

**The Stevenage Sporting Futures Team Under 9 Speed Stacking Competition 2025**

The KS2 Virtual Competition will run from 13th January up until 11th March 2025 and each school will need to deliver the ‘heat’ sessions themselves in their own school (as an Intra School competition). This can involve as many children in Year 3 and 4 as possible and we will provide team sheets for schools to copy and use. Please enter your school team on the SSFT website.

Each team must be made up of 8 children (must be 4 boys and 4 girls) in Years 3/4.

**To enable more schools to qualify for the finals, only the top scoring team from each school will be entered into the main competition with the chance to qualify for the face to face final.**

We would like to collect the total data for everyone who took part, so please complete the google form including the data for all participants.

We suggest that each child is timed individually on 3,3,3 and 3,6,3 cycles. This will determine the 4 fastest Girls and the 4 fastest boys in your school. These 8 children will then make up your school’s Speed Stacking Team. They can be a mixture of children in Year 3 and 4 and must be made up of 4 girls and 4 boys. This is the minimum requirement. If you wish to make up a B Team of a further 8 children (keeping to the ratio) and even a C team, this is great and there is space on the score sheet for 3 teams in total to be recorded (although only the top team will be entered into the comp).

Once each school has determined their teams of 8, we will need them to be timed on a 3,6,3 mixed relay and the result of this needs to be sent to the Stevenage Sporting Futures Team to collate on a master scoreboard. When you send their best result, please can you also provide us with the names of the 4 girls and boys who make up each of your relay teams. Each child can only be in 1 team. If you only wish to enter 1 team of 8, this is fine. PLEASE TRY AND USE THE CORRECT TIMING MATS FOR ACCURACY OF TIMING AND ALL TIMES MUST RECORDED BE IN **SECONDS** PLEASE. PLEASE RECORD EVERY DIGIT ON THE TIMER AND DON’T ROUND UP, AS TIMING CAN BE VERY CLOSE FROM SCHOOL TO SCHOOL. EVERY DIGIT COUNTS!

The top 4 Teams **(only 1 permitted per school)** will then be invited to join SSFT at a Speed Stacking Finals morning on Wednesday April 2nd 2025 9 – 11.30am, at the Roebuck Academy. These teams will get plenty of practice time to perfect their skills before being timed in their teams of 8 in a 3,6,3 Relay. They will have 3 timed attempts as a team, and the best time will count.

The winning team from the SSFT face to face Final will be awarded the Speed Stacking trophy and gold medals. Overall 2nd and 3rd place teams will receive silver and bronze medals. 4th place will receive a participation ribbon bookmark.

**There is no longer a County continuation for Speed Stacking for the winning team.**

If your school has Sports Ambassadors, they can help run this competition in school as part of their target to deliver a competition. If you need any advice with this, please don’t hesitate to call SSFT.

Having the Speed Stacking competition in this format allows your school the ability to have multiple teams, A, B & C.

There is a SSFT video demonstrating the 3,3,3 and 3,6,3 cycle so that you are able to see how speed stacking should be done, on the following website page: <https://stevenagesportingfutures.co.uk/speed-stacking/>

Good Luck to Everyone!



**FORMAT: EACH CHILD TIMED INDIVIDUALLY ON 3,3,3 AND 3,6,3 FORMATION**

THIS IS TO DETERMINE THE FASTEST 4 GIRLS AND THE FASTEST 4 BOYS IN YOUR SCHOOL

* START WITH 3,3,3 FORMATION FOR PRACTICE
* BOTH HANDS ON THE TIMER TO START
* STACK CUPS UP IN FORMATION, THEN MOVE HANDS BACK TO THE START TO TAKE DOWN
* BOTH HANDS ON THE TIMER TO STOP
* RECORD CHILD’S TIMES ON THE SCORE SHEET
* REPEAT FOR 3,6,3
* RECORD TIMES AND ADD EACH **BEST** SCORE TOGETHER FOR COMBINED TOTALS

ONCE ALL COMPETITORS IN YEAR 3 AND 4 IN YOUR SCHOOL HAVE TAKEN PART IN THE ABOVE, DETERMINE WHICH ARE YOUR BEST 4 BOYS AND YOUR BEST 4 GIRLS. THIS CAN ALSO INCLUDE ‘B’ AND ‘C’ TEAMS (MUST BE 4 DIFFERENT BOYS AND 4 DIFFERENT GIRLS IN EACH TEAM PLEASE).

**8 PERSON RELAY**

THESE 8 CHILDREN WILL NEED TO WORK TOGETHER AS A TEAM OF 8. PLEASE TIME THEM IN A 3,6,3 RELAY IN THE FOLLOWING WAY:

* PLAYER 1 PLACES THEIR HANDS ON THE TIMER AND WHEN READY, REMOVES THEIR HANDS TO START THE TIMER. AS FAST AS POSSIBLE, THEY BEGIN TO STACK UP THEN DOWN, GO TO THE BACK OF THE LINE, PLAYER 2 STEPS FORWARD AND STACKS UP, STACKS DOWN, PLAYER 3 STEPS FORWARD AND SO ON.
* PLAYER 8 WILL TAKE THEIR TURN AND ONCE THEY HAVE TAKEN THE STACK DOWN WILL STOP THE TIMER WITH 2 HANDS.
* RECORD THE TIME ON THE SCREEN.
* EACH TEAM OF 8 WILL DO THIS FOR 3 ATTEMPTS AND THE BEST SCORE WILL BE PUT FORWARD TO SSFT TO BE ENTERED INTO THE COMPETITION.
* THE CLOSING DATE FOR VIRTUAL ENTRIES WILL BE 9AM ON TUESDAY 11TH MARCH 2025.
* THE TOP 4 SCHOOLS WILL BE INFORMED IF THEY HAVE QUALIFIED FOR THE FINALS AND WILL BE INVITED TO ATTEND THE SSFT SPEED STACKING FINALS ON WEDNESDAY 2ND APRIL 2025 HOSTED AT THE ROEBUCK ACADEMY.