



Luton Schools Sports Association Competitions and Events Handbook



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Code of Conduct

Participants

Each participant should:

- Show respect to players, officials, event staff, volunteers and spectators
- Support the spirit and ethos of the School Games competitions through the values
- Co-operate fully at all times with other staff and participants involved in the event.
- Participate fully in all activities during the event.
- Encourage others to be the best they can be and celebrate the achievements of others
- Not leave the group without permission.
- If in doubt on any matter, consult with your Schools' Staff member.
- Abide by the Fair Play charter.

Staff and Volunteers

Teachers running fixtures:

The teacher in charge of any team must also take responsibility for parents or non-playing children who attend the match. If parents or children behave in an inappropriate manner, they should be asked to leave the premises. Should such people refuse to leave, the teacher in charge should seek assistance from a senior member of staff. The match should be held up until those people have left the premises or abandoned if they still refuse to leave or behave in such a way as to threaten or endanger staff or pupils.

Rights:

Staff and volunteers must respect the rights of children and young people, promoting their welfare and their needs in relation to their participation in their chosen sport.

Relationship:

Staff should promote relationships with participants that are based on openness, honesty, trust and respect. They must not engage in behaviour with a participant that is abusive or inappropriate. They must respond to any concerns about a child's welfare and work in partnership with their organisation, in the child's best interests.

Responsibilities:

Staff must always demonstrate professional behaviour to promote a positive role model for the children and young people they are working with. Staff must ensure that the children and young people are provided with a safe environment, which minimises risk to them.

Equality:

All staff must demonstrate commitment to respecting differences between both staff and participants in terms of their gender, race, ethnicity, disability, culture, and religious belief system.

Any school (staff, parents or participants) who do not abide by the Code of Conduct and Fair Play Charter will in the 1st instance have 3 points deducted AND if they persist with un-sportsmanship behaviour will be disqualified from the competition

Fair Play Charter

As a participant within the Luton School Games, I will:

- Enjoy the experience and have fun!
- Play to the best of my ability
- Act fairly and honestly at all times
- Accept and respect all decisions made by officials
- Praise and encourage others

As a Team Manager within the Luton School Games, I will:

- Ensure that the safety, welfare and enjoyment of young people is my priority
- Teach players to play by the rules and to value their performances, not the results
- Promote fair play
- Show respect for the opponents, and for the officials and their decisions

As a parent, guardian or spectator within the Luton School Games I will:

- Remember the main aim is for the participants to enjoy the experience and have fun!
- Encourage fair play by supporting all players with suitable and appropriate communication (verbal and non-verbal)
- Respect the officials and the decisions they make
- Acknowledge effort and good performance

As an official, volunteer or leader within the Luton School Games I will:

- Promote and encourage fair play
- Ensure that the rules are fairly and consistently enforced
- Treat all participants the same
- Be confident in all my decisions
- Always consider the health, safety and welfare of the players, staff and spectators
- Be polite, acting responsibly and appropriately at all times

Safeguarding Information

Team Managers and school staff are responsible for their team members at all times during the Luton School Games events – including supervision, health and safety, welfare, behaviour and conduct.

There must be one designated 'Team Manager' for each individual sports team

Prior to events

School Team Managers are required to collect **ALL** relevant personal information for **ALL** their team's participants **prior to the event**, including additional staff members. This will initially be directed by your own individual school trip policy. Team Managers **MUST** have the following information with them on the day of the event:

- Individual emergency contact details for parents – including mobile phone contacts.
- Information about the specific care needs of any disabled participant
- Information about any medical condition/allergies their child may have. Consent has also been requested for any treatment to be administered (such as anaesthetics) to the participant in the event of any illness/accident.
- Photographic and video consent for their team members. Photo and videos will be taken at the Luton School Games. **Any child not able to be photographed must be notified to the organisers at the registration**

As a team manager you will

- Remember that children participate for FUN
- Applaud effort as well as success
- Respect the official's decision even if you don't agree with them
- Appreciate good play or effort from whatever team or school it comes from
- Encourage the children to respect the opposition and officials
- Never engage in, or tolerate offensive, insulting or abusive language or behaviour
- Ensure the parents of your students abide by the spectator code of conduct

FIRST AID – schools must bring with them a first aid kit to cover minor accidents – if an accident occurs that requires further treatment please speak to the event manager.

Should there be any safeguarding concerns please follow the procedures – notify the Specific Sport Organiser who will contact the Event Manager or call to speak to the designated Welfare Officer.

School Games Team Colour and Vest Number

School	Team Colour	Vest Number
Cardinal Newman School	Navy Blue	4
Chalk Hills Academy	Black/Red	12
Challney High School for Boys	Dark Green	9
Challney High School for Girls	Green	9
Chiltern Academy	Navy Blue/Red	8
Denbigh High School	Dark Blue	3
Icknield High School	Red	10
Lea Manor High School	Navy Blue/Royal Blue	5
Lealands High School	Navy Blue	15
Putteridge High School	Black/Yellow	7
Queen Elizabeth School	Black	14
Stockwood Park Academy	Black/Green	2
Stopsley High School	Yellow/Blue	11

Passion - Giving it 100%, putting your heart and soul into whatever you are doing and never giving up. Care about what you do and the people around you and approach each opportunity with enthusiasm and positivity.

Self-Belief - You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.

Honesty - With others and with yourself. Have the courage to do the right thing. Be truthful and promote fairness in every situation.

Respect - For the referee, for the opposition, for your teammates, for yourself and for The Game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, in everything you do and for everyone around you.

Teamwork - Treat everyone equally, support each other and work together to have fun and achieve. Celebrate each other's success. Be a good friend and a positive team player in school, sport and life.

Determination - Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and the self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!

Luton School Games Team & HOD'S

Heads of Departments

Cardinal Newman School	Jack Brooks		
Chalk Hills Academy	Ed Skinner		
Challney High School for Boys	Bruce Whitehead		
Challney High School for Girls	Olivia Smith		
Chiltern Academy	Jack McInerney		
Denbigh	Poppy Vandenberg		
Icknield	Leanna Hince		
Lea Manor	TBC		
Lealands	Shayne Harnett		
Putteridge	Adam Ryan		
Stockwood Park Academy	Nicky Williams		
Stopsley	Glen Swain		
Queen Elizabeth School	Ray Antcliff		

General Rules and Format for Competitions

For all School Games competitions students may not play in 2 age groups in one sport (e.g. they cannot play in the year 7 Rounders team and the year 8 Rounders team) OR in both genders in a sport.

Competition Entries

If schools do not enter competitions by the set deadline for entries, then they will not be entered into these competitions. Entries need to be sent to the HOD of the organising school. If these deadlines are not met, then schools are welcome to organise friendly fixtures. LSSA fixtures will take priority over these friendly fixtures.

- Spring term entries are due **13th December**
- Summer term entries are due **21st March**
- Winter term entries are due **18th July**

Organising Fixtures

Fixtures should be played where possible on the date published on the calendar. This does not mean that there is an expectation that these fixtures are confirmed. Contact needs to be made with opposing schools in every instance to confirm the following: fixture going ahead, venue, start time. Where this is not possible, then at the convenience of **both** schools this can be rearranged.

Home schools should make email contact with schools within the first week of the fixtures being released to confirm the fixture on the proposed date or to organise an alternative.

For instances where this does not occur the following protocol should be followed.

