

***PRIMARY INCLUSIVE QUADKIDS RULES***

* *There are four events — 75m sprint, 600m run, vortex howler throw and long jump.*
* *Event distances and format will be adapted on the day to suit ability levels.*
* *The four events take place in a rotational sequence.*
* *Athletes are placed in pools and compete in all events.*
* *Individual performances (times and distances) are scored using a points table (the Quadkids spreadsheet calculates the points automatically).*
* *The scores are added together to give the team score and the team with the highest cumulative points score wins.*