

# Athletics Badge

Introduction:

1. To encourage Brigaders to do physical exercise , train up their body and boost up their confidence.
2. To strengthen Brigaders in track and field events.

## **Assessment Criteria**

Scoring system is used. Marks are counted in two aspects. The Brigaders should reach the required marks for each stage.

1. Requirement for different stages:  
Stage 1: 20 marks (Attendance marks + two field events and one track event / two track events and one field event/ one running, one jumping and one throwing event)  
Stage 2: 25 marks (same as above)  
Stage 3: 30 marks (same as above)
2. Method for counting attendance marks
  - i) Brigaders should attend 12 training sessions which are 30 minutes each ( For example: If the time for each training is one hour, it will be counted as two sessions). 1 mark is counted for attending one session. The maximum score is 12 marks while the minimum requirement is 10 marks.
  - ii) If each training takes one hour or above, maximum 2 attendance marks will be given to Brigaders.
  - iii) If each training takes one hour or above, the total number of trainings cannot be less than six.( Assessment is not counted.)
  - iv) The method of counting attendance marks are the same for Stages 1 , 2 and 3.
3. Method for counting marks for elective items
  - i) Brigaders can choose any of the items in the categories below for examination in this badge. The category chosen should match the requirement stated in the first point of the assessment criteria. Besides, the item chosen must be stated in the categories below.
  - ii) Brigaders should get at least one mark in each examined item.

A. Track events

➤ Running events

Items \ Scores			1	2	3	4	5	6	7	8
			100 Meters	Seconds	Boys	16.0	15.5	15.0	14.5	14.0
		Girls	17.2	16.2	15.5	14.9	14.3	13.9	13.6	13.3
200 Meters	Seconds	Boys	34	32	30	29	28	27	26	25.5
		Girls	38	36	34	32	31	30	29	28.5
400 Meters	Minutes, Seconds	Boys	1'16	1'13	1'10	1'08	1'06	1'04	1'02	1'00
		Girls	1'24	1'21	1'18	1'15	1'12	1'10	1'08	1'06
800 Meters	Minutes, Seconds	Boys	3'10	3'00	2'50	2'40	2'35	2'30	2'25	2'20
		Girls	3'50	3'40	3'30	3'20	3'10	3'00	2'50	2'40
1500 Meters	Minutes, Seconds	Boys	6'40	6'20	6'00	5'45	5'30	5'20	5'10	5'00
		Girls	/	/	/	/	/	/	/	/

B. Field events

➤ Jumping events

Items \ Scores			1	2	3	4	5	6	7	8
			High Jump	Meters	Boys	1.02	1.10	1.18	1.25	1.32
		Girls	1.00	1.06	1.12	1.18	1.23	1.28	1.33	1.36
Long Jump	Meters	Boys	3.40	3.70	4.00	4.30	4.60	4.90	5.20	5.40
		Girls	3.00	3.35	3.65	3.90	4.10	4.25	4.40	4.50
Triple Jump	Meters	Boys	7.60	8.00	8.40	8.80	9.20	9.50	9.80	10.00
		Girls	/	/	/	/	/	/	/	/

➤ Throwing events

Items \ Scores			1	2	3	4	5	6	7	8
			Short Put (4kg)	Meters	Boys	5.6	6.2	6.8	7.4	8.0
Girls	4.5	5.2			5.8	6.3	6.8	7.2	7.6	8.0
Discus (1kg)	Meters	Boys	15	18	21	23.5	26	28	29.5	31
		Girls	10	13	16	18.5	20.5	22.5	24	25
Javelin (600g)	Meters	Boys	15	18	21	23.5	26	28	30	31.5
		Girls	10	13	16	18.5	20.5	22.5	24	25

Notes:

- Brigaders should not participate in the training and assessment for Athletics Cloth Badge (any items) and Athletics Badge (any items) at the same time.
- Brigaders should first complete the Athletics Cloth Badge and complete Stage 1 of Athletics Badge afterwards. If a Brigader has received Stage 1 of Athletics Badge, he/she should not apply for Athletics Cloth Badge.