

AAATA Field Event Contest Rules

Point System

The top three places will receive a certificate and top five places receive points in this order:

- 1st – 5 points
- 2nd – 4 points
- 3rd – 3 points
- 4th – 2 points
- 5th – 1 point

50 Meter Crutch Dash – Two Girls & Two Boys max per school.

Establish a Starting Line for two contestants. Students must crutch on one foot, without hopping, down (25m about 27 yards) around a cone and back for time. There can be two race stations. Top five fastest times, per Girls & Boys, receive points.

Equipment Needed (x2 – for two race stations):

- Two Sets of Small, Adult (Regular) and Tall Crutches (x2 = Four sets of each size)
- Two Cones & Two Stop Watches (x2 = Four Cones & Four Stop Watches)
- One Lead AT and Two to Four Helpers
- Scoring Sheets

Cooler Lid Toss – Two Girls & Two Boys max per school.

Establish a Throwing Area (preferred a corner of a field), Students will throw three cooler lids and able to take up to two steps. Mark off where the lid hits the ground, not where it ends up rolling. If the lid lands outside of the (corner) field lines, it is considered out of bounds and not marked. Judges will use a track tape measure; and measure from the corner point of throwing area to lid landing mark and record the furthest throw. Top five furthest throws, per Girls & Boys, receive points.

Equipment Needed:

- Three Cooler Lids
- Track Tape Measure
- Markers: Three for the throws and a few for furthest Girl & Boy throws
- One Lead AT and Two Helpers
- Scoring Sheet

Cotton Tipped Applicator Toss – Three Student max per school.

Establish a throwing line. Each student throws five 6” applicators as far as they can. Throw can either be dart-like or baseball throw. Measurement is from the throwing line to where the applicator first hits the ground. The furthest throw is recorded. The top five furthest throws receive points.

Equipment Needed:

- Bag of 6” cotton Tipped Applicators
- Track Tape Measure
- Markers: Five for the throws and a few for furthest throws
- One Lead AT and One Helper
- Scoring Sheet

Ice Bag Shot Put – Two Girls & Two Boys max per school.

Establish a five-yard Throwing Line and a five-yard by twenty-yard Area. Each student throws three 'Ice Bags'. Measure in a straight line from throwing line to where the bag first hits the ground. Top five furthest throws, per Girls & Boys, receive points. There can be two throwing stations (one for the girls and one for the boys? Or a combination of both?)

Equipment Needed (x2 – for two throwing stations):

Three 3lb 'Ice Bags' (x2 = Six 3lb 'Ice Bags)

Track Tape Measure (x2 = Two Tape Measures)

Markers: Three for the throws and a few for furthest Girl & Boy throws

One Lead AT and Two to Four Helpers

Scoring Sheet

Obstacle Course – Six Student from the same school

Students will compete in a variety of obstacles (decided by the Contest Chair and Field Event Leader) for time. Record time to the tenth of a second; Example – 1:34.6 Top five fastest times receive points.

Example of past obstacles:

Make an ice bag and 'wrap' it onto another person's knee.

Crutch Running

Rehab Activities: Balance, Medicine Ball Toss, Agility Drills

Rickshaw Cone Course

Cooler Carry over hurdles

Kit Stocking

Equipment Needed:

Stop Watch

Variety of equipment for the course

One Lead AT and Two to Four Helpers

Score Sheet

Underhand Tape Toss – Three Student max per school

Establish a Throwing Line: place first 7-gallon cooler (worth 1 point) three yards from throwing line (then, in a straight line/row) place another 7-gallon cooler (worth 2 points) one yard from, then a 10-gallon cooler (worth 3 points) another yard from and place the last 10-gallon cooler (worth 4 points) one yard from. There can be three throwing stations.

Students have ten throws of tape rolls to score as many points as possible from throwing into coolers with increasing point amounts. Use the Scoring Sheet to record throws and points received. The top five scores receive points. In case of ties, the student that has the most 4-point scores (progresses down) gets the higher placement.

Equipment Needed (x3 – for three throwing stations):

Two 7-gal coolers & Two 10-gal coolers (x3 = Six 7-gal coolers & Six 10-gal coolers)

Ten (10) rolls of tape (x3 = Thirty (30) rolls of tape)

One Lead AT and Three to Six Helpers

Scoring Sheets