



MARYMOUNT INTERNATIONAL SCHOOL ROME

Fitness Games Guidelines 2020

1. Three Types of Teams

- Boys (5)
- Girls (5)
- Co-ed (3 G 3 B)
- Your school may form as many teams as you feel comfortable with making sure all local and DoDEA Guidelines for COVID-19 are followed with appropriate supervision of 10 athletes to 1 adult.

2. Time Frames

- Teams will practice four days a week to prepare for competition in each event. You may have to use all five days to fit in all the teams.
- **Competitions will be held locally at your school on 25/26 Sept., 9/10 October, 16/17 Oct. and 23/24 October beginning at 1400 on Friday through 1600 on Sat. Scores will need to be added to the google tracking sheet by 1800 Saturday. We have added Friday night in case you would like to do an evening event.**
- A final competition will be held on 31 October. Each school will field three teams to represent your school in a Europe-wide competition i.e., boys team of 5, girls team of 5 and a Co-ed team (3G 3B.). Schools may choose teams as is or use individual scores to form the teams.

3. Events

- **200 Meter Sprint:** Each member will complete a 200 meter sprint for time. Individual member times will be combined for an overall time, with the lowest team time being the winner of that event.
- **3200 Team Run:** Each team member must run a 400 minimum with the team determining how to finish the final 3/2 laps. The team with the fastest time is the winner.
- **Pushups:** Each team member must complete as many push-ups as possible in one minute. Elbows in line with the shoulders is a good measure of proper form. The team with the highest total wins.
- **Standing Broad Jump:** Each team member will get one opportunity to complete a measured standing broad jump. The total distance of the team will be added for an overall measure. Longest team distance wins.

- **Kneeling Basketball Throw:** Each team member will kneel behind a line on the field and execute a one arm throw for distance using a basketball. Boys and girls should use the appropriate size basketball. Each team member distance will be added for and overall distance for the team. Longest team distance wins.
- **Wall Sit:** Each member of the team will be timed sitting on the wall. Proper form is a 90 degree angle. Individual member times will be combined for an overall team time. The team with the longest time wins.
- **Timed Sit-Ups:** Each team member will complete as many correct repetitions in a two-minute time period. The total of each team member will be added for an overall team score. Highest total score wins.
- **Pro-Agility:** Each team member will run two nonconsecutive standard pro-agility test. The total of all the times, (10 for boys and girls, 12 for co-ed) will be added for an over-all score. Lowest overall score wins.

4. Scoring Procedures:

- Each event is worth 8 points. 1st place 8 points, 2nd place 7 points, 3rd place 6 points, and so on.
- Ties: Ties will be adjudicated in the following manner – Each team will designate one runner to run a head to head 400, a different pair will run head to head pro agilities (2) and one team member from each team to execute one basketball throw for distance using appropriate social distancing protocols. No team may select the same team member for more than one tie-break event. The team that wins the majority of the head to head events wins. If at the end, teams are still tied, the local match official (EDA coaches) will determine a sudden death head to head match-up. The competitors will be chosen from those that have not participated in a tie-break event. The first event that results in a win, wins the tie-break.
- All scored events must be completed in a standardized 4 hour window. We will provide a standard score sheet.
- Teams will be ranked both within their schools, but also based upon individual event scores and team scores within Europe on a weekly basis using google.

5. Personnel: EDA coaches along with coordinators/scorers will be volunteer faculty members and properly cleared volunteers.

6. Eligibility is in effect. Participants will be able to letter.

7. We will post weekly scores on a google sheet that all schools will have access to.