



DÉFI SPORTIF
ALTERGO

FUNCTIONAL CIRCUIT

Défi sportif AlterGo 2024
School sports rules



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1. REGISTRATION

For registrations, connect to the [registration platform](#). Each school is responsible for its registrations.

1.1. Registration Platform

The registration will take place on the registration platform. Each school is responsible of their registrations.

1.2. Modality registration

Each school can register a **maximum of 8 athletes** to the functional circuit.

1.3 Divisions

Elementary school with no motor disability: Concerns to primary school students who do not have a motor disability.

High school with no motor disability: Concerns to primary school students who do not have a motor disability.

Elementary school with motor disability: Concerns to primary school students who have a motor disability.

High school with motor disability: Concerns to primary school students who have a motor disability.

Elementary school with mobility aid: Concerns high school students who need technical walking assistance to get around. Assistance is permitted as required.

High school with mobility aid: Concerns elementary school students who need technical walking assistance to get around. Assistance is permitted as required.

2. STEP OF FUNCTIONAL CIRCUIT EVENT

Here are the links to the videos presenting the circuits: (to come)

2.1 Elementary school with no motor disability

Step 1: Bean Bag in the Hoop: The athlete picks up a bean bag and must run into the first hoop. Once the bag is placed in the hoop, the athlete will need to return to the bean hoop bin and pick up the next bag to place it in the second hoop and so on (5 hoops).

*The distance between the bean bag bin and the 5 hoops lined up is 3 meters. The 5 hoops in a row are at a distance of 1 meter from each other.

Step 2: Seated pull rope: The athlete is seated and must pull a rope (with an attached weight of 10kg) towards him over a distance of 10m.

Step 3: Lateral steps: The athlete starts in the middle of the two cones and must move in lateral slide steps from one cone to the other. The athlete must touch each cone 3 times.

Step 4: The ladder: The athlete must walk the ladder alternately with both feet together in a square and both feet apart, outside the square.

Step 5: Toe-tap (10 repetitions): The athlete must alternate between the right and left leg by lifting the latter, without putting weight, and come to the side of the step. The succession of the right leg and the left leg is equivalent to one repetition.

Step 6: The zigzag: Through 5 cones placed one at the back of the other (with a distance of 50 cm between each cone), the athlete must move between the cones without touching each other.

Step 7: Climbing (5 repetitions): The athlete starts the step and plank position and must then perform 5 knee raises (alternating right and left leg counts as one repetition).

Step 8: Tire: The athlete must rotate a truck tire (17 inches) for a distance of 5 meters.

Step 9: Burpees (5 repetitions): Starting in a standing position, the athlete moves from standing to squatting with hands on the floor, then to the plank position and then back to the squat position with but on the floor and finally back to the starting standing position. This sequence is equivalent to repetition.

Step 10: Sprint: The athlete sprints to the finish line on a 10-meter distance.

2.2 High school with no motor disability

Step 1: Bean Bag in the Hoop: The athlete picks up a bean bag and must run into the first hoop. Once the bag is placed in the hoop, the athlete will need to return to the bean bag bin and pick up the next bag to place it in the second hoop and so on (5 hoops).

*The distance between the bean bag bin and the 5 hoops lined up is 3 meters. The 5 hoops in a row are at a distance of 1 meter from each other.

Step 2: Pull from the seated rope: The athlete is seated and must pull a rope (a rope with an attached weight of 15kg) towards him over a distance of 10m.

Step 3: Lateral steps: The athlete starts in the middle of the two cones and must move in lateral chases steps from one cone to the other. The athlete must touch each cone 3 times.

Step 4: The ladder: The athlete must walk the ladder alternately with both feet together in a square and both feet apart, i.e. outside the square.

Step 5: Toe-tap (5 repetitions): The athlete must alternate between the right and left leg by lifting the latter, without putting weight, and come to the side of the step. The succession of the right leg and the left leg is equivalent to one repetition.

Step 6: The zigzag: Through 5 cones placed one at the back of the other (with a distance of 50 cm between each cones), the athlete must move between the cones without touching each other.

Step 7: Climbing (5 repetitions): The athlete starts the step and plank position and must then perform 5 knee raises (alternating right and left leg counts as one repetition).

Step 8: Tire: The athlete must rotate a truck tire (17 inches) on a distance of 5 meters.

Step 9: Burpees (5 repetitions): Starting in a standing position, the athlete moves from standing to squatting with hands on the floor, then to the plank position and then back to the squat position with but on the floor and finally back to the starting standing position. This sequence is equivalent to repetition.

