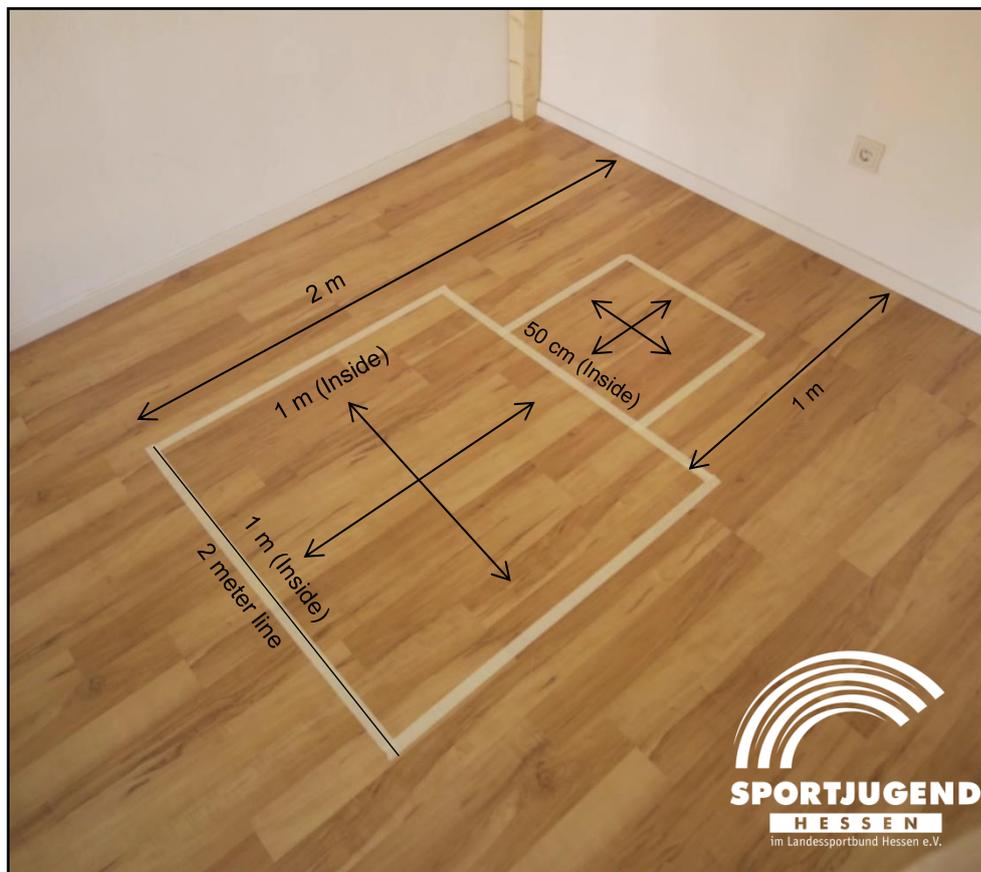


■ Rules - Quaralympics 2020

CORONcentration is required!

Quaralympics match field:



Material:

Prior to the start of the Quaralympic Games 2020, the leader will get a box (free of charge) with all necessary materials such as 6x Quaralympic balls (https://www.decathlon.de/p/fu%C3%9Fball-sunny-300-mini-gro%C3%9Ffe-1/_/R-p-146095?mc=8588869) 1x stick from wood (50 cm long and about 2.8 cm thick), 2x buckets (6.2 litres, 20,5 cm high and 22 cm diameter) and duct tape (30 mm).

We want to guarantee, that each athlete has the same conditions and the competitions can be as fair as possible. **But as the event is just for fun, we don't feel like there will be any problems.**

Most of the participants will probably even have the material at home, so the training can already start right now!

Important for all disciplines:

In the short time we couldn't develop an extensive, all-embracing rulebook for each discipline. That's why we produced videos! Please make sure to adhere to the movements of the athletes in the videos and do not interpret the rules in order to get better scores ☺
In each game the athletes have two or three repetitions. Right before each discipline the head of judges will ask all athletes if most of them want two or three repetitions.

I know you would never... ☺ ☺

Discipline 1: BeachCOVIDball-19

- [VIDEO](#)

The athlete sits on the 2m line. Now the ball is thrown off with the hand against the wall. The bounced ball must be bumped above the head. Then it is followed by a spike in the 50cm X 50cm field. This sequence scores 1 point. If the ball hits the line it still scores. If the movement-sequence is wrong or the ball misses the field, the sequence doesn't score any points. In this case the athlete can go on with the next sequence without an interruption.

The winning athlete is the one who scored the most points in 45 sec.

The best score out of 2-3 repetitions counts.

Discipline 2: Social DisTENNIScing – 2 m space

- [VIDEO](#)

The athlete stays behind the 2m line and plays the ball with a customary pan against the wall. To score 1 point the ball has to bounce against the wall first and then hits the 50cm X 50cm field. After this sequence the athlete has to play the ball with the backhand against the wall and it has to bounce in the 50cm X 50cm field, as well. Thus, the forehand and backhand always have to change after every sequence. Every time the ball bounces into the 50cm X 50cm field and the movement sequence was right (there was a change between fore- and backhand) the athlete collects 1 point.

