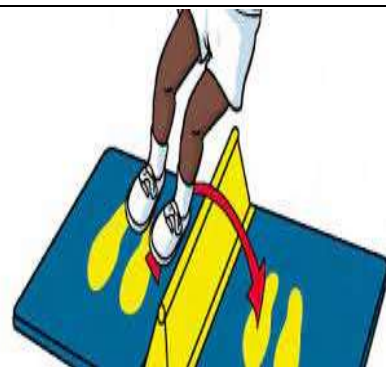




Bal Bharati
PUBLIC SCHOOL
RGPPL RATNAGIRI



BAL SABHA ACTIVITY (2024-2025)

Class VII & VIII

“A WINNER NEVER STOPS TRYING”

Date	:	17 August 2024
Theme	:	Dynamic Hurdle Jump.
Nature	:	Individual
Judgment Criteria	:	Maximum Numbers of Correct Jump 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 : Ms. Suman (9405923548)

Judge 2 : Ms. Malabika (9699224546)

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

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