



MOTOR ACTIVITIES EVENTS

GROSS MOTOR EVENTS

1. Prone Head Lift
2. Turning Over

LOCOMOTOR EVENTS

1. Rolling
2. Crawling
3. 5 Meter Creep

FINE MOTOR EVENTS

1. Grasp and Lift
2. Novice Grasp - Hold - Move
3. Advanced grasp - Hold - Move - Release

PROPELLING EVENTS

- 1-A. Distance ball roll (for wheelchair athletes only)
- 1-B. Distance ball roll
2. Kick for Distance
3. 10 Meter Scooter
4. Ball Throw

AN ATHLETE MAY ENTER A MAXIMUM OF:

- 1 - Gross Motor Event
- 2 - Locomotor Events
- 1 - Fine Motor Event
- 2 - Propelling Events

Maximum Number of events for any one athlete is 6

DEFINITIONS

Prone Position - Body lying face down in a horizontal position.

Supine Position - Body lying flat on the back in a horizontal position.

Crawling - To move slowly by dragging the body along the ground with hands and/or arms.

Creeping - To move on all fours, close to the ground, as a baby on hands and knees.

Exit Criteria - An athlete's ability to successfully achieve a maximum score on a given event. If an athlete can successfully achieve this task, he/she should move to a higher level event.

GROSS MOTOR EVENTS

1. Prone Head Lift

a. Set Up

- 3 athletes per division

b. Equipment

- Flat 1.5 by 2.1 meter (5' x 7') mat for each athlete
- Stopwatches

c. Rules

- Athlete is placed in prone position on flat gym mat.
- Athlete lifts head at the starting signal.
- No assistance (physical contact) may be given.
- Auditory and/or visual stimulation is permitted
- Positioning equipment, such as, bolsters or towel rolls may be placed on each side of the athlete to help him or her maintain prone position. However, no bolsters, wedges or other equipment may be placed under the athlete.

d. Scoring

- Athlete is timed from when he/she lifts up the head until the head touches down on the mat.
- Any lift is acceptable as long as the head leaves the mat.
- Maximum time the athlete will be allowed to lift the head is 90 seconds.

e. Exit Criteria

- Ability to roll supine to prone or prone to supine.

2. Turning over

a. Set up

- 3 athletes per division

b. Equipment

- Flat 1.5 x 2.1 meter (5' x 7') mat per athlete –stopwatches

c. Rules

- Athlete is placed in either a prone or supine position on a flat gym mat.
- Athlete turns over from a prone position to a supine position, or from a supine position to a prone position on a mat.
- Athlete begins at the starting signal.
- No assistance (physical contact) may be given.

d. **Scoring**

- Athlete will be timed from the start until he/she has completed turning to either a prone or supine position.
- Athlete must go from full supine to full prone or a full prone to full supine position for the turnover to be legal.
- If, after 5 minutes, the athlete is unable to complete this event, the coach may assist him or her to turnover and timing will end at that point.

e. **Exit Criteria**

- Ability to lateral roll 2 times completely.

LOCOMOTOR EVENTS

For all locomotor events, athlete is to stay in his/her lane and may not interfere, obstruct or impede the progress of another athlete. Disqualification will result at the discretion of the judges.

1. Rolling

a. **Set Up**

- 3 athletes per division
- Use flat mats as lanes.
- Mark start and finish lines 2.9 meters (8') apart
- Cones and lane lines may be used to separate lanes.

b. **Equipment**

- Flat mats approximately 1.5 x 2.1 meters (5' x 7') should be used - stopwatches - cones - floor tape

c. **Rules**

- Athlete begins behind the start line.
- Athlete starts the race on the start signal.
- Athlete may begin in either the supine or prone position.
- Athlete rolls laterally 2.9 meters (8') on a flat mat.
- Athlete must stay on his/her own mat.
- An assistant may be allowed to physically guide the athlete, to prevent him/her from rolling off the side of the mat, but may not assist with his/her forward movement.
- Auditory and/or visual stimulation is permitted.

d. **Scoring**

- Athlete is timed from the starting signal to when he/she complete crosses the plane of the finishline with the entire body.
- If, after 10 minutes, the athlete is unable to complete the event, the coach may assist him/her to finish and timing will end at that point.

e. **Exit Criteria**

- Ability to creep.

2. Crawling

a. **Set up**

- Use flat mats as lanes
- Mark start and finish lines 5 meters (16.5') apart.
- Cones and lanes lines may be used to designate lanes.

b. **Equipment**

- Mats - stopwatches - floor tape - cones.

c. **Rules**

- Athlete begins with entire body behind the start lines.