- *Staff member responsible for the away team should email the home school to chase confirmation*
- *In the case of non-reply from the host school, the member of staff should email again cc'ing HOD's from both departments.*
- *If there is a failure to reply to this, a further email should be sent including all previous parties and the organising staff member who can then make an informed decision about where the points need to be awarded.*

Cancelling fixtures

When fixtures have been arranged and then cannot go ahead for whatever reason schools must give at least 48 hours' notice. If 48 hours' notice is not given, then points will be awarded to the opposing school. If appropriate notice is given, then at the convenience of **both** schools this can be rearranged. If a mutually convenient date cannot be found to rearrange a previously confirmed fixture, then points will be awarded to the opposing school.

Where possible, schools hosting fixtures should confirm the fixture is still going ahead 24 hours before the fixture date.

Athletics Cups and Town Sports

Squad information

Squad numbers will vary for these events, and it is up to each school how many athletes they bring along. Guidelines will need to be followed however regarding the number of events an athlete can enter.

Year Groups

- Year 7 boys / Year 7 girls (Lower Junior age category)
- Year 8 & 9 boys / Year 8 & 9 girls (Junior age category)
- Year 10 & 11 boys / Year 10 & 11 girls (Intermediate age category)

COMPETITION FORMAT

For all information for the Athletics Cups and Town Sports, please refer to the separate handbooks that are sent out for these events.

Qualification for the County Championship

- The top 2 athletes in each event at the junior and intermediate athletics cups will qualify for the County Athletics Championships in June.

Athletics (Sportshall)

Squad Information

Teams should consist of a minimum of 5 athletes and a maximum of 8

Gender

Girls and Boys

COMPETITION FORMAT

Each athlete may compete in a maximum of three track* and two field events (*NB track includes relays)

Track Events:

- 2 Lap Individual Race - Each team requiring two athletes
- 4 Lap Individual Race - Each team requiring two athletes
- 8 Lap Paarlaf - Each team requiring two athletes
- 6 Lap Individual Race - Each team requiring one athlete
- Obstacle Relay - Each team requiring four athletes
- 4 x 2 Lap Relay - Each team requiring four athletes

Field Events:

- Shot - Each team requiring two athletes
- Speed Bounce - Each team requiring two athletes
- Standing Long Jump - Each team requiring two athletes
- Standing Triple Jump - Each team requiring two athletes
- Vertical Jump - Each team requiring two athletes

A full detailed description and explanation of the events can be found in the Aviva Sportshall handbook or by visiting www.sportshall.org.

SCORING

Each athlete will be allowed two attempts at each field event and track events will be run once. The best throw, jump and track time will be scored as the winner.

Competitions are scored based on points awarded for places in each event. Points may vary depending on local competitions, but a general scoring card will be

- 30pts – 1st,
- 28pts – 2nd,
- 26pts – 3rd,
- 24pts – 4th,
- 22pts – 5th,
- 20pts – 6th etc.

Badminton

Squad Information

Minimum of 4, maximum of 5

Year groups

Year 7/8, Year 9, Year 10/11

Gender

Girls and Boys

Equipment (schools need to bring to the competition)

Badminton rackets and practice shuttlecocks

Team sheets

COMPETITION FORMAT

Teams consist of five players (single sex) with any four taking part in each match. The fifth player can be used in any match and not just as a reserve in case of injury. Each of the players needs to be seeded 1 – 4. These seeds will determine the games and order of playing.

Match Structure – Each match between schools will consist of five games: 2 x singles and 3 x doubles games as shown below, with each player playing two games.

- Game 1 - Singles (Ranked 1 player)
- Game 2 - Doubles (Ranked 3 & 4 players)
- Game 3 - Singles (Ranked 2 player)
- Game 4 - Doubles (Ranked 1 & 3 players)
- Game 5 - Double (Ranked 2 & 4 players)

At the end of the match both team managers must confirm and sign the score sheet before submitting this to the results table.

SCORING

Each game will be scored to a maximum of 21 points. There is no extended scoring – games do not have to be won by 2 clear points. (a game can be won 21-20)

The winning team will be the team with the most matches won, if a draw the winner will be the team with the most games won.

Basketball

Squad Information

Maximum of 10 in a squad (5 in a team)

Year groups

Year 7, Year 8, Year 9, Year 10/11

Gender

Boys and Girls

Equipment (schools need to bring to the competition)

Basketballs and numbered vests. Home team also need to have a scoring table, so that points and fouls can be recorded.

COMPETITION FORMAT

Teams will be single sex and made up of up to ten players, of which only five are permitted on court at one time. **3 quarters rule** – A player is only allowed to play a maximum of 3 quarters of a game (30 mins max), this is to ensure that teams are including more players and that those who are more able aren't dominating throughout.

Games shall consist of 4 quarters against a running clock (time dependent on number of teams and facility available). If two courts are being used, a single running clock may simultaneously coordinate both courts to start and finish at the same time.

Timeouts will be 1 min in duration where the running clock is stopped. Referee to utilise discretion and allow player to complete free throws if central timeout is called during the foul shot process. Otherwise, each team is permitted to have one time out of one minute per half although this may be removed if time does not allow.

Games will be started with a jump ball in the centre circle and time begins when the ball has been tipped by a jumping player. Possession arrow to be noted by referee and table official to determine subsequent possessions i.e. beginning of 2nd half and possible overtime. Second half will commence with a side line ball on the halfway line.

After a basket, the opponents to in bound the ball from any point behind the baseline.

Once a team gains possession of the basketball, they have 24 seconds to attempt a shot. Subsequently, if they fail to do so possession will be awarded to the opposition. Within the 24 second shot clock a team must advance the ball over the halfway line within 8 seconds.

On a side line or end line situation, once handed the ball by the referee a team has 5 seconds to inbound the ball. Players may be substituted at any time on a dead ball.

The three second rule applies; Offensive players are not permitted to spend more than 3 seconds in the 'key' at any one time. Players get another 3 seconds every time they re-enter the lane after exiting or when a shot is attempted.

If any violation is committed, the non-offending team will gain possession of the ball and re start the game from a throw-in from the side line.

Violations include:

- Deliberately kicking the ball or striking it with a fist
- Knocking the ball out of court
- 'Over and back' halfway line violation.
- Dribbling with two hands on the ball at once or letting the ball come to rest then continuing to dribble (Double Dribble).
- Running with the ball (Travelling).

A personal foul involves personal contact with an opponent, if this occurs in the act of shooting, two free throws are allowed - otherwise it is sideline ball to the opposing team. Each team is allowed 5 team fouls in each period, i.e. a penalty will apply on the 6th team foul. Once a player has 5 personal fouls, he/she takes no further part in the game.

Half court man to man defence should be enforced for Year 7 and Year 8. However please remember that this is only from a dead ball, and not from a loss of on court possession.

Year 10&11 boys games will be played with a size 7 ball, year 10&11 girls, Year 9 and Year 8 boys games will be played with a size 6 basketball and Year 7 (boys & girls) and year 8 and year 9 girls games need to be played with a size 5 ball.

SCORING

A basket scored from the field, outside of the arc is 3 points and everything scored inside the arc is 2 points.

Any baskets scored from a free throw after a foul are 1 point each.

'Mercy' rules are applied at a score difference of **40**. For example, if a team start winning 45-5 in the 3rd quarter the game has the option to finish at the losing team discretion, if the game is agreed to continue the final result will be the score when the mercy rule was first applied (e.g. in this occasion 45-5, and not the score after play continued). This is to ensure that games score lines do not get out of hand and all pupils are encouraged to take part, and prevent a winning is everything mentality.