Possible mistakes could be to step into the field or to forget the change between fore- and backhand.

The winning athlete is the one who scored the most points in 45 sec.

The best score out of 2-3 repetitions counts.



Discipline 3: Toiletpaper boccia – CORONcentration required!

- [VIDEO](#)

The athlete sits completely behind the 2m line and throws 3 toilet paper rolls (one after another) in the 50cm X 50 cm field. (In the way the athlete in the video does☺) It is prohibited to roll the toilet paper rolls. The target is to bring as many toilet paper rolls as possible in the 50cm X 50cm field. One sequence is finished after all 3 toilet paper rolls are thrown away. Then every toilet paper roll that lies inside of the field without touching the line scores 1 point (max. score is 3 points). The winning athlete is the one who scored the most points in 3 repetitions. All repetition scores will be added up to the athletes total.

Discipline 4: Freestyle VIRUotball - #staythefuckup

- [VIDEO](#)

The athlete stays inside of the 1m X 1m field and throws-off the ball with the hand (now time keeping starts). The ball bounces on the floor one time before he/she starts with the foot. The task of the athlete is to hold the ball up in the air as long as possible. The first contact must be by foot. After this the athlete is free to choose if he touches the ball by foot, knee, chest or head. The contact with the foot and knee scores 1 point. The contact with the chest and head scores 2 points. The first repetition ends if the ball touches the ground or the athlete steps out of the 1m X 1m field. It is no mistake if the ball leaves the field only in the air but neither touches the ground nor the athlete steps out of the field. In each repetition the athlete tries to score as many points as possible. One repetition ends with a mistake or after 1 minute as the latest. The winning athlete is the one who scored the most points. The best score out of 2-3 repetitions counts.

Discipline 5: SARSketball-CoV-2wentyone

- [VIDEO](#)

The athlete starts completely behind the 2m line and tries to throw the ball in the bucket at the wall. It's not allowed to step inside the field right before throwing the ball.

There are three options:

1. Position: the athlete stays behind the line and throws the ball directly into the bucket (Score = 1 point)
2. Position: the athlete sits behind the line and throws the ball directly into the bucket (Score = 2 points)
3. Position: the athlete sits or stays behind the line and bounce the ball first on the ground before it gets in the bucket (Score = 3 points). The target is to score exactly 21 points in total with the smallest amount of tries in one repetition. The maximum time to score 21 points is 1 min. 30 sec.



If the athlete scores more than 21 points or the time is up, this repetition is failed. The winning athlete is the one who needed the least throws to collect exactly 21 points. The best score out of 2-3 repetitions counts.

Discipline 6: pHANDemieBALL #stERILEathome

- [VIDEO](#)

The athlete stays inside the field faced towards the wall. The ball starts in the right hand and has to follow a specific sequence of movement. The athlete throws the ball with the right hand against the wall (hand above the shoulder) and catches the ball with the right hand again. Then he throws the ball with the right hand from behind through the legs and against the wall. Now he catches the ball with the left hand and throws the ball against the wall (hand above the shoulder). He catches again with the left hand and then he throws the ball with the left hand from behind through the legs and against the wall, followed by another right hand catch.

With that catch the movement sequence is completed and the athlete can start again from the beginning. Every completed sequence scores 1 point. The athlete fails a sequence when he lifts the feet from the ground (standing on tiptoe is allowed), the ball falls on the ground, the movement sequence has a wrong order or the athlete catches the ball with two hands. After a fail the athlete has to start again from the beginning (ball in the right hand). The winning athlete is the one who scored the most points in 30 sec. The best score out of 2-3 repetitions counts.

Discipline 7: #fencingthecurve – minimize the maximum!

- [VIDEO](#)

The athlete stays behind the 2m line and throws off the ball with his hand against the wall. Now he has to hit the bouncing ball with the tip of his stick into the bucket. The athlete is allowed to step forward inside the field with one foot. The other foot has to stay outside the field. Each time the ball stays inside the bucket scores 1 point. If the athlete fails by crossing the line in the beginning or with both feet he scores 0 points.

The winning athlete is the one who scored the most points in 5 sequences. The best score out of 2-3 repetitions counts.

Discipline 8: Tin can gymnastics – BARS closed.

- [VIDEO](#)

The athlete has to perform a one-minute choreography with 3 tin cans and elements of gymnastics. No other material is to be used! He can choose his choreography by his own. At least one part of



his body has to stay inside the field the whole time. Each athlete will be rated by an independent Jury in the categories: creativity, general impression, gymnastic ability and integration of the cans. Each athlete has the option to do a second repetition the choreography. The choreography starts with the music played in by our technique crew.

Discipline 9: TEAM – COrEONAgrophy

- [VIDEO](#)

Team challenge: Think about a one-minute team video. It is necessary that the whole team can be seen in the movie. The video will be presented at the opening ceremony as the first discipline! The audience will rate the videos in a live voting. We need the videos until the 13th of July to prepare them for the opening ceremony.