Step 10: Sprint: The athlete sprints to the finish line on a 10-meter distance.

2.3 Elementary school with motor disability and with mobility aid

Step 1: Bean Bag in the Hoop: The athlete picks up a bean bag and must run into the first hoop. Once the bag is placed in the hoop, the athlete will need to return to the bean hoop bin and pick up the next bag to place it in the second hoop and so on (5 hoops).

*The distance between the bean bag bin and the 5 hoops lined up is 3 meters. The 5 hoops in a row are at a distance of 1 meter from each other. The bean bag bin will be on an elevated surface.

Step 2: Seated or standing pull rope: The athlete is seated and must pull a rope (a rope with an attached weight of 15kg) towards him over a distance of 10m.

Step 3: Lateral steps: The athlete starts in the middle of two cones and must move in lateral chases steps from one cone to the other. The distance between each cone is 3 meters. The athlete must touch each cone 3 times.

*If necessary, in order to be able to perform the lateral chase steps, the athlete may use the help of a chaperone who will hold a hoop as a support throughout the movement.

Step 4: The 8 with exercise ball: The athlete must go around two cones placed facing each other at a distance of 5 meters forming a figure of 8, while keeping control of a large exercise ball with their hands.

*Exercise ball size: 65 cm

Step 5: Backward Course: The athlete must complete a cone demarcated path backward. The athlete moves backwards for 5 meters and then moves diagonally to the next cone at the same height as the starting cone and must move backwards again on another 5 meters (forms a reverse N).

*In the event that the athlete has difficulty moving backwards with their mobility aid, the athlete can use the help of a companion to maintain balance.

Step 6: Rolls on mat: Starting lying on their stomach with their arms and legs as extended as possible, the athlete has to do 3 lateral rolls without hands on the mat. Assistance is permitted to settle in and get up.

Step 7: The Chair Squat: The athlete must perform 5 squats on a chair.

*Several squat alternatives will be accepted. Assistance is permitted to support stabilization during the movement and to settle in.

Step 8: Sprint: The athlete sprints to the finish line on a 10-meter distance.

2.4. High school with motor disability and with mobility aid

Step 1: Bean Bag in the Hoop: The athlete picks up a bean bag and must run into the first hoop. Once the bag is placed in the hoop, the athlete will need to return to the bean hoop and pick up the next bag to place it in the second hoop and so on (5 hoops). *The distance between the bean bag bin and the 5 hoops lined up is 3 meters. The 5 hoops in a row are at a distance of 1 meter from each other. The bean bag bin will be on an elevated surface.

Step 2: Seated or standing pull rope: The athlete is seated and must pull a rope (a rope with an attached weight of 15kg) towards him over a distance of 10m.

Step 3: Lateral steps: The athlete starts in the middle of two cones and must move in lateral chases steps from one cone to the other. The distance between each cone is 3 meters. The athlete must touch each cone 3 times.

*If necessary, in order to be able to perform the lateral chase steps, the athlete may use the help of a chaperone who will hold a hoop as a support throughout the movement.

Step 4: The 8 with exercise ball: The athlete must go around two cones placed facing each other at a distance of 5 meters forming a figure of 8, while keeping control of a large exercise ball with their hands.

*Exercise ball size: 65 cm

Step 5: Backward Course: The athlete must complete a cone demarcated path backward. The athlete moves backwards for 5 meters and then moves diagonally to the next cone at the same height as the starting cone and must move backwards again on another 5 meters (forms a reverse N).

*In the event that the athlete has difficulty moving backwards with their mobility aid, the athlete can use the help of a companion to maintain balance.

Step 6: Rolls on mat: Starting lying on their stomach with their arms and legs as extended as possible, the athlete should do 3 lateral rolls without hands on the mat. Assistance is permitted to settle in and get up.

Step 7: The Chair Squat: The athlete must perform 5 squats on a chair.

*Several squat alternatives will be accepted. Assistance is permitted to support stabilization during the movement and to settle in.

Step 8: Sprint: The athlete sprints to the finish line on a 10-meter distance.

3. DEPARTURE

The starting signal will be as follows:

1. Ready!
2. Whistle and/or beep sound when lowering a red flag.

4. FINISH

The timer will be stopped when the athlete has passed the 2 cones on the ground following the final stage.

5. ASSISTANTS

Initially, only one assistant per athlete may be in the waiting area. No assistant can be on the surface of the functional circuit.

6. PENALTIES

Action	Penalty
Failure to comply with the specific instructions of a step	3 seconds will be added to the total recorded for the event (by instruction not respected)
Failure to complete a step	10 seconds will be added to the total registered for the race



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