

INGENIUM Summer Senior School: “Healthy body, healthy campus: Building a sustainable INGENIUM future”

Rouen, Normandie, 27-31 May 2024

The University of Rouen Normandy organises the Summer Senior School in the third edition of the **“10 days of INGENIUM”** events. **Master and PhD students** are invited to participate to “Healthy body, healthy campus: Building a sustainable INGENIUM future” events, workshops, lectures and the INGENIUM Olympic tournament.

Objective: The INGENIUM Summer Senior School will be focused around commitment to social responsibility and sustainable development and collective games, echoing the Paris 2024 Olympic Games.

The INGENIUM Summer Senior School aims to provide students with an interdisciplinary approach to all initiatives aiming at developing a fairer and more sustainable society, working towards inventing a resilient and enduring project for INGENIUM campuses.

Through this Summer Senior School, students will gain knowledge on biodiversity, environmental law, low carbon trajectory and Olympic values and will have the opportunity to work together within multicultural groups of students. PhD candidates can present a poster of their research interests during a dedicated poster session.

INGENIUM Olympic Tournament rules

1. General procedure

	Tuesday 28 May 2024	Thursday 30 May 2024
09:00	Introduction	Activity 1
09:30	Activity 1	Activity 2
10:00	Activity 2	Activity 3
10:30	Activity 3	Activity 4
11:00	Activity 4	Activity 5
11:30	Activity 5	Final and results

Points will be awarded for each team duel in the challenges:

Victory: 5 points

Draw: 3 points

Defeat: 1 point

The bonus event on Day 1 (rowing) will award a bonus of 2 points to the best relay of the day (longest distance covered):

- Longest distance covered by a women's relay: 2 points
- Longest distance covered by a mixed relay (at least one female relay runner): 2 points
- Longest distance covered by a men's relay: 2 points

The bonus event on Day 2 (Barra Aragonaise) will award a bonus of 2 points to the best throw (farthest throw):

- Best women's throw: 2 points
- Best men's throw: 2 points
- These activities have been chosen so that everyone can take part in INGENIUM Olympic Day whether they're sporty or not ...

The points accumulated on the various challenges: the obstacle course where all the teams remain in the race for the final victory!

a. Example of a final table:

The start of **the obstacle course** (final event) will be determined according to the difference in points between the teams as follows (with this example):

The final ranking will be established on the basis of the place occupied in the obstacle course.

	Total challenge points for day 1 and day 2	Final event: obstacle course
Team 3	50 points	Top start
Team 2	36 points	Start 14 seconds after team 3
Team 1	32 points	Start 18 seconds after team 3
Team 4	30 points	Start 20 seconds after team 3
Team 5	30 points	Start 20 seconds after team 3
Team 7	30 points	Start 20 seconds after team 3
Team 8	28 points	Start 22 seconds after team 3
Team 6	26 points	Start 24 seconds after team 3
Team 10	18 points	Start 32 seconds after team 3
Team 9	10 points	Start 40 seconds after team 3

2. Tuesday 28 May 2024

a. Challenge 1: Laser Biathlon

GOAL: Cross the finish line (fourth relay runner) before the opposing team

TEAM COMPOSITION: Each team is made up of 4 relay runners who complete the same event.

GAME RULES:

- Each relay runner completes a running loop, then enters the shooting range to complete a prone shooting sequence (each target missed results in a penalty lap: approx. 40 metres), followed by another running lap to complete a standing shooting sequence (each target missed results in a penalty lap: approx. 40 metres), finishing with a final running lap to hand over to relay runner 2, who completes the same event.
- Relayer 2 starts by contact between the relay runners.
- And so on until the 4th relay runner crosses the finish line.

COMPETITION:

The winning team is the one that crosses the finish line first.

b. Challenge 2: Darts

GOAL: Get the score right (301) in as little time as possible or come as close as possible in 6 minutes. (NB: target 1.73 - setback 2.37)

TEAM COMPOSITION: Each team consists of a minimum of 3 players.

GAME RULES:

- The challenge takes place on 2 targets (one target per team).
- Each team has six minutes to achieve a score of 301. Thrower 1 throws these three darts, then thrower 2, then thrower 3 and so on until the score of 301 is reached. If the score of 301 is reached before the end of the 6 minutes, the time is used to decide between the teams in the current rotation.

