

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

- Wearing the right shoes
- Using correct equipment
- Drinking water and staying hydrated
- Warming up and stretching properly
- Being aware of your surroundings – always exercise and compete in a safe and level area clear of any obstacles or items
- Maintaining social distance rules (stay at least six feet away from others)

Stop exercising and seek medical help if you experience symptoms such as:

- Discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain travelling down the arm or pain between the shoulder blades
- Shortness of breath
- A rapid or irregular heartbeat

Fall Sports Competition Events and Descriptions

Speed Dribble

How many times can you dribble a basketball in 60 seconds?

Set Up: Find a hard surface with enough space so you won't bump into anything. Using a basketball dribble in one place.

Items Needed: A basketball and a timing device

What to Record and Submit: Record the number of times you dribble a basketball in 60 seconds.

Free Throws

How many free throws can you make out of 20 attempts?

Set Up: Position yourself on the free throw line 13 feet from the front of the hoop, 15 feet from the backboard, or 19 feet from the backboard, use a basketball

Items Needed: A basketball, A basket hoop with a minimum height of 8 feet, a tape measure if your court is not marked

What to Record and Submit: Record the number of free throws you make out of 20 attempts. Be sure to select what size hoop you are using on the submission form,

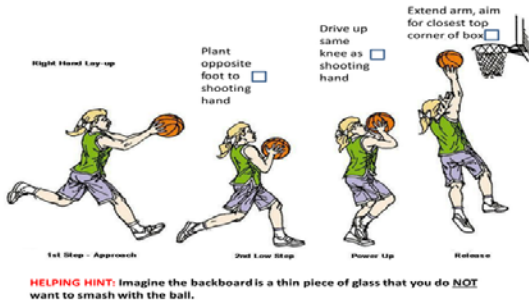
Layups

How many layups can you make out of 20 attempts?

Set Up: Begin around the free throw line. Use a basketball. You will need to select on the submission form what height your basketball hoop is set at.

Items Needed: A basketball, A basket hoop with a minimum height of 8 feet

What to Record and Submit: Record the number of layups you make out of 20 attempts. Be sure to select what size hoop you are using on the submission form.



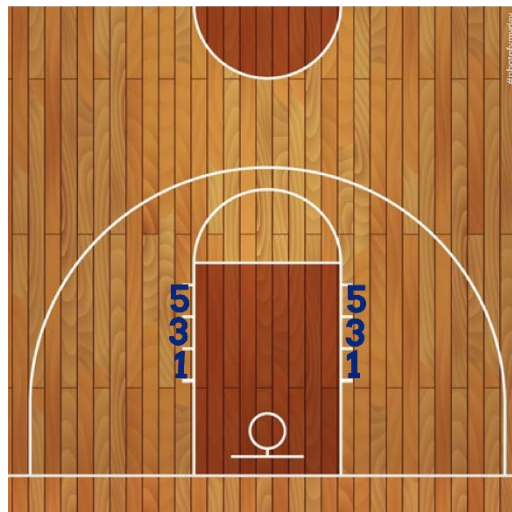
Spot Shot

How many shots can you make from 6 different spots around the court?

Set Up: Using the hash marks on the basketball court make your way around the court standing on these hash marks and shooting the ball in the hoop. Start at the hash mark marked 1 on the diagram. If you make this shot, give yourself 1 pt. Now move around the court to the other 4 spots. If you make the basket from that spot you will get those points. You have the chance to make 18pts total, if you make every shot.

Items Needed: A basketball, A basketball court

What to Record and Submit: Record how many points you get by making a basket at each of the designated spots on the diagram. Submit your point total out of 18.



Three Pointers

How many three pointers can you make out of 20 attempts?

Set Up: Position yourself on the three point line, about 20 feet from the backboard, use a basketball

Items Needed: A basketball, A basket hoop with a minimum height of 8 feet, a tape measure if your court is not marked

What to Record and Submit: Record the number of Three Pointers you make out of 20 attempts. Be sure to record what size hoop you use on the submission form.

10 M Dribble

How fast can you dribble 10 meters (33 feet) ?

Set Up: Measure 10 Meters or 33 feet, mark the beginning and end of the 10 meters (33 feet). Begin behind the line, dribble with one hand the entire 10 meters. Have someone time the participant. A wheelchair athlete must alternate, taking two pushes followed by two dribbles. If the athlete loses control of the ball while dribbling, they must pick up the ball and return to the “dribbling lane” where they lost control and continue their dribble. The clock must run the whole time, till they cross the finish line.

