

FINAL VERSION

# New Forest Primary School Sport



NEW FOREST  
**SCHOOL SPORT**  
PARTNERSHIP



# 2011-12

# Participants Code of Conduct

- Participate for the fun of it, not just to please your parents or teachers
  - Play to the rules of the sport
  - Respect all the officials decisions
  - Control your temper - you and your team will benefit
  - Recognise all good play and conduct, whether by your team or by your opponents' team...be a good sport
  - Treat all competitors as you yourself would like to be treated
  - Don't interfere with, bully, or take advantage of any other competitor
  - Remember, as well as enjoyment the aims of the game are to improve your skills and feel good
  - Co-operate with your coach, officials, team mates, and opponents, for without them you would not have a competition
  - Work equally hard for yourself and your team, your teams performance will benefit and so will your own
- 

# Spectator and Parent Code of Conduct

Show respect for officials and other players

Encourage in your support

Be courteous to all

Applaud good play

Verbally support in a proactive manner

Remember victory is not everything

Children are playing for their own enjoyment

Enjoy the day and transmit that enthusiasm to the players

Please do not force your child to play

Please do not stray on the pitch, court or track at anytime

Please do not verbally abuse officials - remember they are volunteers

Please do not use bad language



# Important Information/Guidelines

## **MANAGEMENT**

The Management of the competition will be under the auspices of the New Forest School Sport Partnership, based at Testwood Sports College, who will oversee the general running of the competition, its publicity and promotion.

The steering group consists of Primary Link Teachers, Partnership representatives, NFDC Sports Development Officer and relevant Club coaches. The steering group meet each term to discuss the programme. All school are eligible to attend these meetings, the dates for which are on the Primary page on the partnership website.

## **COMPETITION OFFICIALS/VOLUNTEERS**

Most of these competitions are officiated by Junior Sports Leaders from our secondary schools and colleges. Please offer your support and encouragement to them as and when they are officiating.

## **CODES OF CONDUCT**

Please read through the Partnerships codes of conduct and make children, parents and volunteers aware of these.

## **PLAYER / TEAM ELIGIBILITY**

Most of the events are aimed at children in Years five (5) and six (6). However there are now more events to cater for children in Years three (3) and four (4). Schools can also merge with other schools to create a team, if they are unable to draw a team from their own school alone.

Schools can play a player from Year four (4) in the older competitions if it is the difference between entering a team or not. However please try and use children from Years five (5) and six (6).

## **PUNCTUALITY**

Most of the events start at 1.30pm, however there are a few that start at different times of the day. It is important that the events start on time as many schools have to make plans for their children to be collected after the event.

Please make sure you are aware of each events start time and arrive at least 15 minutes before the start. If you find you are running late, please phone the Partnership office on (023) 8066 5499 to let them know and they can pass the message on.

## **PRESENTATIONS**

At the end of each event there will be a short presentation ceremony, in which medals and trophies will be awarded. A trophy will be awarded to the winners of each competition. For some sports a small school trophy will be introduced and awarded to best placed small school.

## **RESULTS/WEBSITE**

The results, photos and press release of each competition will be posted on the Partnerships website shortly after each event.

The Partnership website has lots of information on the Primary School Sport competitions. Other information on the partnership including training days, School Sport news and much more is also on the website... [www.nfssp.co.uk](http://www.nfssp.co.uk)

## **PHOTOGRAPHY**

Official photographs will also be taken at each event. These may be used in future publicity by the New Forest School Sport Partnership and on the Partnership website.

If you do not have consent to the photographing, videoing and publication of images for certain children then please let the partnership team know who they are in advance.

# How to enter a festival...

- On making your choice, ensure that you read through the specific festival information carefully (shown in the appendices).
- In order to secure a place for your team(s) you must confirm your attendance at least two (2) weeks in advance (unless stated).

E.g. if the competition is on Monday 12th March, the deadline day for entering will be on Monday 27th February.

- Please enter a competition via... website, email or phone:

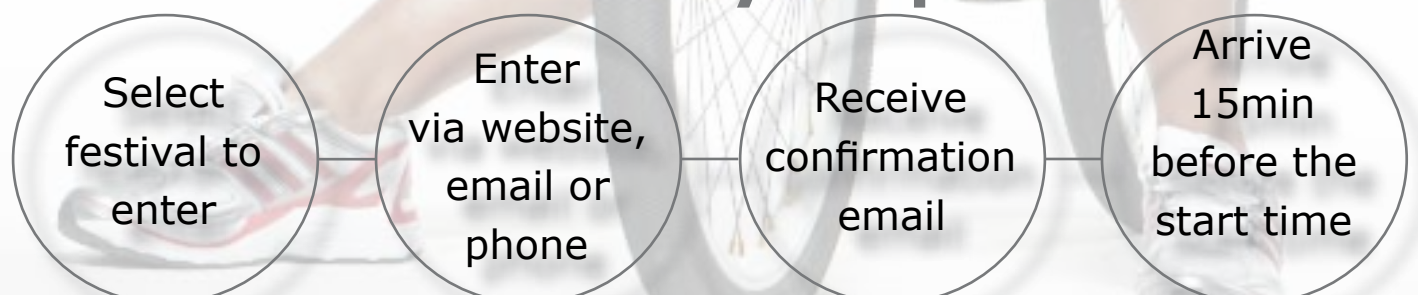
Website: [www.nfssp.co.uk](http://www.nfssp.co.uk)

Email: [crockerr@testwood.hants.sch.uk](mailto:crockerr@testwood.hants.sch.uk)

Phone: (023) 8066 5499

- You must state your name, school, role, contact telephone number, festival and the number of teams/individuals you wish to enter.
- You may enter more than one team per school; however some events will have a limit on the number of teams and therefore 'A teams' will take precedence.
- Once you have entered a competition you will then receive confirmation from the Partnership via email.
- **Please arrive at least 15 minutes before the start of a festival.**
- **Please note all schools are responsible for their own first aid requirements.**

## Four Easy Steps



# Competitions 2011-12

Competitions are for Year 5 and Year 6 unless otherwise stated.