CLOTHING

All players need to **wear numbered shirts** and numbers need to be visible to the referees to call fouls.

Boccia

Squad Information

Maximum of 5 in a squad (3 in a team). All team members must be on the SEND register.

Year groups

Open

Gender

Mixed

COMPETITION FORMAT

The game will be played in teams of three, although schools may bring squads of five, which can be rotated between games.

- The side playing red throws the first jack. The captain chooses the player on their side to play the jack. The jack must cross the 'V' line to be in play.
- The player who propels the jack ball also plays their team's first coloured ball. A player from the opposing side then propels their first coloured ball.
- The side furthest from the jack must play until they either manage to get closer to the jack or run out of balls. The side with remaining balls then propels them.
- The end is completed when all balls from both sides have been played (all 13 balls).
- If the ball rolls out of bounds, that ball is no longer included in that end.
- The blue side starts the second end.
- Balls can be propelled in any manner providing the player has direct contact on releasing the ball – players can throw, roll or kick the ball or send it down a ramp.
- Pupils can be seated or standing to propel the balls as long as they are behind the delivery line.
- Eventually each player throws two balls corresponding to their team colour, red or blue.
- The number of ends played is determined by the amount of time available.
- After all ends have been completed, the winning side is the team with the higher accumulative score from all ends.

SCORING

- An end is scored by awarding one point for every ball of the same colour closer to the jack than the nearest opposing coloured ball.
- After both ends have been completed, the winning side is the team with the higher accumulative score from all ends.

Cricket (Outdoor)

Squad Information

Maximum squad size of 12 (11 in a team)

Year groups

Year 7, Year 8, Year 9, Year 10/11

Gender

Girls and Boys

Rules

Teams consist of 11 players including a wicket keeper and nominated captain who are responsible for batting order and fielding positions. Matches will consist of one innings per team.

Batting:

- Normal cricket scoring shots apply, including boundary 4's and 6's.
- A batter must retire once they reach 35 runs, but their final scoring shot applies in full i.e. hitting a boundary 4 when on 34 gives a player a score of 38 retired.
- A retired player may resume when only one batter remains.
- There is no limit to the number of balls faced by one batsman.

Fielding / Bowling:

- The team will bowl a maximum of 20 overs per innings / minimum of 12 overs depending on time and light available.
- At least 5 of the 11 fielders must bowl at least two overs.
- No fielder in the competition shall be allowed to field closer than 11 yards (10 metres) from the middle stump at the strikers end, except behind the wicket on the offside, until the batsman has played the ball. These distances apply even if the fielder is wearing a helmet.
- No bowler shall bowl more than 20% of the total number of overs in any innings.
- ECB Fast Bowling Guidelines shall apply in all matches.
- The wicket keeper is also not permitted to bowl an over.
- Batters can be bowled, caught, stumped, hit wicket, LBW and run out as normal cricket rules.

Wides:

- If the ball passes either side of the wicket sufficiently wide to make it virtually impossible for the striker to play a normal cricket stroke from his/her normal stance the umpire should call and signal.
- The penalty for a wide shall be 2 runs plus any further runs accruing from the delivery. The ball shall not be re-bowled, except in the final over of each innings where wide balls are re-bowled and 1 run is awarded for each wide.

No Ball:

- The penalty for a no-ball shall be 2 runs plus any runs accruing from the delivery.
- The ball shall not be re-bowled, except in the final over of each innings where no balls are re-bowled and 1 run is awarded for each wide.

SCORING

In each version of the game, the team with the most runs following the completion of both innings is the winner. In the event of the scores being level, the team to have lost fewer wickets will be the winner.

Cricket (Indoor)

Squad Information

Maximum squad size of 10 (8 in a team – players can rotate between games if required)

Year groups

Year 7 and Year 8

Gender

Boys

Rules & Format

Indoor cricket – soft ball/tension net (We will use a windball rather than hard indoor ball to avoid padding up and then available for all experience level.

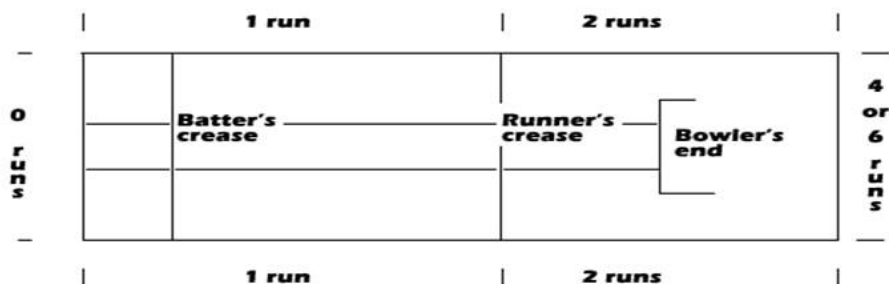
- **Eight overs** per side
- Each pair **bats for 2 overs**
- Every **player bowls 1 over**
- Every **wicket** is a **deduction of five runs** from the score
- The non-striker's crease is **halfway down the wicket**
- Played using a windball
- No pads required

Scoring

Runs are scored either:

- **Physical runs** – Running from the batters crease to the runners crease and vice versa.
- **Bonus runs** – additional runs based on where the ball hits in the indoor space. I.e.
 - side wall/net at the batters end = 1 bonus run.
 - Side wall bowlers end – 1 bonus run
 - Back wall on the floor – 4 bonus runs
 - Back wall on the full – 6 bonus runs
- Bonus runs can be scored **without physical runs** only on the **back walls**.
- **Other bonus runs** must be completed with at least **1 physical run**.

At the end of the innings a total score will be calculated based on runs scored and wickets lost.



Cricket Academy students from the **Luton Steelbacks Cricket Academy** will be umpiring and scoring on each pitch. Staff from each school will be responsible for organising batting and bowling line-ups throughout the matches.

Cross Country

Squad information

Teams must have 6 runners per age category to enable them to score as a team (more runners are allowed at the discretion of the organising school). Schools can submit individuals however this won't be count to the overall placing of the school.

Year Groups

All years running in specific age categories as follows:

- Year 7 boys / Year 7 girls (lower junior age category)
- Year 8 & 9 boys / Year 8 & 9 girls (junior age category)
- Year 10 & 11 boys / Year 10 & 11 girls (intermediate age category)

Competition format

- Mass start for each age category going off at the designated time in the programme.
- The top 12 runners in each event are selected as qualifiers for the County Cross Country Championships (date is shortly after the town event) and organised by the hosts of the Town Championships.
- Each participant for each race is given a ticket with a number these are tallied up (i.e. first place is 1 point, 2nd is 2 points etc.) by the team managers to give an overall score for each school.
- The scoring envelopes are handed back to the host school for official scores to be sent out later in the day/following day.
- If the scoring ticket is missing, then that runner will not score for their team.

Scoring

- Each participant for each race is given a ticket with a number these are tallied up (i.e. first place is 1 point, 2nd is 2 points etc.) by the team managers to give an overall score for each school.
- The lowest points total achieved with a team of 6 complete runners will win the overall team event.

Qualification for the County Championships

- The top 12 runners in each event are selected as qualifiers for the County Cross Country Championships (date is shortly after the town event) and organised by the hosts of the Town Championships.
- The host school has the final decision with regarding this.