Items Needed: A measuring tape, a Basketball, something to mark the start and finish line

What to Record and Submit: Record the amount of time it takes to complete the 10 M Dribble.

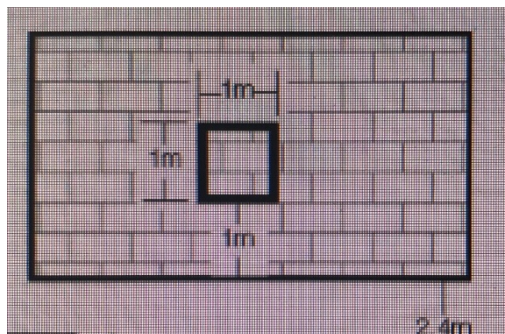
Target Pass

How many times can you hit the target out of 20 attempts?

Set Up: Create a square target on a wall using tape or chalk. The bottom of the square should measure 1 M from the floor and be 1 M long (1 Meter = 3.4 feet). Now measure 1 meter up on each side of the square. Now complete the top of the square with the last meter. Measure 2.4 M (7.10 feet) from the wall out and make a “start” line. Stand behind the line and using an overhead pass, chest pass, or bounce pass, aim the ball for the target. You receive a point by the ball hitting inside the target.

Items Needed: Tape or chalk, measuring tape, basketball

What to Record and Submit: Record how many times you hit the target out of 20 attempts



Dunk/ Trick Shot Contest

Submit a video to chrispage@sonm.org or jena@sonm.org of your best dunk or trick shot. You can use a standard basketball hoop, a behind the door basketball hoop, a little tykes basketball hoop, whatever you can get your hands on. *Note: this is an add on event and can be submitted at any time during the 9 week season. This means you can choose 3 events AND the Dunk/Trick Shot Contest.

Set Up: Find your designated hoop and any size ball. Set up your recording area

Items Needed: Basketball hoop, any size, any type, a basketball, any size, any type, a recording device.

What to Record and Submit: Record your dunk or trick shot. Submit the video to chrispage@sonm.org or jena@sonm.org along with your score submission for any other events you participated in. *Note for registration, you do not need to submit a video, only check that this is the event you will be participating in. Your video needs to be submitted only once at any time during the 9 week season. If your file is too large to email, please contact us, so we can further assist you. On the Final Score Submission, we ask you to include your email address, so we can double check we have your video submission.

Golf

3 rounds of score cards will determine your average score. The athlete and the Unified Partner will both be awarded for this event. *Note a Score card does not need to be submitted for registration, simply select Golf as one of your events. 3 score cards need to be submitted only once at **any time** during the 9 week season.

Set Up: You will need to complete Three 9 hole rounds of golf with your partner following the Level II Alternate shot rules. You will need to make your own arrangements with the golf course and follow all state mandated regulations.

Items Needed: Golf Clubs and Access to 9 holes on a golf course, 3 score cards

What to Record and Submit: Record your scores for 9 holes. Do this 3 times. **Submit your score cards** to chrispage@sonm.org or jena@sonm.org along with your score submission for any other events you participated in. *Note a Score card does not need to be submitted for registration, simply select Golf as one of your events. 3 score cards need to be submitted only once at **any time** during the 9 week season.

Putting Sequence

How many putts can you make from both the short and long putt, out of 10 attempts for each distance?

Set up: Mark two spots, the first 6.5 feet from the hole, and the second 26 feet from the hole. These two markings are the “start” lines for each distance of the putt. Starting at the 6.5 foot mark, attempt 10 putts. Now move back to the 26 foot mark and attempt another 10 putts.

Items Needed: A putting hold, a putter, a tape measure, a golf ball

What to Record and Submit: Record how many times the ball drops into the hole with one swing from the designated “start” mark. Add the total number of putts made from the Short Putt and the total number of putts made from the Long Putt. This is your total score out of 20.

#1 Short Putt

How many putts can you make from 6.5 feet out of 10 attempts

What to Record and Submit: Record how many times you putt the ball directly into the hole out of 10 attempts.

#2 Long Putt

How many putts can you make from 26 feet out of 10 attempts

What to Record and Submit: Record how many times you putt the ball directly into the hole out of 10 attempts.