COMPETITION

- Matches are played in 3 winning sets with a maximum of 6 minutes playing time per set. The winning team is the one that has won the most sets.

c. Challenge 3: Sitting Volleyball

GOAL: The players entered represent their school throughout the competition. The team on the pitch must consist of 6 players. There is no limit to the number of player changes that can be made between each point.

GAME RULES:

- Sitting volleyball is played by sliding across the floor. All players can attack normally.
- Players must remain in contact with the ground (with part of their body between their shoulders and buttocks) when touching the ball. Standing up or lifting is forbidden.
- The positions of the players are determined by the position of their buttocks on the floor.
- Touching the opponent's pitch with the feet, hands or legs is permitted at any time during play, provided that the player does not interfere with an opponent's play.
- The front players are allowed to counter or attack the opponent's serve as long as the ball is in their zone and above the net, but the buttocks must be in contact with the ground when countering.
- Each time the serve is recovered, the players must serve normally, otherwise there is a rotation fault (so all the players must serve), but there is no positional fault.
- Matches are refereed by a volunteer referee
- Matches are played in **1 winning set of 21 points, limited to 15 minutes.**

d. Challenge 4: Dodgeball

TEAM COMPOSITION: Each team is made up of a minimum of 5 players. Each match is played with 5 players. Substitutions may only be made between 2 matches.

GAME RULES:

- At the start of the match, the 5 members of each team are lined up at the back of their camp, one foot on the line (as shown in the diagram). A ball is placed in the hand of one member of each team and a third in the centre. The referee whistles for the start. Each team can take hold of the central ball.
- The aim of dodgeball is to eliminate all the opposing team's opponents with direct hand shots below the shoulder line (no face shots). In the event of a hit to the face, the "hit" remains in play and the shooter goes to prison.
- A "direct shot" is a shot taken manually by a player on one team at an opponent without the ball hitting an obstacle in between (wall, ceiling, floor, etc.).
- A player hit by a direct shot from an opponent becomes a prisoner: he then goes to prison with the ball. The player can then free himself from the prison by simply touching a player from the opposing team with a direct shot. The last player eliminated is allowed 3 attempts to free himself.
- If a player shoots at another player who takes refuge outside the pitch or in the opponent's half, the latter is considered to be out of play and goes to prison (note that the line is not part of the pitch; any player who steps on it will be considered to be outside the boundaries of the pitch).
- If a player has a ball in his hands and manages to stop another ball using it, he will not be taken prisoner.
- If a player is hit by a direct kick but he or one of his teammates catches the ball before it hits the ground, then nothing happens. If the ball hits two or more players with a direct shot and no one manage to catch the ball before it hits the ground, then all the players hit go to prison.
- Players are not allowed to move with the ball, but they may pass it to a teammate in their own half or to a teammate who is trapped. When the ball leaves the pitch, it is put back into play from the prison in the zone from which the ball left.
- Matches are played in 3 winning sets with a maximum of 5 minutes playing time per set. The winning team is the one that has won the most sets.
There are several ways of winning a set:
 - Be the first to eliminate all 5 opponents in less than 5 minutes (get 5 prisoners).
 - Have taken more prisoners than your opponent at the end of the 5-minute round.

NB: A round can end in a draw if, at the end of the round's regulation time, the 2 teams have the same number of prisoners. If both teams have won the same number of ends at the end of the game, it is a draw.

e. Challenge 5: Rowing

GOAL: The aim of indoor rowing is to cover the greatest distance in 6 minutes using an ergometer. All the equipment is computer-linked and the progress of the race is shown on a giant screen.

TEAM COMPOSITION: There must be a minimum of 3 representatives per school in the relay.

PLEASE NOTE: bonus challenge with the greatest distance on a women's relay (first leg), a men's relay (second leg) and a mixed relay (third leg with a minimum of one girl).

GAME RULES

Relay time: 6 minutes.

Matches are played in 3 winning heats of 6 minutes each to cover the greatest distance. The winning team is the one that has won the most heats.

When the whistle blows (the start of the competition), the first rower starts on the ergometer; when he wants to change, he gets off the rower, makes contact with the second rower who can then set up. A student can do as many relays as he likes, for as long as he likes. Help with setting up the relay is permitted.

3. Thursday 30May 2024

a. Challenge 6: Tug of war

GOAL: Move the other team in front of the line. The duration of the round must not exceed three minutes.