Dodgeball

Squad Information

Maximum of 8 in a squad (6 in a team)

Year groups

Year 5/6, Year 7/8, U16 boys, U19 boys, U19 girls

Gender

5/6 & 7/8 mixed

Equipment (schools need to bring to the competition)

Dodgeballs

COMPETITION FORMAT

Dodgeball has teams of six although schools can have squads up to eight. A minimum of 2 girls must be on court at the start of each game.

Matches to consist of 5 x 2-minute games (may vary depending on time available at local rounds).

- The game starts with a signal from the referee. There are three dodge balls in the central “Dead Zone” and three members of each team must race from opposing sides to pick them up first.
- The balls are then passed to the back of the court before throwing commences.
- A player is out if:
 - They get hit by the ball (without it bouncing) on the body (inc. clothes), but not the head.
 - An opposing player catches a thrown ball
 - They step into the “Dead Zone”
 - If they touch a boundary line or anything beyond it
 - A player tries to block a thrown ball with a ball in possession, but that ball is knocked out of their hands
 - If the referee says so (no form of arguing is allowed)
- Players can use a ball in possession to block a thrown ball.
- A player can return to the game if a teammate catches an opponent’s throw. Players return in the order they were knocked out.
- If a player is out and gets brought back on, they must enter from the back of the court, if not they are still out.
- If someone gets hit but then the ball is caught by a different team member before it hits any other surface the person who gets hit stays in and the thrower stays in.
- A game is won by knocking out all the opposition players or by having more players left at the end of the game.
- The ball return line is halfway up each half.
- Substitutions are allowed between games only.

SCORING

The only scoring is to count the number of players left at the end of each game. This determines the winner. The team with the highest number of games at the end of 5 games wins the match.

Football (Girls)

Squad Information

Maximum of 10 in a squad (7 in a team)

Year groups

Year 7, Year 8 and Year 9&10

Gender

Girls

Equipment (schools need to bring to the competition)

Footballs and a set of bibs

COMPETITION FORMAT

County Cup Competition playing details

	U12	U13	U14	U15	U16	U18
Age group	Y7 (Girls Y7+8)	Y8	Y9 (Girls 9/10)	Y10	Y11	Y12,13
Format	9v9	11v11	11v11	11v11	11v11	11v11
Duration	2x30 min	2x35 min	2x35 min	2x40 min	2x40 min	2x45 min
Extra time	2x7 min	2x7 min	2x10 min	2x10 min	2x10 min	2x10 min
Penalties	yes	yes	yes	yes	yes	yes
Match Ball	4	4	4/5	5	5	5
Substitutes	>5 repeat	>5 repeat	>5 repeat	>5 repeat	>5 repeat	>5 repeat

Pitch dimensions should be appropriate for the age group as recommended by the FA.

If a pitch is provided for U13 / U14 it is recommended that 7 x 21 goalposts are provided. However, it should be noted that 8 x 24 would also be acceptable as not all sites will be able to provide goalposts specifically for this age group.

Artificial Turf Pitches (3G Artificial Pitches) are allowed in all competitions providing they meet the required performance standards and are listed on the FA register and must be tested (by an accredited test institute) every three years and the results passed to The FA. The home team is also responsible for advising participants of footwear requirements when confirming the match arrangements.

Both teams are responsible for reporting the match scores within 24 hours of the game being played.

Match officials

- The Match Officials shall be appointed by the Home team and be suitably qualified. Their duties shall be accordance with the Laws of the Game as sanctioned and enforced by the International Football Association Board.
- Suitably qualified students may be used to officiate games below the U16 age group.

Match days

Matches will be played midweek, but a match may be played on a Saturday where teams are mutually agreed.

Kit colours

- Where schools/colleges or Associations have similar colours, the Home team shall be entitled to retain their colours and the visiting team must change to colours that provide a satisfactory contrast.
- Teams must not wear shirt advertising of any product, service or company that would be considered contradictory to the ethos of the Bedfordshire County SFA or the students in its welfare.
- Players' shirts shall be numbered.
- Teams must not wear shirts where the dominant colour is black.
- Attire worn by players and staff at County Finals must only reflect their School/District or County SFA and not make any reference to other football institutions.

Futsal

Squad Information

Squad of 10 players maximum. 5 Players on the pitch at one time.

Year groups

Year 7/8 Girls, Year 7/8 Boys, Year 9/10 Girls, Year 9/10 Boys

Gender

Boys and Girls

Equipment

- Ball size: 4 (Futsal Ball).

COMPETITION FORMAT

Tournament format will be determined by the number of entries per school. The format will either follow a league format or round robin format

Teams will be single sex and made up of up to ten players, of which only five are permitted on pitch at one time. Futsal games will be played with a size 4 futsal ball. Futsal goals should be the standard futsal goal dimensions, however appropriate indoor football goals will be suitable.

Teams will be made up of a mix of either year 7&8 or year 9&10. Teams can have any number of both year groups within their team e.g. 8 year 8's and 2 year 2's. Teams can have any number of both year groups on the pitch at one time.

Games will be 10 minutes in duration, against a running clock (time dependent on number of teams and facility available). If two courts are being used, a single running clock may simultaneously coordinate both pitches to start and finish at the same time. Timeouts will not be permitted.

Substitutions are rolling subs but can only be made from the side-line of the pitch. The running clock will not stop for roll on substitutions.

After a goal is scored, the game must restart from the centre. Please note, the ball must be played forward first from the start or restart in the centre.

CLOTHING

All players need to wear **numbered shirts** on the back of the shirt and numbers need to be visible to the referees to call fouls. The goalkeeper shirt must be a **different colour** to outfield players shirt. Shin Pads must be worn by all players.

REFEREES

- Each school will need to provide one referee per match, to officiate their own match.
- Each match will contain two referees (one at either side of the pitch).
- Accumulated fouls and score will be the responsibility of lead referee (home team referee)
- Timings, start and end will be controlled centrally and started & stopped on the buzzer/whistle.

Futsal

RULES

FOUR SECOND RULE

- When the ball goes out of play, the player in possession of the ball has four seconds to restart play with a kick-in, goal clearance, corner kick or free kick.
- Referees count with their fingers in the air to show how many seconds.
- If play has not restarted within the four second limit a free kick will be awarded to the opposing team.

RESTARTS

- To restart the game after a ball has gone out of play, the ball is kicked back into play from the touch line and from corners.
- The ball must be stationary on the touch line.
- The five-metre rule applies to all kick-ins, goal clearances, free kicks, and corners. Opposition players are required to be this distance away from the player in possession of the ball during restarts.

OVERHEAD HEIGHT

- Contrary to popular belief, and other 5-A-Side football rules; overhead height play IS permitted within Futsal.
- If the ball hits the ceiling while in play, the game is restarted with a kick-in taken by the opponents of the team that last touched the ball.
- The kick-in is taken from the point on the touch line nearest to the place on the ground above which the ball hit the ceiling.

GOALKEEPERS

- Goalkeepers are allowed to come out of the penalty area, but the four second rule will apply when they're in possession.
- A goal clearance must be thrown out by the goalkeeper. The goalkeeper cannot touch the ball again until he or she has crossed into the opponent's half, or a member of the opposition has touched the ball.
- Back-passes to the goalkeeper are not allowed in Futsal.

SLIDING TACKLES

- Slide tackles are not permitted in Youth Futsal in England.
- The only time players are permitted to slide is to keep the ball in play.