Balance Sequence

How long can you hold each balance exercise in this sequence? *Note Balance Sequence is ONE event, all 4 poses are included in this one event. You can choose 2 other events to participate in.

Set Up: Work your way through each Balance Exercise, time yourself for each exercise. Be sure to follow the correct form for each balance pose.

Items Needed: Timing Device, 6 cones/cups/marks on the floor

What to Record and Submit: Record how long you hold each balance pose. You time stops when both feet hit the ground and you “fall” out of the pose. Add the total amount of time for each 4 poses together to create your final timed score.

Pose 1: One leg low torso pose, for this pose, choose either leg as your supporting leg, and keep your hand 6-12 inches off the floor.



Pose 2: Tree Pose, for this pose, you can place your foot on your supporting leg at whatever height is comfortable to you. Choose either leg you want as your supporting leg.



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Pose 3: Standing Reaches, for this pose, select either leg as your supporting leg, keep your other leg behind you bent and more than 12 inches off the ground. Place 6 cones/cups, or marks on the floor in a semi-circle in front of you. Be sure you items on the floor are no bigger than 12 inches. Tap each item once at a time continuously till you can no longer balance.



Pose 4:

Warrior

Pose, for

this pose, be sure your feet are aligned with each other, follow the below picture for correct foot placement.



Strength Sequence #1

How long can you hold each strength exercise in this sequence? *Note Strength Sequence #1 is ONE event, all 4 exercises are included in this one event. You can choose 2 other events to participate in.

Set Up: Work your way through each strength exercise, time yourself for each exercise. Be sure to follow the correct form for each strength pose.

Items Needed: Timing Device, a Wall

What to Record and Submit: Record how long you hold each strength pose. You time stops when you can no longer hold the pose. Add the total amount of time for each 4 poses together to create your final timed score.

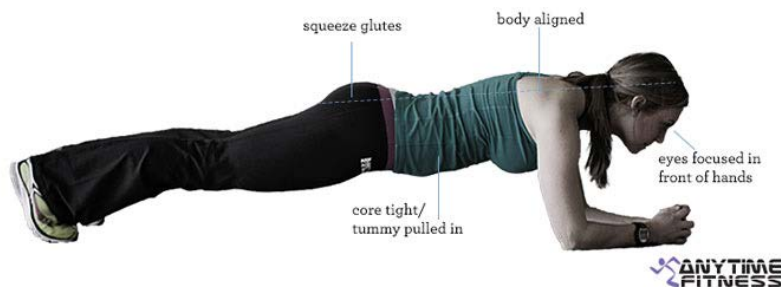
Exercise 1: Wall Sit, for this exercise you will need to use a wall.

ANATOMY OF A PERFECT WALL SIT



Exercise 2: Plank

anatomy of a perfect plank



Exercise 3: Superman, for this exercise, you will stay in the “up” superman position as long as you can.



Exercise 4: Mountain Climbers, for this exercise time how long you can consecutively complete mountain climbers.



Strength Sequence #2

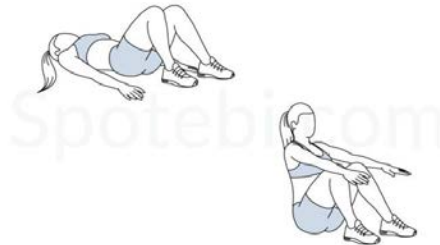
How many reps can you complete in each of these strength exercises in this sequence? *Note Strength Sequence #2 is ONE event, all 4 exercises are included in this one event. You can choose 2 other events to participate in.

Set Up: Work your way through each strength exercise, keep count of how many times you can do the exercise in 2 minutes. Be sure to follow the correct form for each exercise.

Items Needed: Timing Device

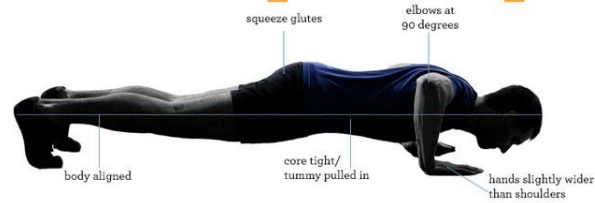
What to Record and Submit: Record how many times you can complete the strength exercise in 2 minutes. Add the total number of times you completed each exercise together to create your final score.

