

## YEAR 5 & 6 SPEED STACKING INTRA/INTER SCHOOL COMPETITION

LAUNCH 23<sup>RD</sup> SEPTEMBER 2008

Initially it will be run within schools as an Inter-form competition. Each class will use the Speed Stacking set within 1 P.E. lesson.

Pupils will learn the basic 3-3-3 stack and have a chance to practice this sequence. They will then each perform using the timing mat/stopwatch to get their own time in seconds. If they have more than one attempt, record the pupil's quickest time.

Each form member's time to be recorded on the results sheet and sent to Sian High – [shigh20@kingsbury.brent.sch.uk](mailto:shigh20@kingsbury.brent.sch.uk) these must be returned by 14<sup>th</sup> November 2008.

SSCo's will inform the PLT's of the winners (possibly announce results in the school assembly). Certificates will be given for pupils with the quickest times. Results published in schools.

Class results (average times) will then go into Inter-school competition. Results to be published on SSCO website.

SSCo's to provide INSET to form tutors if required.

SSP Speed Stacking Festival 8<sup>th</sup> December 2008.

### Competition Rules

There are three main types of stacks in competition. All stacks can be made from left-to-right or right-to-left (individual preference), but the same direction must be maintained for both "up stacking" (setting the cups into pyramids) and "down stacking" (unstacking the pyramids and returning them to their nested position). Don't slam them, but let them slide. If you knock down a cup, you must downstack back to where you were, fix it, then you can upstack the cups again.

The most important thing to do when sport stacking is to use BOTH hands, and use them almost equally as much and as well. That doesn't mean picking up a cup with your less dominant hand and passing it to the dominant one to set the cup in place. The rule of thumb is that each cup is handled by only one hand. ***Use both hands but never on the same cup.***

3 - 3 - 3

Uses 9 cups. Cups start in three nested stacks of 3. The stacker must create three pyramids of 3 cups each and then down stack the cups back into nested stacks of 3 in the order that they were upstacked.

3 - 6 - 3

Uses 12 cups. The stacker must create three pyramids made up of three cups on the left, six cups in the center, and three cups on the right (3-6-3), then down stack the cups in the order that they were upstacked into their original position. Also used as the first transition of the Cycle Stack.

1 - 10 - 1

Uses 12 cups. The stacker begins with a single downstacked pile. He/she must take two cups off the top, turn one upside-down (stacker's choice), then upstack the remaining ten. The stacker must then tap the opposite sides of the single cups and take down the ten stack into a downstacked 3-6-3. This stack is only used competitively as the third transition of the Cycle Stack

Cycle stack

The most complicated stack is called the Cycle Stack. It involves a sequence which includes, in order: a 3-6-3 stack, a 6-6 stack, and a 1-10-1 stack, finishing in a down stacked 3-6-3.

For more information and to see video clips of the world record holders in individual, doubles and relay events, go to <http://www.worldsportstackingassociation.org/>