- Athlete is in a prone position with head and chest raised off the ground and weight on hands and forearms.
 - At the start command, athlete crawls forward for 16.5'.
 - Athlete must stay in his/her designated lane.
 - Auditory and visual stimulation at the finish line is permitted.
 - No physical assistance is permitted.
 - Athlete will be disqualified if, in the judge's opinion, he/she does not maintain correct position.
 - Athlete should not be disqualified for stopping or resting during the race, but all forward movement should be in the correct position.
- d. **Scoring**
- Athlete is timed from the starting command until his/her head crosses the finish line.
 - If, after 10 minutes, the athlete is unable to complete the event, the coach may assist him/her to finish and timing will end at that point.
- e. **Exit Criteria**
- Ability to creep
3. **5 Meter Creep (16.5')**
- a. **Set up**
- Use flat mats as lanes.
 - Mark start and finish lines 5 meters (16.5') apart.
 - Cones and lane lines may be used to designate lanes.
- b. **Equipment**
- Mats - stopwatches - floor tape - cones.
- c. **Rules**
- Athlete begins with entire body behind the start line.
 - Athlete is in a 4-point stance with weight supported on hands and knees.
 - On the start command, athlete creeps forward for 5 meters (16.5') on a flat mat.
 - Athlete must move forward using only his/her hands and knees in a creeping manner.
 - Athlete must stay in his/her designated lane.
 - Auditory and visual stimulation at the finish line is permitted.
 - No physical assistance is permitted.
 - Athlete will be disqualified if he/she does not maintain the correct position.
 - Athlete should not be disqualified for stopping or resting during the race, but all forward movement must be in the correct position.
- d. **Scoring**
- Athlete is timed from start command to when both knees cross the finish line.
 - If, after 10 minutes, the athlete is unable to complete the event, the coach may assist him/her to finish and timing will end at that point.
- e. **Exit Criteria**
- Ability to walk 25 meters (82') with or without assistive devices.

FINE MOTOR EVENTS

1. Grasp and Lift

a. Set Up

- Block is set from 0 to 31 centimeters (0-12") away from athlete, depending upon the athlete's physical ability.
- Coach must inform the official of the starting position prior to the event start.

b. Equipment

- Block 2.6 x 2.6 centimeter square (1" x 1") - stopwatch - 62 by 62 centimeter (24" x 24") flat surface.

c. Rules

- Athlete will attempt to reach 0- 31 centimeters (0- 12") away.
- Athlete will grasp and pick up a 2.6 by 2.6 centimeters (1" x 1") square block.

d. Scoring

- The score is the amount of time elapsed from the start command until the athlete completely lifting the block off the surface.
- If, after 10 minutes, the athlete is unable to complete the event, the coach may assist him/her to finish and timing will end at that point.

e. Exit Criteria

- Ability to grasp and move blocks 5.1 centimeters (3.2") to the left or right.

2. Novice Grasp - Hold – Move

a. Set up

- Strips of tape 31 centimeters (12") long, parallel to one another and 7.6 centimeters (3") apart are placed on a level surface.
- Athlete's mid-line should coincide with midpoint of distance between 2 lines.
- Official sets block at any point on the starting line based upon athlete's reach capabilities.
- Coach must inform the official of starting position prior to the event.
- After athlete moves one block, the official must remove block from athlete's hand and place another block on the starting position. Official continues procedure until all 5 blocks are used.

b. Equipment

- Five 2.6 x 2.6 centimeter (1" x 1") square blocks-colored tape-metric tape measure - stopwatch - 62 x 62 centimeter (24" x 24") surface.

c. Rules

- Athlete will grasp, pick up and hold a block.
- Athlete must move the block across both lines (either left to right or right to left).
- Athlete will make attempts to move all 5 blocks.
- Pushing the block without grasping it will constitute a disqualification.
- If the block does not go across both lines it will constitute a disqualification.
- Official will need to remove the block from athlete's hand after the hand crosses the second line.

d. Scoring

- The score is the amount of time elapsed from the start command until the last block crosses the second line.
- If, after 10 minutes, the athlete is unable to complete the event, the coach may assist him/her to finish and timing will end at that point.

e. Exit Criteria

- Ability to release the block by him/herself, without any assistance.
- Ability to move block 31 cm. (12").

3. Advanced Grasp - Hold - Move – Release

a. Set Up

- Strips of tape 31 centimeters (12") long, parallel to one another and 31 centimeters (12") apart are placed on a flat surface.
- Official sets block at any point on the starting line.