<b>Competition</b>	<b>Venue</b>	<b>Date</b>	<b>Time</b>
<b>OCTOBER</b>			
Table Tennis	Testwood	Friday 7th	3.30-6.00pm
Cross Country Relays	Gang Warily	Wednesday 19th	1.30-3.00pm
<b>NOVEMBER</b>			
Girls Astro Football	Testwood	Friday 11th	1.30-4.30pm
Quicksticks Festival	Brockenhurst	Monday 14th	1.30-4.30pm
Sportshall Athletics	Testwood	Saturday 26th	10.00-1.00pm
<b>JANUARY</b>			
Basketball	Noadswood	Wednesday 18th	4.00-6.00pm
Sportshall Athletics	Testwood	Saturday 28th	10.00-1.00pm (Y3+4)
<b>FEBRUARY</b>			
Cross Country Champs	Gang Warily	Thursday 9th	1.30-3.00pm
<b>MARCH</b>			
Tag Rugby Champs	Ballard School	Friday 2nd	9.30-4.00pm
Badminton	Testwood	Wednesday 7th	3.30-6.00pm
Tag Rugby	Ringwood RFC	Wednesday 21st	1.30-4.30pm (Y3+4)
Hockey	Brockenhurst	Monday 26th	1.30-4.30pm
<b>APRIL</b>			
Girls High 5 Netball	Poulner Jun. Sch.	Wednesday 25th	4.00-7.00pm
Boys Football	Poulner Jun. Sch.	Wednesday 25th	4.00-7.00pm
Girls Football	Poulner Jun. Sch.	Friday 27th	1.30-4.30pm
<b>MAY</b>			
Cross Country Relays	Ashley Jun. Sch.	Wednesday 2nd	1.30-3.00pm (Y3+4)
Kwik Cricket	Totton & Eling CC	Wednesday 16th	9.00-5.00pm
<b>JUNE</b>			
Athletics Championships	Southampton	Wednesday 13th	1.00-5.00pm
Tennis Week	Totton & Eling	Mon 18th - Thu 21st	8.45-12.00pm
Girls Cricket	Bashley CC	tbc	tbc
Rounders	Arnewood	Wednesday 27th	1.30-4.30pm

# 2011-12 Calendar

## Autumn Term 2011

	September				October					November				December						
Monday	5*	12	19	26	3	10	17	24	31*	7	14	21	28	5	12	19	26			
Tuesday	6	13	20	27	4	11	18	25		1	8	15	22	29	6	13	20	27		
Wednesday	7	14	21	28	5	12	19	26		2	9	16	23	30	7	14	21	28		
Thursday	1	8	15	22	29	6	13	20	27		3	10	17	24	1	8	15	22	29	
Friday	2	9	16	23	30	7	14	21#	28		4	11	18	25	2	9	16#	23	30	
Saturday	3	10	17	24		1	8	15	22	29		5	12	19	26	3	10	17	24	31
Sunday	4	11	18	25		2	9	16	23	30		6	13	20	27	4	11	18	25	

## Spring Term 2012

	January					February				March				April						
Monday	2	9	16	23	30	6	13	20*	27	5	12	19	26	2	9	16*	23	30		
Tuesday	3*	10	17	24	31	7	14	21	28	6	13	20	27	3	10	17	24			
Wednesday	4	11	18	25		1	8	15	22	29	7	14	21	28	4	11	18	25		
Thursday	5	12	19	26		2	9	16	23		1	8	15	22	29	5	12	19	26	
Friday	6	13	20	27		3	10#	17	24		2	9	16	23	30#	6	13	20	27	
Saturday	7	14	21	28		4	11	18	25		3	10	17	24	31	7	14	21	28	
Sunday	1	8	15	22	29	5	12	19	26		4	11	18	25		1	8	15	22	29

## Summer Term 2012

	May				June				July				August/September							
Monday	7	14	21	28	4	11*	18	25	2	9	16	23#	30	6	13	20	27			
Tuesday	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28		
Wednesday	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29		
Thursday	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30		
Friday	4	11	18	25		1#	8	15	22	29	6	13	20	27	3	10	17	24	31	
Saturday	5	12	19	26		2	9	16	23	30	7	14	21	28	4	11	18	25	1	
Sunday	6	13	20	27		3	10	17	24		1	8	15	22	29	5	12	19	26	2

# Table Tennis



- Four-a-side, central venue, schools table tennis festival
  - Each playing area shall be 9m x 5m, with a 1m safety zone at the side of the playing areas nearest to walls
  - No more than 4 players will play in any one match
  - Players must be ranked in strict order or singles playing ability and given to the festival organisers at the competition
  - A game shall be won by the player or pair first scoring 11 points unless both players or pairs score 10 points, when the game shall be won by the first player or pair subsequently gaining a lead of 2 points
  - Each match will be the best of 3 games (2x singles and 1x doubles)
  - Winners will be decided firstly on most matches won. If this is drawn then the most games won, then points won, and if all these are drawn then finally points scored against each team
  - The decision of the tournament organisers and other tournament officials are final
  - For more information or for a copy of the English Table Tennis Association 'Approved Laws of Table Tennis' please contact the School Sport Partnership.
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## Team Ranking Form

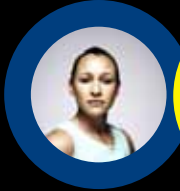
School Name \_\_\_\_\_

Rank	Surname	First Name	School
1			
2			
3			
4			

1 Match =        1st Game: Singles (rank 1)  
                      2nd Game: Doubles (rank 3 & 4)  
                      3rd Game: Singles (rank 2)

Please bring a copy of your team ranking form with you and give to the festival organiser on your arrival.

# Cross Country Relays



## Boys Declaration Form

No	Leg	First Name	Surname

No	Leg	First Name	Surname

No	Leg	First Name	Surname

No	Leg	First Name	Surname

No	Leg	First Name	Surname

# Cross Country Relays



## Girls Declaration Form

No	Leg	First Name	Surname

No	Leg	First Name	Surname

No	Leg	First Name	Surname

No	Leg	First Name	Surname

No	Leg	First Name	Surname

# Girls Football (Astro)



- The competition will be played to the 'laws of mini soccer', in accordance with the rules and regulations of The Football Association
- The principle of appropriately sized pools shall apply
- **A squad shall consist of 9 players with only 6 playing at any one time**, one of whom shall be the goalkeeper
- Rolling substitutions may be made at any time during a game, with the referee's permission. Players may re-enter the game and all substitutions must have a period of play
- There will be no offside
- Any matter arising, not covered in the rules shall be dealt with by the organising committee
- The organising committee shall not overturn any decision the referee has made during the course of the game
- In the event of two or more teams being equal on points the team with the best goal difference shall take precedence
- If goal difference is equal then the team scoring the most goals shall take precedence
- If teams are still tied, kicks from the penalty mark will take place
- The referee's decision is final
- **No metal studs or blades are allowed to be worn on the rubber crumb surface.**



## Rules



### Definitions

#### Match Official:

A person who is deemed responsible (teacher, parent, coach) for a team shall be named as a 'Match Official'. There shall be two Match Officials per game (one from each team).

