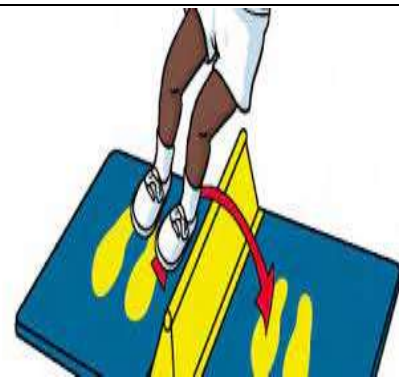




Bal Bharati
PUBLIC SCHOOL
RGPPL RATNAGIRI



BAL SABHA ACTIVITY **(2023-24)**

Class IX & X

“A WINNER NEVER STOPS TRYING”

Date	:	25.08.2023
Theme	:	Speed Bounce-Test Your Speed & Coordination.
Nature	:	Individual
Judgment Criteria	:	Maximum Numbers of Correct Speed Bounce in 30 Seconds

Rules & Regulations :

1. Introduce yourself (Name, Class & School House)
2. Wear house T-shirts and lower/legging / Shorts to perform the activity (If available)
3. Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet.
4. The athlete's feet should leave the mat simultaneously and land on the mat simultaneously.
5. The athlete should cross the wedge or obstacle as many times as possible within the allocated time period of 30 seconds.
6. Any athlete undertaking a trial and considered to be using an incorrect technique should be stopped.
7. The number of “good” bounces should be recorded, i.e. the number of times the athlete completes a two-footed jump over the wedge or obstacle
8. Separate events will be held for Boys & Girls category.
9. Please adhere to the rules & regulations.

Judge 1 : **Mr Navinder - 94209 10620**

Judge 2 : **Ms Jenifer - 94961 37665**

Note: * Participation in Sports activity is compulsory. Non participant will be marked as absent.

*For any further information please contact Mr. Navinder Lakhanpal (Physical Education Tr. BBPS RGPPL). Mob. No. (what's app Number) 9420910620 and 9421140517