- The starting position of the block is determined and the official is informed by the coach.
 - After athlete moves one block, the official places another block on the starting position. Official continues procedure until all 5 blocks are used.
 - Athlete's mid-line should coincide with midpoint of distance between 2 lines.
- b. Equipment**
- Five 2.6 x 2.6 centimeter (1" x 1") square blocks - colored tape - metric tape measure - stopwatch - 62 x 62 centimeter (24" x 24") surface.
- c. Rules**
- Athlete will attempt to reach 0 to 31 centimeters (0 - 12") to the starting position, depending on the physical ability to grasp, pick up and hold a 2.6 x 2.6 centimeter (1" x 1") block.
 - Athlete will move the block across both lines, either left to right or right to left.
 - Athlete will release the block after it crosses the 2nd line.
 - Athlete will make attempts to move all 5 blocks.
 - Pushing the block without grasping it will constitute a disqualification.
 - Block must be released by the athlete without physical prompt.
- d. Scoring**
- The score is the amount of time elapsed from the start command until the last block completely crosses the 2nd line.
 - If, after 10 minutes, the athlete is unable to complete the event, the coach may assist him/her to finish and timing will end at that point.

PROPELLING EVENTS

1. -A. Distance Ball Roll (for athletes using a wheelchair only)

- a. Set Up**
- Front wheels of the athlete's chair must be behind starting line.
- b. Equipment**
- Basketball - Junior or regulation size - metric tape measure - weighted markers - 1.5 meter (5') starting line on surface.
- c. Rules**
- Sitting in a chair, place the ball in the athlete's lap or on a tray.
 - Athlete is allowed 3 consecutive attempts to roll the ball from the lap or tray using hands or head.
- d. Scoring**
- Distance is measured where the ball stops.
 - Longest of 3 rolls is counted.
- e. Exit Criteria**
- Ability to grasp and lift and release a softball in one or two hands.

1. -B. Distance Ball Roll

- a. Set up**
- Athlete must remain behind the rolling line.
- b. Equipment**
- Basketball - Junior or regulation size - metric tape measure - weighted markers - 1.5 meter (5') starting line on surface.
- c. Rules**
- Athlete sitting or lying on floor, carpet or grass.
 - Athlete may be supported, but roll must be independent.

- Athlete is allowed 3 consecutive attempts to roll the ball using hands or head.
 - Athlete's body must be behind rolling line, including arms and hands.
- d. **Scoring**
- Distance is measured where the ball stops.
 - Longest of 3 rolls is counted.
- e. **Exit Criteria**
- Ability to grasp, lift and release a softball in one hand.
2. **Kick for Distance**
- a. **Set up**
- Athlete must stand behind starting line or front wheels of athlete's chair must be behind starting line.
- b. **Equipment**
- Volleyball or soccer ball, deflated to app. ½ normal pressure - metric tape measure – weighted markers - 1.5 meter (5') starting line on surface
- c. **Rules**
- Athlete may sit or stand to kick the ball.
 - Athlete stays behind the kicking line when kicking the ball. (A foul is called if athlete steps on the line.)
 - Athlete makes 3 attempts to kick the ball.
- d. **Scoring**
- Distance is measured where the ball stops.
 - Longest of 3 kicks is counted.
3. **10 Meter Scooter Rac**
- a. **Set up**
- Starting line and width of race course is 10 meters (33') across.
 - Finish line is 10 meters (33') from starting line.
- b. **Equipment**
- Four-wheel scooter, square, round or rectangular - metric tape measure - finish line string - stopwatches.
- c. **Rules**
- Athlete sitting up, kneeling or lying face down on scooter - on track or other hard surface.
 - Athlete must propel him/herself independently to finish line. No physical contact with the athlete or the scooter is allowed by an outside source.
 - Athlete must start behind the starting line - all body parts - and finishes when the entire scooter is across the finish line.
 - Athlete does not have a lane that he/she must stay in.
 - Maximum of 3-4 participants in each heat.
- d. **Scoring**
- Athlete is timed from start to when scooter completely crosses the finish line.
 - Time will be kept by officials with stopwatches. The fastest time is the winner in that heat.
- e. **Exit Criteria**
- Ability to walk 25 meters (82').
4. **Ball Throw**
- a. **Set Up**
- Athlete must stand behind starting line or front wheels of athlete's chair must be behind starting line.

- Make sure there is a clear area for throwing.
- b. **Equipment**
- Tennis balls - metric tape measure - weighted markers - 1.5 meter (5') starting line on surface.
- c. **Rules**
- Athlete must stay behind the starting line at all times.
 - Athlete may take approach step(s) to throwing line prior to making throw.
 - Throw may be either underhand or overhand.
 - Athlete is allowed 3 throws.
 - Athlete may stand or sit to throw.
- d. **Scoring**
- Distance is measured from starting line to where the ball first lands.
 - Longest of the 3 throws is counted.
- e. **Exit Criteria**
- Ability to grasp, lift and release softball.