



IN COMMON SPORTS
2018-2020

Annex. 1.

REGULATION

ATHLETICS

- RELAY RACE

The athletes are divided into 4 teams, each of which is positioned on the 60 m line. At the start the first of each row starts with a fast walk up to 60 m, touch the finish line and go back, in the shortest possible time, passing the „baton“ to the next mate. The team that finishes the round wins first.

- HURDLES

Race with batteries, qualify the first place in the next round

5 hurdles arranged 10 feet apart from each other on 60 meters. Hurdles are the ones used for didactic scope (like the ones in the picture)



- SHOT PUT

A 2kg shot is thrown with the shot-putting technique. The distance in meters of the launch with a metric tap will be measured. The first man and the first woman who made the longest throw win.

VOLLEYBALL

- Players are placed in two teams of six. The aim of the game will be the same as the classic volleyball with some rules adapted as: the ball block in the first two passages and the obligation to launch directly into the other field at the third touch. The team that reaches the most points in a set time of 10min wins.

BASKETBALL

- Race of free throws in teams. The players will perform a gymcana by dribbling the ball to the ground, at the end they will try a shot for the basket. Each basket will bring one point to the team. The team that will have achieved the highest score at the end of 10 minutes will win.

GOLF

- Golf club shooting technique in a specially equipped inflatable.



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Annex 2.

MAIN RESULTS

Relay race (on 60meters, each team had 8 participants, each one did twice the 60m.)

1. 10'26"
2. 10'33"
3. 12'23"
4. 12'40"

Shot put (2kgs)

MEN

1. 11.00
2. 10.77
3. 10.65

WOMEN

1. 6.70
2. 6.55
3. 6.40



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