Match Officials shall have a 'duty of care' for each participant and must supervise the game and assist the players and the umpires in creating an environment of fair play and safety.

#### Quicksticks Umpire:

A member of each Quicksticks team shall be the Umpire (advised where required by the Match Officials). They shall attempt to rule the game in accordance with the rules set out below. The role of Umpire shall be rotated among the team at the end of each playing period.

#### Quicksticks Manager/Coach:

A member of each Quicksticks team shall be Manager/Coach (advised where required by the Match Officials). They shall keep the score, attempt to observe the game and help the team with basic tactics such as:

- finding space on the pitch
- encouraging the team-mates to call to each other if they are in space to be passed to
- using the width of the pitch and helping each other to keep possession of the ball

The Manager/Coach role shall be rotated among the team at the end of each playing period.

*The overall responsibility for the game is held by the two Match Officials.*

### Starting and Re-starting Quicksticks

Quicksticks starts with one team being given a centre pass (taken from the centre of the pitch) which can be passed in any direction, once the umpires have blown a whistle.

A centre pass is also taken at the start of each period of the game, alternately by each team, and by the non-scoring team after a goal has been scored. The direction of play for teams is alternated at the start of each period of the game.

When a centre pass is taken at the start or re-start of the game, each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 3 metres from the ball until the ball is played.

### Scoring a Goal

A goal is scored when the ball has been struck or deflected off a player's stick (either an attacker's or a defender's) from within the shooting area (circle), and it crosses completely over the goal-line between the goal-posts and under the cross-bar.

Apply the STEP principle, where players/teams are finding scoring difficult, by increasing the shooting area to the last third of the pitch.





## Programme

	year 5 girls	year 5 boys	year 6 girls	year 6 girls
1030	1 lap run	1 lap run	rest	rest
1050	ball push	speed bounce	target throw	standing LJ
1110	rest	rest	1 lap run	1 lap run
1130	standing LJ	ball push	speed bounce	target throw
1150	2 lap run	2 lap run	rest	rest
1210	target throw	standing LJ	ball push	speed bounce
1230	rest	rest	2 lap run	2 lap run
1250	speed bounce	target throw	standing LJ	ball push
1310	4x1 lap relay		4 x 1 lap relay	
1320	presentations			

## Declaration Form

School Name \_\_\_\_\_

Event	year 5 girls	year 5 boys	year 6 girls	year 6 boys
1 lap run				
2 lap run				
ball push				
target throw				
standing LJ				
speed bounce				

Each athlete may compete in 1 run, 1 jump, 1 throw and 1 relay.

# Basketball



- Each **team shall consist of 8 team members**. Five players on the court and three as substitutes on the bench
- Games shall consist of two halves of 5 minutes (depending on number of teams entered)
- The playing time will be controlled by a central time keeper
- Each game will be started by a jump ball in the centre circle and begins when the ball is legally tapped by one of the jumpers
- A goal is made when a live ball enters the basket from above and remains within or passes through the net
- A goal from the field counts two points and a goal from a free-throw counts one point
- After a field goal or successful last free throw, the opponents shall have the ball to make a throw-in within 5 seconds, from any point on or behind the endline
- If the score is a tie at the expiration of the second half, the result shall stand and no extra time shall be played
- Each player must play in one of the halves, except a player who is injured, disqualified or has committed 5 fouls
- A violation is an infraction of the rules that is penalised by awarding the ball to the opponents for a throw-in from out-of-bounds at the place nearest to where the infraction took place
- A player shall not remain in the opponent's restricted area for more than three seconds whilst his team is in control of the ball in his frontcourt and the game clock is stopped
- A foul is an infraction of the rules concerning illegal personal contact with an opponent and/or unsportsmanlike behavior
- A player who has committed five fouls, personal and/or technical, shall be informed thereof by the referee and must leave the game immediately
- A free-throw is an opportunity given to a player to score a point, uncontested from a position behind the free-throw line and inside the semicircle
- The rules are adapted from the FIBA mini basketball rules. Please contact the School Sport Partnership for a copy of the rules.



## Programme

	year 3 girls	year 3 boys	year 4 girls	year 4 boys
1030	1 lap run	1 lap run	rest	rest
1050	ball push	speed bounce	target throw	standing LJ
1110	rest	rest	1 lap run	1 lap run
1130	standing LJ	ball push	speed bounce	target throw
1150	2 lap run	2 lap run	rest	rest
1210	target throw	standing LJ	ball push	speed bounce
1230	rest	rest	2 lap run	2 lap run
1250	speed bounce	target throw	standing LJ	ball push
1310	4x1 lap relay		4 x 1 lap relay	
1320	presentations			

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## Declaration Form

School Name \_\_\_\_\_

Event	year 3 girls	year 3 boys	year 5 girls	year 5 boys
1 lap run				
2 lap run				
ball push				
target throw				
standing LJ				
speed bounce				

Each athlete may compete in 1 run, 1 jump, 1 throw and 1 relay.

