indicate with the paddle when (s)he is ready for the ball to be delivered

• The team's score is their highest round

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**New Age Kurling**

• 1 competitor at a time

• 3 shots each then rotate students (continue for X mins)

• Students slide kurling stones on to the scoring target. The stones only have to ‘break the ring’ to count

• Students slide from a marked area which is 2m away from the target area. This can be varied, depending upon floor surface.

• If the bonus stone can be moved from its position adjacent to the scoring area onto the scoring areas the points gained are doubled

• Take the individual score after the third shot

• Calculate the average (total score divided by number of attempts) score

**Volleybat**

• The team is split into four pairs – two sets of pairs are at opposite ends of the table

• The ball must be hit *alternately by each player in the pair* (suggest that after a hit the player steps back thus allowing the team-mate access)

• The ball must stay on the surface of the table.

• The ball may hit the side of the table but if it hits the barrier in the middle of the table, the rally breaks down.
- Rotate the two pairs after each rally
- If the rally reaches 40, then the rally should be stopped and children rotate. Max score is 40.
- Add together the highest and lowest score to arrive at the team score

Ten Pin Topple
- To collect as many cones/pins as possible in the time period
- Place the cones/pins in a line formation parallel to the delivery line (ensure that if using pins that they are far enough apart not to fall in a formation/domino effect)

Structure
- Place players in a single line. Player 1 bowls the ball underarm. If one of the pins/cones is hit (identify the pin/cone first hit – only one can be picked up per go) (s)he collects it and places it in the pin/cone collection area before returning to the back of the queue.
- Pins that are knocked down from a rebound of a wall are not counted
- Once all have been knocked down replace the formation ensuring they are placed in the same place
- The team score is the number of cones and pins in the collection area at the end of the time period.

Harlem Hoops
- Each player will have three shots except the player who successfully scores all three attempts in which case a bonus shot will be awarded from the free throw box. A player will start from the nearest line from the basket and if successful move back to the next line…if unsuccessful the player remains at the line
**Scoring**
A basket scored from the first line scores 1 point
A basket scored from the second line scores 2 points
A basket scored from the third line scores 3 points
A basket scored from the free throw box scores 5 points

The team’s total score is the number of points scored after 7 minutes. In the event of a tie at the end of the competition the deciding factor will be the number of 5 points scored, followed by the number of 3 points….. if required.

**Javelin (if possible Event time allows)**

Takes place before the races

The javelin is thrown from a standing position with both feet behind the throwing line and in contact with the floor. The throw is measured where the javelin lands

Each team selects 2 team members, they will throw in turn one javelin each

The furthest throw is recorded for the team by leaving a team identifiable cone.