

IRON Kid General and Timing Information

GENERAL INFORMATION:

1. IRON Kid will be held on **Monday, May 8, and Tuesday, May 9, 2023.**
2. Students will ride the same buses as the Math Science Olympiad to the Weber County Fair Grounds.
3. The IRON Kid school team will consist of 3 students in grades 3-6. These students are to be selected by the teachers in the grade.
4. We are asking that the IRON Kid team (12 students) be accompanied at all times by a teacher from the school. IRON Kid will pay for a half-day sub so that a teacher in each building can attend this event with the school team. It is recommended that a teacher and the PE facilitator attend.
5. Teachers need to check in at the registration table at the north middle doors of the building upon arriving and pick up their participation ribbons.
6. Teams need to check in 15 minutes before their event on the southeast side by the scoreboard.
7. Students not in the competition will be asked to stay on the north side of the hall. The south side of the hall is where students need to check in and stretch. We hope to be able to stage the groups on the south side on bleachers-we would ask all the adults to stay on the North Side.
8. PE Facilitators: Please **RSVP to Roxie Sianez** rsianez@wsd.net **by April 18, 2023**, that you have a team coming. **Please include the name of the teacher responsible to supervise your teams. We do not need the names of the students.**

GENERAL RULES FOR THE RELAY:

1. Students begin at poly spots; students will circle around spots as they run.
2. Timer will begin stopwatch with first student in shuttle run and will end with last student's 10th jumping jack. The timer will show the time to Jenny Edmunds for posting. She will be by score table.
3. Anything done incorrectly in any of the events will require the student to start that event over with time continuing. This will be a judge's call.
4. Students need to be dressed in school appropriate athletic wear and proper shoes.

TIMING:

1. Timing begins on "ready/set/go" with the shuttle run
2. Timing ends when the 3rd student finishes their 10th jumping jack.
3. 1st student will start on cue, 2nd and 3rd students will start as soon as the student before them drops their last bean bag.
4. Participants will do the events in consecutive order: Shuttle run, stackers, Frisbee golf, jumping jacks.

SHUTTLE RUN:

1. 40 ft run
2. On the judges "Go", run to poly spot, pick up bean bag, circle and run back to beginning, drop it on pile of bean bags without throwing; circling around spot, pick up another bean bag, run back to poly spot, drop it without throwing. Repeat one more time (Total of 5- 40 feet lengths).
3. Go to stackers
4. Next student begins

STACKERS: Start with hands on table; wait for “go” from judge (see attached video for demonstration)
FOR THIRD GRADE STUDENTS

1. 1st configuration: 3:6:3
2nd configuration: 6:6
Set back into 1st configuration: 3:6:3 for next athlete
2. Put both hands on table to indicate done.
3. If a cup falls, the student will go back to the beginning of that particular configuration and start again
4. Move to Frisbee golf

FOR FOURTH, FIFTH, AND SIXTH GRADE STUDENTS

1. 1st configuration: 3:6:3
2nd configuration: 6:6
3rd configuration: 12
Set back into 1st configuration: 3:6:3 for next athlete
2. Put both hands on table to indicate done.
3. If a cup falls, the student will go back to the beginning of that particular configuration and start again
4. Move to Frisbee golf

FRISBEE GOLF:

1. Each student must get 2 Frisbees in the blowup target openings or throw 10 Frisbees.
2. Use squall Frisbees.
3. Frisbees will be handed one at a time by the judge.
4. Students MUST throw the Frisbee at the target.
5. After the Frisbee has landed on the target or ground, the student will be given the next Frisbee.
6. 10 tries will be allowed.
7. No overhead/underhand tosses.
8. Ranges: 3rd graders, 20 ft; 4th–6th, 30 ft.
9. The judges will tell the student when to go--after they have made two Frisbees OR when they have thrown 10 Frisbees.
10. When they are finished throwing Frisbees, they will turn to the left of the table and run back to the starting line and do 10 jumping jacks.

JUMPING JACKS:

1. 10 complete jumping jacks with hands extended over head and feet extended to shoulder width apart.

After all schools have been timed in the IRON KID RELAY the students will be able to gather at the east side of the hall and participate in the final HULA HOOP OFF—

HULA HOOP OFF: This will be for any IRON KID students in each grade-- that would like to participate.

1. After the Iron Kid competition we will have students line up; on “go” they will start Hula Hooping. **All hula hoops will be provided by the school district.**
2. We will have judges watching the students: students need to use from under their arms to their knees for the hoop; if it touches any other part of their body they need to sit down. Students are not to use hands, arms, necks or feet. If the student quits or if the hoop touches the ground they will need to sit down; if they are tapped on the shoulder by the judge, they will sit down.
3. When time runs out the remaining students from each grade will be awarded a medal.
Goal for hula hoop timing is:
3 minutes for third grade
4 minutes for fourth grade
5 minutes for fifth grade
6 minutes for sixth grade

Thank you for your help and support!