# Cross Country Championships



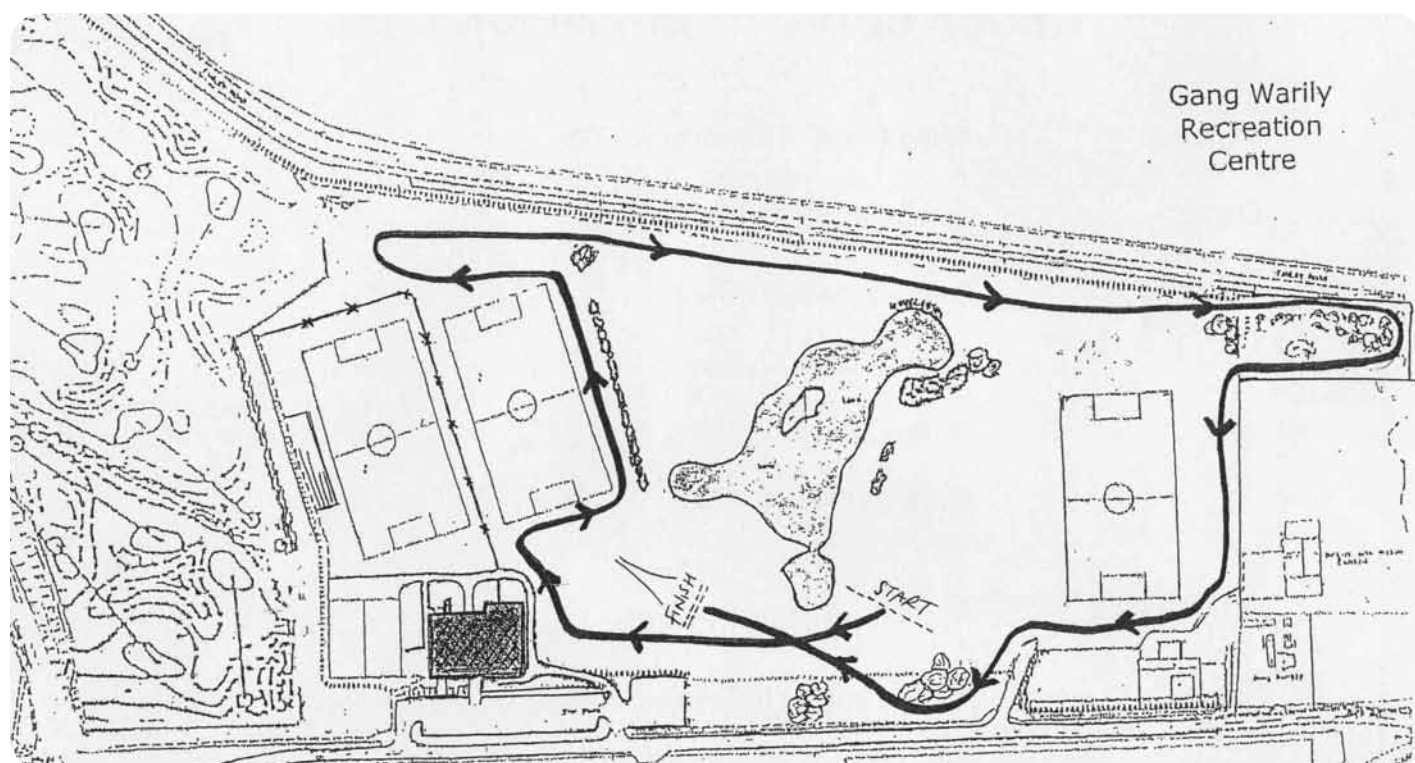
Girls Year 5 Race @ 1.40pm

Boys Year 5 Race @ 2.00pm

Girls Year 6 Race @ 2.20pm

Boys Year 6 Race @ 2.40pm

- Teams should run in their school colours
- Schools can enter any number of runners
- The first 4 runners in each team (school) will score as their 'A' team, the next 4 the 'B' team and so on
- Schools can send as few as 4 runners to achieve a team score. Incomplete teams are allowed to run also
- Team managers will be asked to record their teams' results on results sheets and return immediately to the results recorder
- Showers and toilets are available
- All four races will be approximately 1.5m on mainly flat ground
- It is important that all competitors have practised over the distance
- It is unlikely to be cancelled due to the weather
- Please see the map below of the course at Gang Warily...



# Tag Rugby

## (Both Competitions)



### 1.0 Teams

- 1.1a Each match will be 9 a side with teams selected from a squad of no more than 12 (Years 5 & 6)
- 1.1b Each match will be 7 a side with teams selected from a squad of no more than 10 (Years 3 & 4)
- 1.2 In a squad there must be a minimum of 3 girls and on the pitch at any one time there must be 2 girls

### 2.0 The Game

#### 2.1 Method of scoring:

- 2.1.1 Place the ball on or over the try line (try not to slide)
- 2.1.2 A try will be awarded if a player is tagged but still scores within one stride

#### 2.2 Tagging

- 2.2.1 Only the ball carrier can be tagged
- 2.2.2 The ball carrier may run and dodge, but not spin
- 2.2.3 A TAG is simply the removal by a defender of one of the two ribbons
- 2.2.4 The defending player, who makes the TAG, must hold the TAG above their head and shout 'TAG' for all to hear
- 2.2.5 The ball must then be passed within three seconds or three strides
- 2.2.6 Defenders must return TAGs to opposition and not drop them to the floor
- 2.2.7 Defenders may re-enter the action once the TAG is returned
- 2.2.8 TAGs deemed 'deliberately thrown' on the floor will result in a penalty against the defending team

#### 2.3 Offside

- 2.3.1 A defender is offside if they are the opposition's side of the point at which a TAG was made.
- 2.3.2 If in an offside position, a defender must try to return to their side of the ball.
- 2.3.3 The only way in which an interception can be made is if a defender runs from their own side of the point of the TAG.

#### 2.4 Free Passes

- 2.4.1 A free pass will be awarded if the ball is passed forwards, the ball is knocked on, the player in possession goes out of play or a defender goes offside
- 2.4.2 In the event of a free pass the ball must travel through the air to a receiver not more than two meters away, with the opposition retreated seven meters
- 2.4.3 The free pass will be taken at the point of the infringement, or seven meters out from the goal line if the offence was within seven meters of it

#### 2.4 Safety

- 2.4.1 During a game all players wear a TAG belt, which has two ribbons (TAGs) attached to it with Velcro
- 2.4.2 Watches and jewellery must be removed
- 2.4.3 Shirts must be tucked into shorts
- 2.4.4 Surplus lengths of TAG belts must be securely out of the way

#### 2.6 Other Information

- 2.6.1 Advantage will be played wherever possible
- 2.6.2 Carrying the ball in two hands is not a rule but referees will encourage players to do so and give a free pass to the opposition if the runner's free hand in anyway obstructs the tackler
- 2.6.3 Defenders must not snatch the ball from the oppositions hands
- 2.6.3 There will be no kicking or conversions
- 2.6.4 There are no quick restarts
- 2.6.5 The referee's decision is final.

# Badminton



- Festival to be played in a group format (dependant on the number of teams entered)
- **Teams will consist of a minimum of 4 players and maximum of 5**
- No more than 4 players will play in any one match
- Players must be ranked in strict order or singles playing ability and given to the festival organisers at the competition
- Games will be best of 1-15 using rally point scoring and no setting (e.g. games can end 15-14)
- Each match will be the best of 3 games (2x singles and 1x doubles)
- Winners will be decided firstly on most matches won. if this is drawn then the most games wn, then points won, and if all these are drawn then finally points scored against each team
- The decision of the tournament organisers and other tournament officials are final.