TEAM COMPOSITION: Six participants per team

GAME RULES

- This is a team challenge. Six participants line up at each end of a rope. Two lines, two metres apart, are drawn between the two teams facing each other. Once the signal is given, each team tries to pull (stalk) its opponent in order to make him move at least two metres.
- **How to win a confrontation:**
 - If team A manages to pull their opponent B at least two metres away (one opponent's feet touch the opposite line), the referee blows the whistle and awards two points to team A, who will have won the match against team B.
 - If, after three minutes, neither team manages to move its opponent by at least two metres, the second leg will be restarted in the initial position (equidistance between the two teams).
- Participants can only be changed between rounds (no changes possible during a round: as soon as the tug-of-war has started).

- Matches are played in 3 winning sets with a maximum of 3 minutes playing time per set. The winning team is the one that has won the most sets.

b. Challenge 7: Oina din Romania

GOAL: Based on the principle of Baseball Five, two teams of five active players, alternating between attack and defence, play against each other using a simple bouncing ball without the use of gloves or a bat.

GAME RULES:

- A game is played over five innings. The average baseball game 5 lasts just 15 minutes.
- The attacker (the striker) puts the ball into play by striking it with the palm of the hand or the fist. The ball must bounce at least once in the playing area. Once the ball is in play, to score a run, the batter must run all four bases in one or more innings without being run out by the opposing team. To strike out a batter, the defending team must touch the player, between two bases, with ball in hand or touch one of the bases with ball in hand before the batter reaches it.
- In each round, the teams alternate between defence and attack. As soon as the defending team has eliminated three attackers, they switch roles. The winner of the round is the team that has scored the most points during its attacking phase. It is not the number of ends won but the total points scored over the five ends that determines the winner of the match.

Matches are played in 5 winning sets with a maximum of 4 minutes playing time per set. The winning team is the one that has won the most sets.

c. Challenge 8 : Florentine football

GOAL: Get as many tries as possible to score more points than the opposing team

TEAM COMPOSITION: Each team consists of 7 players on the pitch.

GAME RULES:

- Playing time 2 x 7 min
- No contact allowed: change of possession is made by ripping out the TAG, losing the ball or a try.
- SPECIFIC PROHIBITIONS (FAULTS SUBJECT TO PENALTIES): Hiding the TAG, blocking the TAG, provoking contact, using foul language, verbal abuse, wearing watches and jewellery, etc.
- FOOT PLAY: Prohibited
- POINTS: A try is awarded when the ball is flattened after or on the goal line. It is worth one point. There is no penalty kick.

The challenge takes place over 2 halves of 7 minutes across a rugby pitch. The winning team is the one that scores the most points.

d. Challenge 9 : Barra Aragonesa

GOAL: Throw an iron bar (5 kg to be defined) as far as possible within the defined throwing sector.

TEAM COMPOSITION: All members of a team may attempt a throw, up to a maximum of three per individual, for 4 minutes.

GAME RULES :

The challenge takes place over three heats, with the best men's and women's throw in each heat being used to add up the distances. In the absence of one gender, the best performance of two representatives of the team is used. Each team has five minutes to make as many throws as it wishes, while complying with the safety instructions in place.

A throw can only be measured if both of the thrower's feet remain in contact with the ground and resting on the wooden stopper of the throwing shoe. The measurement is only taken if the Aragonesa barra lands in the challenge sector.

The measurement is taken between the stopper in the throwing area and the ground contact of the Aragonesa barra closest to it.

Matches are played in 3 winning sets with a maximum of 4 minutes per game.

e. Challenge 10 : Pétanque

GOAL: Put as many of your team's balls as possible as close as possible to the jack to score one or more points.

GAME RULES:

Matches are played in 3 winning sets of 8 minutes each. Start of the match: draw for the team to start the first set (then alternate between sets 2 and 3).

With their feet placed in a hoop, one of the three players in the team throws the jack at a distance of between 6 and 10 metres (and 1 metre from any obstacle).

The team with its best ball furthest from the jack continues to play until it runs out of balls. At the end of each lead, the points are counted! The ball closest to the jack belongs to the team with the most points.

All the balls in a better position (close to the jack) than those of the opposing team are then counted. Only one of your balls is placed in front of the nearest opponent's ball? You win the lead with 1 point! If it's 2 of your balls: 2 points, etc.

Next round: one of the players from the winning team throws the goal from his or her position. Play continues. Round after round, the points add up. When 13 points (or 8 minutes) have been scored, the game is over! The measurement is taken between the stopper in the throwing area and the ground contact of the Aragonesa barra closest to it.

Matches are played in 3 winning sets over 8 minutes. The winning team is the one that has won the most sets.