ROLLING SUBSTITUTIONS

- Roll on roll off substitutions can be made at any time during the game.
- There is no limit on how long a player must stay on or off the pitch.

ACCUMULATED FOULS

- Once a team has committed five fouls in one half, for every subsequent foul their opponents get a free shot at goal from the second penalty mark, ten metres out (often known as a double penalty).
- At half-time both foul counts are wiped clean, but they are not erased prior to either extra-time period, where second-half fouls still count.

CARDS

- Players are dismissed for two yellow cards or a direct red and take no further part in the game.
- Following a sending-off, the penalised team play one player short for two minutes, unless they concede during that time in which case they return to full strength immediately.
- The player that was sent off, however, cannot be used again.

Golf

Squad Information

3 players (minimum of 2) in each team

Year Groups

Any students in year 7-11

Gender

Any gender

Equipment

Autumn term event - Bring own clubs and balls where possible but some spare clubs are available if needed.

Summer term event - 18-hole course – Players will need to have their own clubs and a golf bag.

Competition Format

Autumn term competition (no cost) – Practice in driving range and putting green followed by 2 rounds on the 9-hole course.

Scoring – Players don't have to have a handicap for the 9-hole course; therefore, the best 2 gross scores will count for the team event and the best individual gross score for the individual competition.

Summer term competition (£5) – 30 minutes warm up in the driving range followed by a full round on the 18-hole course. Players will need a certified handicap to play in this competition.

Scoring - Best 2 scores (stableford) added together for team event and stableford score for individual event.

Normal rules of golf apply – see [rules of golf](#).

Handball

Squad Information

Maximum of 14 in a squad (7 in a team)

Year groups

Year 7/8 and Year 9/10

Gender

Boys and Girls

Equipment (schools need to bring to the competition)

Handballs and bibs

Team sheets

COMPETITION FORMAT – U13 Boys & Girls, U15 Boys & Girls

- Teams consist of 7 players (six outfield plus one GK). Squads can consist of up to 14 players.
- Players are interchangeable at any time during the game.
- Only the GK is allowed in the 'D'
- Once a goal is scored, play restarts with the conceding team from the centre line
- Contact is allowed
- Ball sizes: U13 girls – Size 0/1. U13 boys – Size 1. U15 girls – Size 1. U15 boys – Size 2.
- Team must defend in a minimum of 2 lines i.e. - Teams are not allowed defend with all players standing around the 6m line.
- Matches should be 10 minutes, straight through with a 5-minute break between matches.
- Where more than one court are running; matches should be started at the same time but timed separately.
- One referee is required on court that will also be responsible for scoring – This can be a teacher/leader or qualified handball referee
- 3 points will be awarded for a win, 1 point for a draw and 0 point for a loss.
- In the event of a tie, winners should be decided on goal difference, goals scored and then on the result of matches between tied teams

Handball

Attacking players

Allowed

Throw and catch the ball using hands and arms

Pass the ball to a team mate

Bounce the ball with one hand and catch it

Take a maximum of 3 steps before having to dribble or pass

Move outside of the goal areas

Break through the defence

Pass the ball in order to create a scoring chance

Not Allowed

Block or kick the ball using the feet

Hold the ball for more than 3 seconds

Bounce the ball, catch it and bounce it again

Take more than 3 steps with the ball

Enter the goal areas

Charge the opponent or run into a defender

Keep possession of the ball without creating a scoring chance

Consequence

Free throw to the defending team

Free throw to the defending team

Free throw to the defending team

Free throw to the defending team

Goalkeeper throw

Free throw to the defending team

Free throw to the defending team

Defending players

Use hands and arms to block the ball

Make frontal body contact with the attacking player

Stay outside the goal area

Stay at least 3m from attacking player at a restart throw

Pull or hit the ball out of the hands of the attacking player

Hold the attacking player's body/shirt. Push, run or jump into them

Use the goal area as a defensive position

Interfere with an attacking player during a restart throw

Free throw to the attacking team

Free throw/progressive punishment

7m throw

Free throw/progressive punishment

Handball

Goalkeepers

Touch the ball with any part of the body inside the goal area

Take the ball into the goal area from outside the 6m line

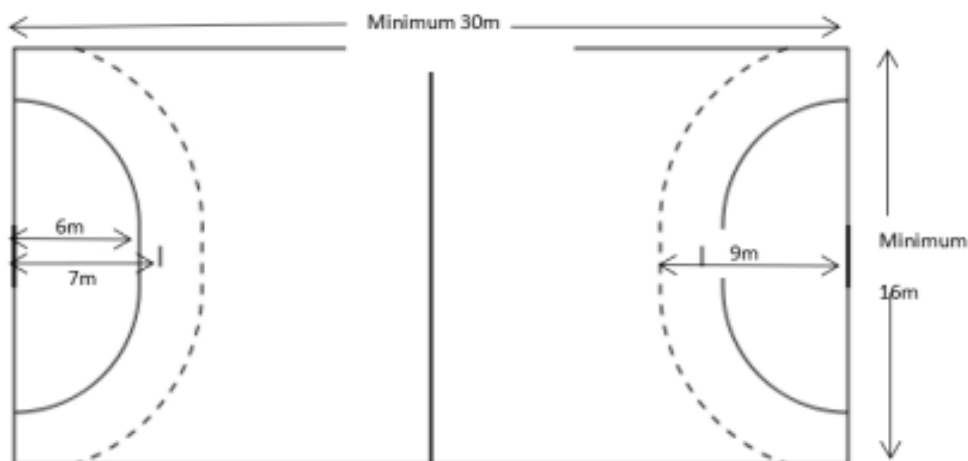
Free throw to the attacking team

Leave the goal without the ball and play as an outfield player

Leave the goal area with the ball

Free throw to the attacking team

Minimum playing area / markings



- Minimum 30m x 16m court with markings as above
- 3m x 2m goal at each end: suggest igoals or samba goals
- Court can be temporarily marked using throw down markers or tape

Kurling

Squad Information

Maximum of 5 in a squad (4 in a team). All team members must be on the SEND register.

Year groups

Open

Gender

Mixed

COMPETITION FORMAT

The game will be played in teams of four (all of which should be SEND) with an optional 5th substitute

- Kurling is played on a badminton sized court with each player delivering stones corresponding to their team colour (red or blue) towards a target at the opposite end of the court
- The distance between the delivery line and the target can be adapted to suit the space available.
- Teams take it in turns to deliver the first stone of an end and then alternate between colours. An end is completed when all eight stones have been played.
- Stones can be propelled using any part of the body or using a pusher, providing that the player is behind the delivery line on releasing the stone.
- Pupils can be seated or standing to propel the stone as long as they are behind the delivery line.
- The number of ends played is determined by the amount of time available.
- After all ends have been completed, the winning side is the team with the higher accumulative score from all ends.

SCORING

- Points are scored by awarding one point for every stone of the same colour which is on the target & closer to the centre than the nearest opposing coloured stone.
- At the completion of four/six ends, the points on each end are added together and the team with the highest total score wins.

Netball

Squad Information

Maximum of 11 in a squad (7 in a team)

Year groups

Year 7, Year 8, Year 9, Year 10/11

Gender

Girls

Team Member, Safety, and Positions

Teams consist of 7 players, there must be a minimum of 5 players to take the court, which must include the centre:

GS, GA, WA, C, WD, GD, GK

Matches will consist of four quarters, preferably, or two halves. Timings will be agreed by the staff, but ideally no shorter than 7 minutes per quarter for all age groups.