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## Team Ranking Form

School Name \_\_\_\_\_

Rank	Surname	First Name	School
1			
2			
3			
4			
5*			

1 Match =      1st Game: Singles (rank 1)  
                     2nd Game: Doubles (rank 3 & 4)  
                     3rd Game: Singles (rank 2)

Please bring a copy of your team ranking form with you and give to the festival organiser on your arrival. **\*the player ranked number 5 will act as a substitute.**

# Hockey



## *Simple Rules of Hockey*

- **Teams may consist of up to 9 players, with 6 on the field of play of any one time**
- There will be no goalkeepers or kicking backs
- No Feet, no Offside and only use the flat side of your stick
- To score a goal an attacker must shoot from within the "End Zone"
- If the ball is played over the base line by an attacker the defending team will be awarded a hit out, which will be taken from the edge of the "End Zone"
- If the ball is played over the back line by the defending team then a long corner will be awarded, which will be taken on the side line about 5 yards from the base line
- If there is a foul by a defender in the shooting area, then a short corner will be awarded to the attacking team. An attacker will put the ball back into play from the short corner mark on the goal line. Five defenders must be behind goal line and the 6th member must go into the end zone at the far end of the pitch until the ball is played. All remaining attackers must be outside the shooting area. The ball must pass out of shooting area before the attacking team can control the ball and return it in and shoot at goal. The defenders can run out from goal line when the ball has been played in
- All players should be 5 yards away from a free hit or hit in
- No raised sticks - keep sticks below shoulder height
- No tripping, contact, shoving or charging
- An uncontested penalty hit from the top of the shooting area will be awarded to the attacking team if one of the defenders deliberately stops the ball from going into the goal using their feet
- In the event of a tie, teams will be split on the basis of goal difference, followed by goals for, and if still equal, the result of the game between the two teams
- In the event of a draw in the knockout stage the game will be decided by an uncontested penalty push/hit competition. The winning team shall be the team with the most goals after three players have had their turn. In the event of a tie then the same players will repeat the process on a sudden death basis
- The decisions of the Sports Organiser shall be final.

# Girls High 5 Netball

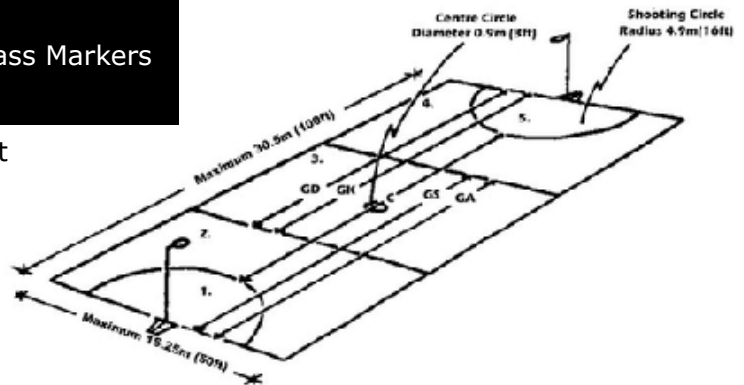
## INTRODUCTION

High Five Netball provides the link between First Step Netball and the full 7-a-side rules. The rules have been modified to allow players greater freedom around the court and to give them more time in which to make their decisions and to act upon them. The game encourages maximum participation from those involved and introduces the roles of scorers, timekeepers and centre pass markers. AENA believe the game sits well with the requirement of Key Stage 2 of the National Curriculum for girls and boys in Years 5 and 6, (aged 9-11 years) and it is the only game to be played by players of this age.

### AT A GLANCE: WHAT IS HIGH FIVE NETBALL?

- 5-a-side – normal court markings
- 7-9 players in a squad
- Size 4 ball
- Player rotation
- 2,74m (9ft) post • Scorers/Timekeepers/Centre Pass Markers
- Pass or shoot within 4 seconds

**1. The Court:** 5 members of the squad are on court at any one time and are allowed in the following areas:



Two Posts The ring should be 2.74m (9ft) from the ground and fitted with a net.

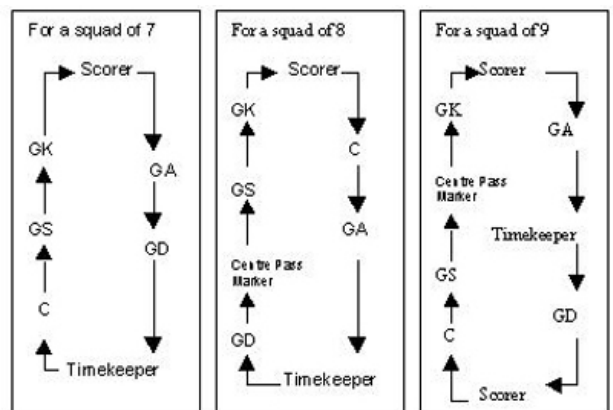
**2. The Squad:** High Five Netball is a game which may be played by single sex or mixed squads with a maximum of 3 boys in the squad. The squad should consist of a minimum of 7 and a maximum of 9 players with 5 on court at any one time. The squad is made up with the following playing positions GS GA C GD GK as well as scorers/time keeper and centre pass marker who have taken on these roles when off court. In squads of 8 & 9, one person should also be responsible for recording and calling whose centre pass it is.

- Scorers: Keep a simple score card for their own team.
- Timekeeper: Time the six minute quarters and indicate to the umpire when the quarter is finished.
- Centre Pass Marker: Keep a note of whose centre pass it is and indicate to the umpire after each goal is scored and at the beginning of each quarter.

**3. Duration of the game:** Matches should be 4 x 6 minutes with 2 minutes at each interval during which squad members' positions should be rotated. All players must play in at least 2 quarters, but these need not be consecutive. Each player must play in at least two different positions in each match (shooting, centre, defending). Substitutions may be made at any time in the event of illness or injury.

### Rotation patterns:

- A rotation pattern must allow for all players to have been off court at one time throughout the rotation
- No player should ever be off court consecutively
- Rotation patterns will be continuous through both the matches being played and the tournament in which teams are playing



**4. Start of Play:** Team Captains toss a coin to determine who takes the first Centre Pass. Subsequent centre passes must be taken alternately. Play is started by a pass from the 'Centre', who stands with both feet in the centre circle. At the start of play the GS, GA, GD and GK may be anywhere in the goal third. The opposing Centre shall be in the centre third and free to move. When the umpire blows the whistle, the Centre must pass the ball within 4 seconds and obey the Footwork rule. The ball must be caught or touched in the centre third.



## 5. Playing the Ball:

A player must:

- a) Pass or shoot within 4 seconds;
- b) Obey the footwork rule;

A player may not:

- a) Deliberately kick the ball;
- b) Bounce the ball more than once;
- c) Hand or roll the ball to another player;
- d) Place their own hands on a ball held by an opponent;
- e) Throw the ball while sitting/lying on the ground;
- f) Use the goalpost as a support in receiving a ball going out of court or to gain balance;
- g) Throw the ball over a complete third without it being touched or caught by another player in that third;
- h) Regain possession of the ball, having dropped or thrown it, before it has been touched by another player.