Exercise 1: Sit Ups



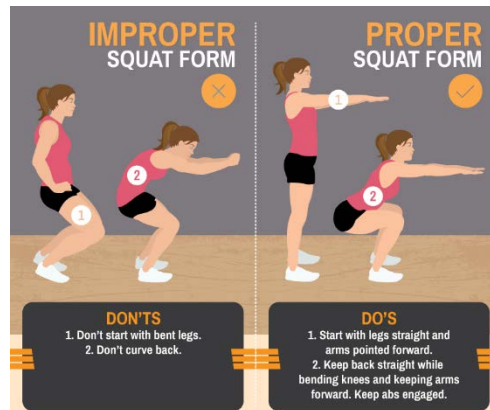
Exercise 2: Push ups

anatomy of a perfect push-up



ANYTIME FITNESS

Exercise 3: Air Squats



Exercise 4: Lunges



Bowling Knowledge Test

Complete the Bowling Knowledge test and show how well you know your sport

Set Up/Items Needed: You will need access to the internet to take the Bowling Knowledge Test through the classmarker link. <https://www.classmarker.com/online-test/start/?quiz=m3f5f298c5647e34>
Your final score in classmarker will be your final score and will be used for divisioning. You will need to submit the score on the Final Score Submission sheet along with any other events you complete.

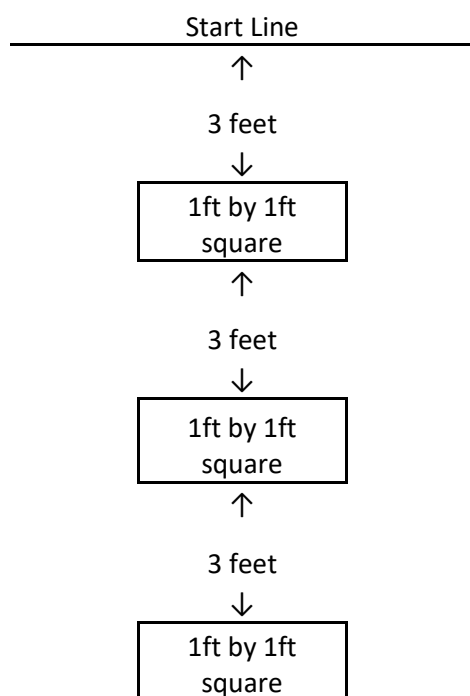
Under Handed Toss for Accuracy

How many times can you hit a designated target?

Set Up: Mark a starting line, from this line Measure 3 feet and create a 1 foot by 1 foot square using chalk or tape. From the back of the square you just created, measure 3 feet, create another 1 foot by 1 foot square. From the back of this second square, measure 3 feet, and create the last 1 foot by 1 foot square. Using a Bean bag (you can create your own by taking a cup of beans, or rice and placing them in a zip lock bag or sock). Standing behind the start line, toss your bean/rice bag to the first square. The bag must land directly in the square to count as a point. Take 5 tosses into the first square. Now take 5 tosses into the second square. Now 5 tosses into the 3rd square. It is ok, if your bean/rice bag slides OUT of the square, as long as it directly lands inside the square you get the point. It DOES NOT COUNT if the bag slides into the square. You must toss the bag using an underhand toss.

Items Needed: Bean bag, or create your own, tape or chalk, measuring tape

What to Record and Submit: Count how many times, out of 5 attempts for each square, your bag makes it directly into each square. Submit the total amount of targets made out of 15. *see next page for set up.



Last Step: If you used your own beans to make your own bean bags, take them out and place them in a cauldron or strainer, add to the beans if needed so you have 1 lb total (Pinto, White Beans, Red Beans, Navy Beans or Great Northerns will work for this recipe, as well as work for your homemade bean bag). Rinse and Clean them well. Cover your beans with water and let soak for 4 hours, changing the water every 45 minutes. Bring 6 cups of water to boil on the stove. Add the Beans, 1 Ham Hock or 6 slices of Bacon and salt to taste. Add more water if needed, water should be 1 inch above beans. Reduce heat to medium low and simmer for 2-3 hours. Remove the Ham Hock or bacon, cut the meat off the bone or chop the bacon and return it to the pot, discarding the ham hock bone. Stir in 1 - 6.5 oz can of tomato sauce and 1 TBS Brown Sugar. Continue to simmer till beans are tender and flavors are blended, about 1 more hour. Pair with Cornbread and steamed greens. Serves 6. Enjoy your hearty Southern Bean meal after your great Virtual Fall Games Competition.