Different colour bibs should be worn so the umpire is able to differentiate between the two teams, the away team should swap bibs if too similar.

Umpires/teachers should check that all jewellery has been removed and nails are correct length (no sharp or long nails to be seen over the fingers). Players will not be able to play if these rules are infringed.

Start of the Game

- Decided by a coin toss between the two captains, winning captain decides to either first centre or end of shooting.
- The centre passes then alternate after a goal is scored.
- Before the whistle to start the game, all players must be in the goal thirds, apart from the two centres.
- Once the centre steps into the centre circle (footwork rule applies) The umpires whistle will start the game. Players move into the centre third and the ball must be touched or caught in this third. If not, there is a free pass to the other team.

Rules of the Games

All rules will be played in all age groups including the following specific rules; Obstruction, Contact, Footwork, Offside, Over a Third, Replayed Ball.

Scoring

The players GA and GS must be wholly in the shooting circle to score.

The game will be controlled by the umpires, and they will have the final decision. If any players show dissent to the umpires or other players, they can be warned and sent off if the behaviour continues.

Rounders

Squad Information

Maximum of 12 in a squad (9 in a team)

Year groups & Gender

Year 7, Year 8, Year 9 & U16 Girls

Equipment (schools need to bring to the competition)

Rounders bats and balls

COMPETITION FORMAT

Teams consist of 9 players on the field at once although squads of up to 12 are allowed.

The aim of rounders is to hit the ball as far as possible using the rounders bat and then run around all four posts to score a rounder without getting out.

Batters

- Wait in the backward area well away from fourth post.
- If out, wait in the backward area well away from first post.
- You will have one good ball bowled to you.
- You can take or run on a no ball, but once you reach first post you cannot return.
- You cannot be caught or stumped out at 1st post on a no ball
- If a batter stops at a post, they must keep contact with that post, with hand or bat. If not, the fielding side can stump the following post to put them out.
- You can run on to a post even if it has been previously stumped (you do not score if the post immediately ahead has been stumped). e.g. If 3rd is stumped when the batter is between 1st and 2nd, then the ball is misfielded going back to the bowler, the batter may continue onwards to 3rd.
- You cannot have two batters at a post. The umpire will ask the first one to run on when the second one makes contact.
- At a post, batters do not have to move on for every ball bowled.
- A batter can move on as soon as the ball leaves the bowler's hand, this includes no balls.
- A batter must touch fourth post on getting home.

A batter is out when:

- Caught (without ball bouncing).
- Foot over front/back line of batting square before missing or hitting a good ball.
- Running inside post (unless obstructed).
- The post a batter **is running to** is stumped (you cannot stump posts more than one ahead of the runner).
- A batter loses contact with post during bowler's action when the bowler has possession in their square.
- One batter overtakes another.
- A batter obstructs a fielder (you have right of way on track only).

Rounders

Bowlers

- When the bowler has the ball in the bowling square any batters on a post cannot move on (if you are between posts, you can carry on to the next).

A no-ball will be called if:

- Not smooth underarm action.
- Ball is above head or below knee.
- Ball bounces on route to batter.
- Is wide or straight at body.
- The bowler's foot is outside the square during the bowling action.

COMPETITION TIMINGS

Games can consist of up to 27 good balls.

SCORING

1 rounder is scored if:

- Ball hit and fourth post reached and touched before next ball is bowled.
- Ball hit and fourth post reached on a no ball (you can't be caught out).
- Backward hit if fourth post reached (batters must stay at first post whilst ball is in the backward area).

½ rounder is scored if:

- Fourth post reached without hitting the ball.
- If the ball hit and second post reached and touched before next ball is bowled (if run is continued and the batter is out before reaching fourth post, the score doesn't count).
- A fielder obstructs the batter.
- Two consecutive no-balls to the same batter.

www.roundersengland.co.uk

Rugby

Year groups & Gender

Year 7, Year 8, Year 9 & U16

Equipment (schools need to bring to the competition)

Home teams should provide:

- A match ball
- One match official

COMPETITION FORMAT (CONTACT)

The pools have been split based on results from last year. Deadlines for results must be adhered to. The finals are scheduled at Stockwood Park RFC.

General Rules:

- Shirts must be numbered, this helps with the officials
- Match Balls:
- Year 7/8/9 boys and girls use SIZE 4
- U16 Boys use a SIZE 5
- This season the mercy rule will be enforced at 50 points as stated. When the score is equal to, or exceeds 50, the match is to end.
- Scores emailed to T Edmunds should be the ACTUAL score.

Year 7 Age Grade Rules

- Max Numbers 12 (5 player scrum – strike, no push)
- No Line outs (5 metre in restart)
- Max Pitch Size – 60x43m (half pitch roughly)
- Max Game Time – 40mins
- Ruck and maul unlimited
- Fend-off below armpits

Year 8 Age Grade Rules

- Max Numbers – 13 (6 player scrum – strike and push, no number 8 pick-up)
- No Line outs (5 metre in restart)
- Max Pitch Size – 90x60m (use 5 metre lines for touch + try lines)
- Max Game Time – 50mins
- Kicking allowed (no kicking at goal)

Year 9 Age Grade Rules

- Max Numbers – 15 (8 player scrum – number 8 pick-up + run allowed)
- Max Pitch Size – 100x70m (full pitch)
- Max Game Time – 50mins
- Kicking at goal
- Uncontested lineout

Rugby

U16 Age Grade Rules

- Max Numbers – 15 (8 player scrum – number 8 pick-up + run allowed)
- Max Pitch Size – 100x70m (full pitch)
- Max Game Time – 60mins
- Uncontested lineout, lift permitted (note – at u16 lineout is contested, however, due to year 10s the lineout must be uncontested when lifted)

Year 8/9 girls Age Grade Rules

- Max Numbers – 13 (6 player scrum – strike and push, no number 8 pick-up, if no scrums tap and go will be played, discussion around safety to be had)
- No Line outs (5 metre in tap restart)
- Max Pitch Size – 90x60m (use 5 metre lines for touch + try lines)
- Max Game Time – 50mins
- Kicking allowed (no kicking at goal)

This year we are following the RFU guidance on the game on rules. Please see a link that gives details to this.
<https://www.englandrugby.com/fixtures-results/match-competition-information/game-on#:~:text=Game%20on%20as%20a%20match,and%20lineouts%20to%20be%20adapted>

COMPETITION FORMAT (TOUCH)

The pools have been split based on results from last year. Deadlines for results must be adhered to.

The finals are scheduled at Stockwood Park RFC.

General Rules:

- Shirts must be numbered, this helps with the officials
- Match Balls:
 - SIZE 4
- This season the mercy rule will be enforced at 50 points as stated. When the score is equal to, or exceeds 50, the match is to end.
- Scores emailed to T Edmunds should be the ACTUAL score.

Rugby

Game duration: Two 20-minute halves with a 5-minute half time.