*Penalty: Free Pass*

**6. Footwork Rule:** a) A player may receive the ball with one foot grounded or may jump to catch the ball on one foot. While that landing foot remains on the ground the other foot may be moved in any direction and any number of times, pivoting on the landing foot if desired. Hopping is not allowed; b) A player may receive the ball whilst both feet are grounded, or may jump to catch and land on both feet simultaneously. The player may then choose to move either foot and the remaining foot shall then be considered to be the landing foot. Proceed as in a) above.

*Penalty: Free Pass*

**7. Scoring a Goal:** A goal may only be scored by the Goal Shooter or the Goal Attack from within the shooting circle.

**8. Obstruction:** The player with the ball must be permitted an unimpeded throwing or shooting action. One jump to intercept a throw or shot at goal is permitted provided that the player is at least 1m away and that the arms are not outstretched prior to the jump. Jumping up and down in front of a player is not permitted.

*Penalty: Penalty Pass or Shot*

**9. Contact:** No player shall knock or push an opponent or interfere with his/her play, either accidentally or deliberately. *Penalty:*

*Penalty Pass or Shot*

**10. Out of Court:** A ball is out of court when it, or a player touching it, touches the ground or an object outside the court. The line counts as part of the court. If the ball hits the post and bounces back into court, it is still in play.

**11. The Throw-in:** The throw-in is taken at the point where the ball crossed the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with both feet behind the line. When the player taking the throw-in has checked that all other players are on court, she/he must release the ball within 4 seconds.

**12. Offside:** A player is offside if she/he enters an area of the court in which she/he is not allowed.

*Penalty: Free Pass*

**13. Penalties:** Free Pass/Penalty Pass or Shot A free pass is awarded to a team for any infringement of the rules except obstruction and contact. A player may not shoot directly from a free pass. A penalty pass or shot is awarded to a team against any player causing obstruction or contact. A player may shoot if the penalty is awarded inside the circle. The offending player must stand still beside the player taking the pass.

# Girls & Boys Football



- The competition will be played to the 'laws of mini soccer', in accordance with the rules and regulations of The Football Association
- The principle of appropriately sized pools shall apply
- A **squad shall consist of 9 players** with only 6 playing at any one time, one of whom shall be the goalkeeper
- Rolling substitutions may be made at any time during a game, with the referee's permission. Players may re-enter the game and all substitutions must have a period of play
- There will be no offside
- Any matter arising, not covered in the rules shall be dealt with by the organising committee
- The organising committee shall not overturn any decision the referee has made during the course of the game
- In the event of two or more teams being equal on points the team with the best goal difference shall take precedence
- If goal difference is equal then the team scoring the most goals shall take precedence
- If teams are still tied, kicks from the penalty mark will take place
- The referee's decision is final.

# Cross Country Relays



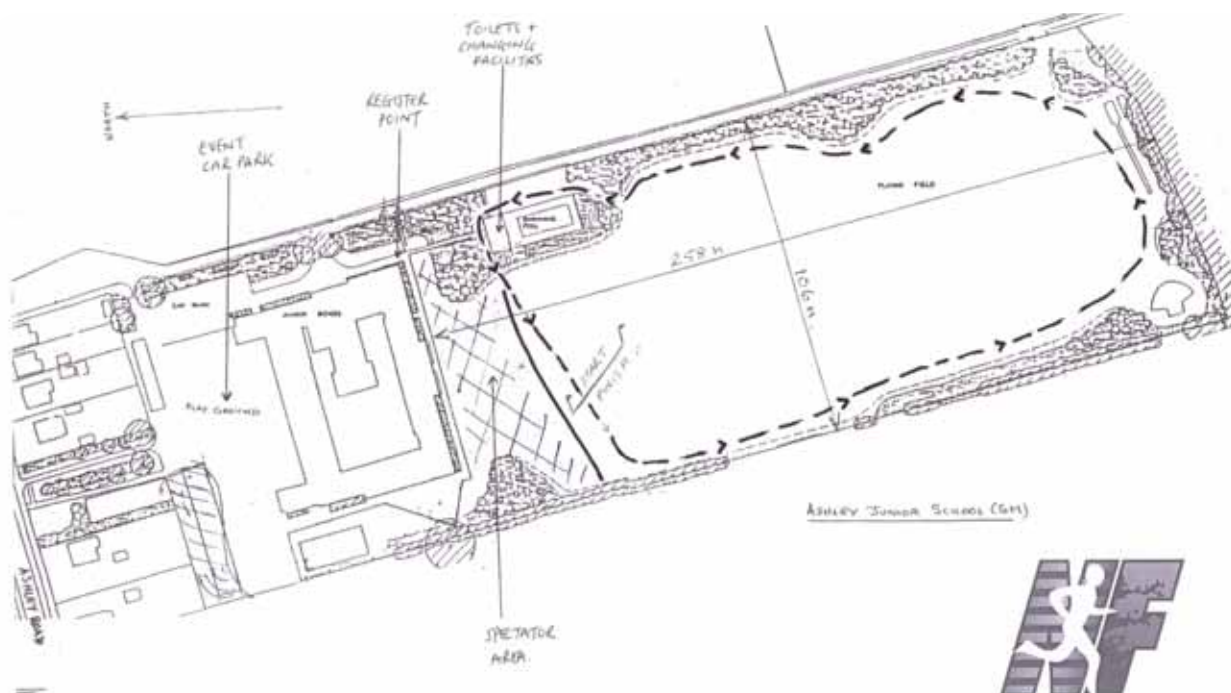
- Race 1 (2 boys/1 girl)

No	Leg	First Name	Surname

- Race 2 (1 boy/2 girls)

No	Leg	First Name	Surname

- Each full team must consist of 6 athletes (3 girls and 3 boys)
- The first race team must consist of 2 boys and 1 girl
- The second race team must consist of the remaining 2 girls and 1 boy
- The two teams scores will be added together to give an overall score  
i.e. if both teams finish 5th in their respective races the team will have an overall score of 10pts, the lower the overall score the better
- Individual runners may also take part as non-scorers



# Kwik Cricket



- Two sets of wickets, 16 yards apart
- **Each team comprises of 8 players (Squads of 10).** Teams DO NOT have to be mixed sex
- In the event of an injury to a player, a substitute will be allowed to field, but not bowl. Should such an injury prevent the player batting, a substitute will be allowed to bat only with the permission of the opposing member of staff. In any case, the use of substitutions must leave the team of mixed sex
- The two teams toss a coin to decide which team has the choice of either batting or fielding first
- Throughout the tournament each game shall consist of one innings per team, each innings to be 8 overs long
- The batting side shall be divided into pairs, each pair batting for 2 overs, with a new pair starting at the end of the second, fourth and sixth overs
- Each team starts batting with a score of 200 runs
- Each time a batter is out, 5 runs are deducted and the other batter of the pair faces the next ball
- A batter may be out bowled, caught, run out, stumped, hit wicket
- There is no LBW rule unless the batter deliberately blocks the ball with a leg or foot
- Runs will be scored in the normal way, as will byes
- 2 runs will be awarded to the batting team for each wide ball and no-ball bowled, but no extra ball will be allocated, except in the final over of each innings when, in addition to 2 runs, an extra ball will be bowled
- At the end of the first 2 overs, the first pair of batters are replaced by the second pair until all 4 pairs have batted for 2 overs
- The second team then bats for 8 overs
- Each player on the fielding side must bowl 1 over
- Bowling will take place from one end only
- Bowling should be overarm where possible
- Players on the fielding side DO NOT need to rotate fielding positions
- With the exception of the wicketkeeper, no fielder is allowed within 10 yards of the batter until the ball is played by the batter
- The team with the higher score wins. In the event of a tie the team taking more wickets will be the winner. If it is still equal, each player bowls 1 ball at the wickets (no batter), with the team scoring the higher number of strikes the winner
- **Please bring a Kwik Cricket set with you, including an official kwik cricket ball**

# Girls Cricket



- Wickets will be 16 yards from stump to stump
- **Each team to consist of 8 players (squads of 10)**
- Each side to bat for a total of 8 overs
- Batting side to bat in pairs for 2 overs each
- Each side to commence batting with a total of 200 runs
- A batsman is dismissed when they are bowled, stumped, caught, hit wicket or run out. 5 runs are deducted at the fall of each wicket
- When a wicket falls the batsman who is out does not face the next ball
- The L.B.W does not apply unless the batsman deliberately kicks the ball away. In the event of this happening the batsman is given an initial warning by the umpire
- All bowlers to bowl from one end only
- Every player in the fielding side must bowl
- Bowling can be over-arm or under-arm. In the event of under-arm the ball must bounce only once and reach the batsman between knee and waist height
- A 'WIDE' is a ball that is too far away for the batsman to strike from his/her normal stance. In this event 2 runs will be added to the total. A ball will not be called a wide, no matter how wayward if the batsman manages to hit it. If a wide ball is missed by the wicket keeper and crosses the boundary for 4 – only 4 runs will be awarded
- A 'no ball' will be called if the ball bounces twice before reaching the batsman, if the ball reaches the batsman above waist height without bouncing, if the ball bounces over the batsman's head or if the bowler steps over the batting crease with their front foot when delivering the ball. A no ball will result in 2 runs being awarded to the batting team. If the batsman scores 3 or more runs from a no-ball then the 2 runs for a no-ball will not be added
- There is no extra ball for a wide or a no ball except in the final over of an innings
- At the end of each over all fielders will rotate once in a clock-wise direction
- No fielder, excluding the wicket-keeper, may field within 10 yards of either stump before the ball has been bowled
- In all matches only "kwik cricket equipment" should be used – no wooden bats or wicket-keepers gloves
- In all matches a "soft orange Kwik Cricket" ball will be used
- In the event of a tie at the end of the group stages the result between the tied teams will be the deciding factor. If teams are still level then the result will be decided on who has taken the most wickets during the group games. If this still fails to produce a winner then each team member will bowl one delivery at a set of stumps. The most hits will be the winner. If still not resolved 'sudden death' will decide the result.

# Athletics Championships



**Athletes can do a maximum of 1 run, 1 jump, 1 throw and 1 relay**

<b>RUNNING EVENTS: one run from the following...</b>		
EVENT	GIRLS	BOYS
80 METRES SPRINT	<u>A.</u>	<u>A.</u>
	<u>B.</u>	<u>B.</u>
150 METRES SPRINT	<u>A.</u>	<u>A.</u>
	<u>B.</u>	<u>B.</u>
600 METRES	<u>A.</u>	<u>A.</u>
	<u>B.</u>	<u>B.</u>
<b>JUMPING EVENTS: one jump from the following...</b>		
EVENT	GIRLS	BOYS
LONG JUMP	<u>A.</u>	<u>A.</u>
	<u>B.</u>	<u>B.</u>
	<u>NS.</u>	<u>NS.</u>
STANDING TRIPLE JUMP	<u>A.</u>	<u>A.</u>
	<u>B.</u>	<u>B.</u>
	<u>NS.</u>	<u>NS.</u>
<b>THROWING EVENTS: one throw from the following...</b>		
EVENT	GIRLS	BOYS
TURBO JAVELIN	<u>A.</u>	<u>A.</u>
	<u>B.</u>	<u>B.</u>
	<u>NS.</u>	<u>NS.</u>
SHOT (1KG)	<u>A.</u>	<u>A.</u>
	<u>B.</u>	<u>B.</u>
	<u>NS.</u>	<u>NS.</u>
<b>RELAY EVENTS: one relay from the following...</b>		
EVENT	GIRLS	BOYS
4 X 100 METRES (Boys & Girls Relays)	<u>1.</u>	<u>1.</u>
	<u>2.</u>	<u>2.</u>
	<u>3.</u>	<u>3.</u>
	<u>4.</u>	<u>4.</u>
4 X 100 METRES (Mixed 2 Girls & 2 Boys)	<u>1.</u>	<u>1.</u>
	<u>2.</u>	<u>2.</u>

# Tennis



- **Teams must comprise of 4 players** per Year group for each entering school and at least one player must be a boy or a girl
- Team ratios could be made up of...
  - 3 boys; 1 girl
  - 3 girls; 1 boy
  - 2 boys; 2 girls
- Players should be ranked in order of experience / ability from 1 to 4
- Totton and Eling Tennis Centre also need to know the names of the players in advance of the event. Please email the tennis team the week before the event with your team at...
  - [management\\_team@tennis-service.net](mailto:management_team@tennis-service.net)

Rank	Surname	First Name	School
1			
2			
3			
4			

- Please contact Totton and Eling Tennis Centre for more information

023 8066 7532

[www.tennis-service.net/totton\\_eling\\_tennis\\_centre](http://www.tennis-service.net/totton_eling_tennis_centre).