- Play starts and restarts at the centre with a “tap”. This is performed by moving the ball on the ground with the foot, free from the hands, and then picking it up. Penalties are performed using the same procedure. On both a re-start and penalty the defending team must retreat at least 10 metres
- Six players are allowed on the field at any one time, Reserves can be continuously substituted at any time from one side of the field
- A try is scored by grounding the ball on, or behind, the try-line. One point is awarded for a try
- A touch is legitimate and minimal contact between a player in possession and a defending player. A touch includes contact on the ball, hair or clothing and may be made by a defending player or by the player in possession. The referee is the sole judge of the touch and has the discretion to overrule a claim (so play to the whistle!). An attacking player may affect the touch by deliberately touching the opposition
- When touched, the player in possession must place the ball on the ground at the exact point of the touch. Play is re-started by stepping over the ball. It can be controlled with a hand or foot. This is known as a rollball. The ball may not roll more than a metre. A player may not perform a rollball unless touched
- The player picking up the ball (the half) may run, but if touched a changeover occurs. The half may not score, and a changeover (rollball) will be awarded if this occurs
- After six touches with no score, possession changes. The attacking team begins play with a rollball
- During a roll ball, all defending players must retire to the outside line set by the referee, 7m back from the roll ball. The defending team cannot move forward until play restarts, nor interfere with play while retreating. A restart occurs the moment the ball is tapped (for a tap) or the half touches the ball (for a roll ball). Players may not delay the game by deliberately delaying a roll ball
- If the attacking player, when making a quick start, is touched by an offside defender, the referee may call for play to continue to see if an advantage can be gained or give a penalty tap
- If the ball is dropped or if a player crosses the sideline before being touched, a change of possession will occur
- A penalty is awarded for infringements including forward pass, offside play, performing a roll ball over the mark, claiming a touch when none was made, using more than minimum force to make a touch, interfering with the roll ball and passing the ball once touched. When a penalty is awarded, the referee will give the mark where the tap must be taken and set the outside line for the defence (at least 10m). Play cannot re-start until the referee is ready
- If the defending team unsuccessfully intercepts the ball or it is intentionally knocked down, the attacking team restarts their possession (‘six again’) with a zero touch. If the interception is successful, then the next touch of the ball carrier will be 'zero touch'
- No obstruction, excessive contact, verbal abuse or foul play will be tolerated – the referee is sole judge. A penalty will be awarded in such cases and players can be removed from the field. Serious or continual foul play of any nature will result in the player being sent off without a replacement

Sportability

Squad Information

Maximum of 10. Pupils must be on the SEND register.

Year groups

Open

Gender

Mixed

COMPETITION FORMAT

The festival will consist of a series of stations which teams will rotate around, each running for 10 minutes.

The stations will include parachute games, archery, tri golf, multi skills and more up to a maximum of 8 stations.

Scoring

The festival will be non-scoring. Games and activities will be fun and friendly but within a competitive setting. Some activities may be scored but results will not be recorded.

Streetball Basketball

Squad Information

Maximum of 10 in a squad (3v3)

Year groups & Gender

Year 7 Boys, Year 8 Boys, Year 7&8 Girls, Year 9 Boys

COMPETITION FORMAT

This will be a 3 v 3 tournament (Teams can bring up to 10 players and rotate them as much as they like during the event).

- Each tournament will be played in a round robin style being no longer than 10 minutes (timings of games to be decided based on entries on the day)
- Standard rules such as fouling, double dribble, travelling will be applied to games.
- Games will be played using the inside basketball courts (Half court games)
- Whichever team concedes a point checks the ball at the top of the 3-point arch (Loser Check).
- Each basket is worth 1 point with 3 pointers being worth 2 (Streetball rules).
- The defending team must bring the ball outside the 3-point arch before attacking, regardless of if the ball hits the backboard or not.
- All schools will be given an order of play sheet upon arrival.
- Though Chiltern will do their best to find officials for the games, we ask that teachers help officiate games where needed. We will be utilising sport leaders to help officiate also
- For the shooting competition schools must elect 1 player to represent them. The structure and rules of the shooting game will be explained to team managers and players on arrival.

Swimming

School Gala Rules and Information

GALA RULES

1. Each team will consist of sufficient swimmers to complete the number of events entered.
2. Events will alternate between boys and girls.
3. Swimmers will be made up of children from Year 7 - 11.
4. Swimmers may take part in **one individual event plus two relays**. Schools do not need to enter a full team but will not be eligible for the team competition if they do not enter a full team.
5. The gala will consist of events on the entry form.
6. Team lists including the names of swimmers must be forwarded to Lauren Wilkinson & Mattaya Nabarro.
7. Event placings will be based on individual times.
8. One-piece swimsuits only to be worn by girls and trunks/shorts for the boys. Swimming caps/goggles are encouraged.
9. Please ensure that students wear appropriate clothing and suitable footwear (no outdoor shoes) for poolside.
10. Teams must sit in their school groups on the pool side at all times, well back from the edge and must remain quiet for the start. Staff members from each school must supervise their pupils at all times when not competing.
11. Bags are allowed on the poolside but please ensure no rubbish is left at the end of the event. Schools are responsible for cleaning up their own area so please bring rubbish bags and put them into the bin on the way out.
12. Swimmers can use the lockers for any personal belongings – we cannot be held responsible for any belongings that are brought on to the poolside and then lost. Lockers take a 20p piece which is refundable.
13. All starts and relay takeovers will be from the water. There will be no diving unless students are competitive swimmers, please can staff ensure this is organised prior to the event. If students are competitive swimmers and staff have fully checked this and are happy to take responsibility for this, please highlight them in **Yellow** on the entry form.
14. Swimmers must remain in the water after completion of their race until all swimmers of their event complete the race. Swimmers 1-3 in the relay must leave the poolside once they have handed over to the next swimmer via a safe route out of the pool. The last swimmer will be asked to leave the pool once all teams have finished.
15. The order of the Medley Relay will be backstroke, breaststroke, butterfly, freestyle.

Swimming

GALA RULES CONTINUED...

16. Please remind all students/parents/spectators that the use of photographic or video equipment within the swimming pool is **strictly forbidden**. Students should not use their mobile phones on the poolside.
17. Submission of an entry form into the gala implies acceptance of all above rules and information.

Meet Programme

Warm up 09.30 - 09.50 (10.00 start)

Boys 7&8 25m backstroke

Girls 7&8 25m backstroke

Boys 9 50m backstroke

Girls 9 50m backstroke

Boys 10&11 50m backstroke

Girls 10&11 50m backstroke

Boys 7&8 25m breaststroke

Girls 7&8 25m breaststroke

Boys 9 50m breaststroke

Girls 9 50m breaststroke

Boys 10&11 50m breaststroke

Girls 10&11 50m breaststroke

Boys 7&8 25m butterfly

Girls 7&8 25m butterfly

Boys 9 25m butterfly

Girls 9 25m butterfly

Boys 10&11 25m butterfly

Girls 10&11 25m butterfly

Swimming

Boys 7&8 25m freestyle

Girls 7&8 25m freestyle

Boys 9 50m freestyle

Girls 9 50m freestyle

Boys 10&11 50m freestyle

Girls 10&11 50m freestyle

Boys 7&8 4 x 1 25m medley relay

Girls 7&8 4 x 1 25m medley relay

Boys 9 4 x 1 25m medley relay

Girls 9 4 x 1 25m medley relay

Boys 10&11 4 x 1 25m medley relay

Girls 10&11 4 x 1 25m medley relay

Boys 7&8 4 x 1 25m freestyle relay

Girls 7&8 4 x 1 25m freestyle relay

Boys 9 4 x 1 25m freestyle relay

Girls 9 4 x 1 25m freestyle relay

Boys 10&11 4 x 1 25m freestyle relay

Girls 10&11 4 x 1 25m freestyle relay

Cannon relay 25m - all age groups - 10 swimmers (5 boys, 5 girls)

Table Tennis

Squad Information

Teams of 4

Year groups & Gender

Year 7/8, Years 9/10/11 Boys & Girls

COMPETITION FORMAT

Teams consist of four players (single sex) who need to be seeded 1 – 4. These seeds will determine the games and order of playing.