# Rounders



## ROUNDERS ENGLAND SIMPLIFIED RULES



### Teams

- Games are played between two teams. Each team has a maximum of 15 and a minimum of 6 players. No more than 9 players may be on the field at any one time.
- If a mixed team—there should be no more than 5 male players.
- List of players and substitutes should be submitted to the Umpire prior to play.
- Games are usually played over 2 innings.
- Players once substituted may return during the game, but batters only in the position of their original number.

### Scoring

- 1 Rounder if ball is hit and 4th post is reached and touched **before** next ball is bowled
- 1 Rounder if ball is hit and 4th post reached on a no ball (**you can't be caught out**)
- ½ Rounder if 4th post reached without hitting the ball
- ½ Rounder if ball is hit and 2nd post reached and touched **before** next ball is bowled - **but** if you continue this run and are put out before reaching 4th post, the score will be nullified
- Penalty ½ Rounder for an obstruction by a fielder
- Penalty ½ rounder for 2 consecutive no balls to same batter
- 1 Rounder for a backward hit if 4th post reached (you stay at 1st while ball is in the backward area)
- The team with the highest number of Rounders wins

### Running around the track

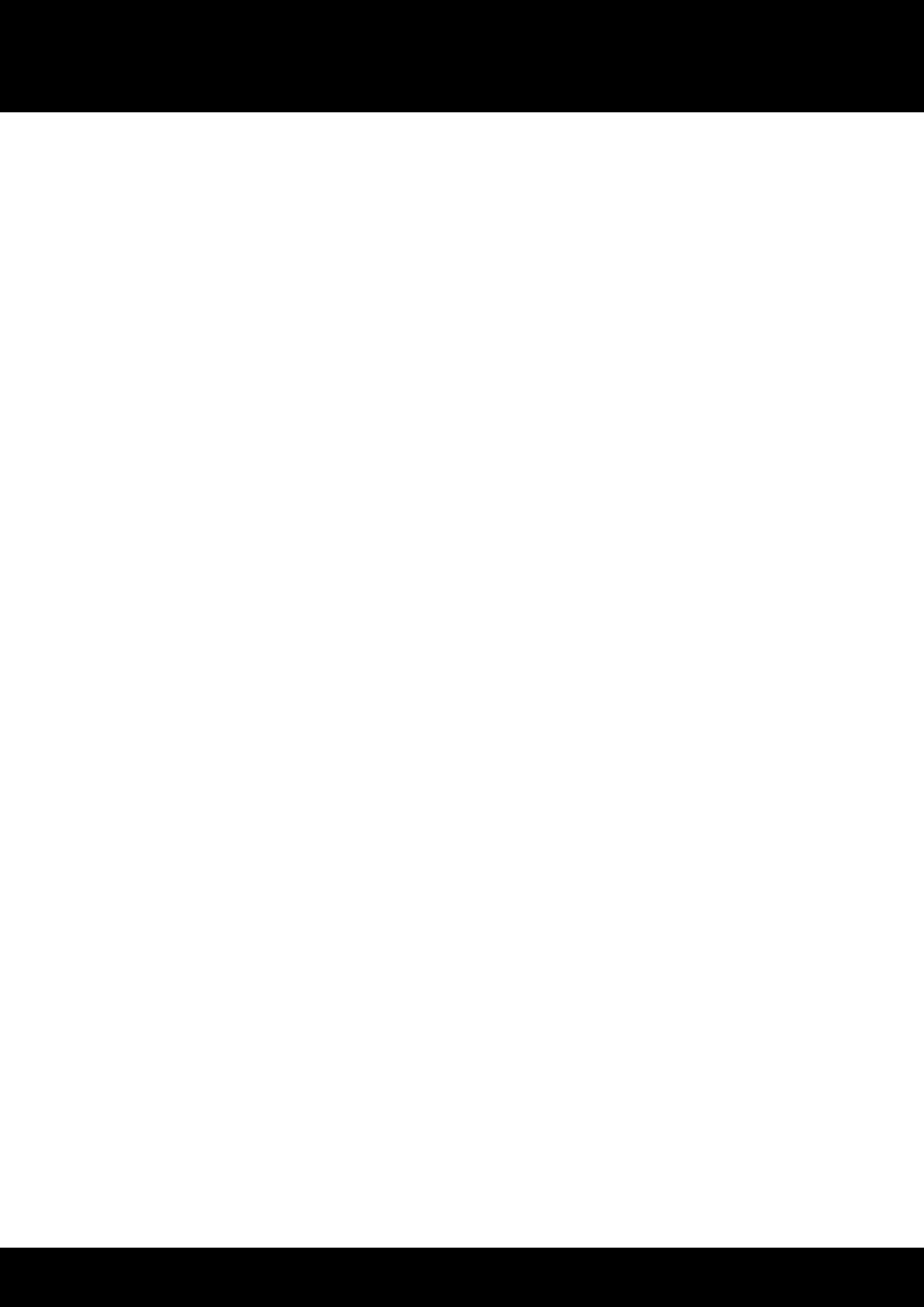
- If you stop at a post you must keep contact with the post, with **hand or bat**. If you don't the fielding side can stump the following post to put you out
- You can run on to a post even if it has been previously stumped (you don't score if the post immediately ahead has been stumped)
- When the bowler has the ball in his square you cannot move on, but if you are between posts you can carry on to the next
- You cannot have two batters at a post. The Umpire will ask the first to run on when the second one makes contact
- At a post you do not have to move on for every ball bowled
- Once in contact with the post, you may turn the corner over the 2 metre line. If you turn the corner during a run and there is no contact with the post you will be deemed to have turned the corner and must run on.

### Out when

- Caught
- Foot over front/back line of batting square before hitting or missing a good ball
- Running inside post (unless obstructed)
- The post **you are running to** is stumped
- You lose contact with post during bowlers action when he has possession in the square
- You overtake
- You obstruct (you have right of way on track only)
- Deliberately throw bat

### Batter

- Wait in the backward area well away from 4th post
- If out, wait in the backward area well away from 1st post
- You will have one good ball bowled to you
- Batter can use 2 hands
- No ball if:
  - Not smooth underarm action
  - Ball is above head - below knee
  - Ball bounces on way to you
  - Is wide or straight at body
  - The bowlers foot is outside the square during the bowling action
  - You can take or run on a no ball, but once you reach 1st post you cannot re turn. You cannot be caught out and you score in the normal way.







2012

SCHOOL  
GAMES