Match Structure – Each match between schools will consist of eight single games.

	Team A	v	Team B
1 st Match	Player 1	v	Player 2
2 nd Match	Player 2	v	Player 1
3 rd Match	Player 3	v	Player 4
4 th Match	Player 4	v	Player 3
5 th Match	Player 1	v	Player 1
6 th Match	Player 3	v	Player 2
7 th Match	Player 2	v	Player 3
8 th Match	Player 4	v	Player 4

Best of 3 games to 11 points. Players have to win by 2 clear points.

Alternate serves every 2 points, unless both players have scored 10 points, in which case service changes every point. Toss a coin to decide who serves first, or to start play at either end of the table. The player serving first in a game receives first in the next game.

After serving for two points the serve swaps to the receiving player for two serves. A good serve is when a player rests the ball in the palm of their hand, throws the ball up and hits the ball on its way down. The ball then hits the server's side of the table first then hits the opponents side of the table on the diagonal service box. The ball must be served behind the back of the table and can bounce anywhere on the receivers side of the table.

Servers must stand behind the end of the table when serving; serves cannot be from the side of the table. A good return is when the receiver hits the ball back over the net without the ball hitting their side of the table and hits anywhere on the opponent's side of the table. White lines are in.

A let is called, and the point played again if the serve hits the net after hitting the server's side of the table first and continues to hit their opponent's side of the table.

A point is won/lost when a player misses the ball, the ball bounces twice or the ball does not land on the table or does not clear the net.

Tennis

Squad Information

4 in a team

Year groups

Year 7/8, Year 9/10

Gender

Boys and Girls

Equipment (schools need to bring to the competition)

Tennis Rackets and balls

COMPETITION FORMAT

Players with an LTA rating of 8.2 or below are not entitled to compete in these competitions.

Year 7&8 Tennis Green Structure - Teams will be single sex with players ranked 1-4.

Each match will consist of six games: four singles and two doubles games as shown below, with each player playing twice.

Game 1	-	Singles (Boy Ranked 1)
Game 2	-	Singles (Boy Ranked 2)
Game 3	-	Singles (Boy Ranked 3)
Game 4	-	Singles (Boy Ranked 4)
Game 5	-	Doubles (Boys Ranked 1/3)
Game 6	-	Doubles (Boys Ranked 2/4)

*This example is for boys, but the girls will play the same format.

- Green tennis balls will be used.
- The first serve is decided by a "toss".
- All serving must be over arm.
- Full court is used – lines are per singles and doubles standard matches
- Games will be timed, and players will play until a whistle or time is up. If players are playing a point when time is up, players must continue to play that point.
- Tie break scoring will be used
- The winning team will be the team which has won the most matches and will receive 3 points. In the event of a tie, each team will receive 1 point.

Year 9&10 – the format will be the same as Year 7&8 although standard tennis balls will be used.

Trampolining

Competition Timings

The total competition time should be no more than 2 hours.

Clothing

Please ensure that your pupils are appropriately dressed for the competition. They should wear close-fitting clothing which allows for unrestricted movement. Leotards are not essential.

All jewellery and other personal effects such as watches should be removed.

Long hair should be tied back.

Competition Format

The competition is made up of 2 routines – one of which is a compulsory routine, and one is of the performer's own choice (voluntary). Each competitor is required to complete both routines.

Each age group set routine to complete

Team Competition

- Teams are to consist of 4 performers and can be mixed, all female or all male teams.
- All team members' scores in each section will contribute to the overall team score.
- Competitors must not compete in more than one team on the same day.
- The winning team will be the team with the most points after all members' scores for both sections have been added up.

Individual Competition

- Individuals will compete in the same way as the teams.
- Both sections will need to be completed with scores awarded in each.
- The winning individual will be the competitor with the most points after both routine results have been added together.
- All members in the team competition will automatically be entered into the individual competition and the scores recorded will count in both competitions.

Compulsory Routine

Competitors can perform as many straight jumps as he/she wishes before commencing the set routine (however, there will be deductions if they take more than one minute to execute the first skill)

There should be no additional bounces between skills once the set routine has begun.

At the end of each routine each competitor will complete one additional straight out jump and then stop still before presenting to the judges.

Trampolining

<u>Year 7/8 Compulsory Routine</u>	<u>Year 9/10/11 Compulsory Routine</u>
<ul style="list-style-type: none">● Full twist● Straddle jump● Straight jump to seat landing● Half twist to seat landing● Half twist to feet● Pike jump● Jump to back landing● Half twist to feet● Tuck jump● Front somersault (tucked)	<ul style="list-style-type: none">● Full twist● Straddle jump● Straight jump to seat landing● Half twist to seat landing● Half twist to feet● Pike jump● Jump to back landing● Half twist to feet● Tuck jump● Back somersault (tucked)

Voluntary Routine

All voluntary routines must be handed to the competition judges before the start of the competition, complete with calculated tariff. Voluntary routine sheet is at the end of information pages.

The second routine can be chosen by the performer. The routine must be 10 bounces.

Competitors can perform as many straight jumps as he/she wishes before commencing the routine (however, there will be deductions if they take more than one minute to execute the first skill).

There should be no additional bounces between skills once the voluntary routine has begun. At the end of each routine each competitor will complete one additional straight out jump and then stop still before presenting to the judges.

Routines should have the hardest moves at the beginning and end and utilize more basic shape moves to help break up the difficulty of linking somersaults and other rotational moves. Tucked, piked or straddle jumps can be repeated a maximum of 2 times in difficult routines.

It is better to perform a routine with a lower tariff well, than lose marks for a badly executed one with a high difficulty level.

Tarif Scores (Examples of tariff difficulty scores for the voluntary routine)

No Score - Tuck / Pike / Straddle / Straight Bounce / Seat Landing

Front / back Somersault tucked 0.5

Front / back Somersault straight 0.6

Straight bounce half twist 0.1

Straight bounce full twist 0.2

Trampolining

Seat landing half twist to feet	0.1
Seat landing half twist to seat (swivel hips)	0.1
Back / front landing	0.1
Back / front landing to feet	0.2
Back landing half twist back landing (cradle)	0.3
Front landing half twist front landing (turntable)	0.3

Scoring

All schools attending must provide at least one judge.

Judges will be looking for:

- Consistent height, posture and body tension / extension shown in flight
- Control on landing positions
- Remaining on the cross
- Skills and routine completed in a recognised fashion.

Sores will be calculated as follows.

Execution

Students start the routine with a score of 20, deductions will be made for each fault

Minor - 0.1-0.2

Medium - 0.3-0.5

Major - 0.5-1.0

Horizontal Displacement

Students start the routine with a score of 10, deductions will be made for each fault

0.3	0.2		0.3	
0.2	0.1	0.0	0.1	0.2
0.3	0.2		0.3	

Trampolining

Degree Difficulty

Each skill has a set difficulty rating (SHOWN ABOVE), the difficulty rating for the 10 skills is added together. Deductions are made as follows for faults.

Minor - 0.1-0.2

Medium - 0.3-0.5

Major - 0.5-1.0