



# LUTON SCHOOL GAMES HANDBOOK

Inspiring young people across Bedfordshire and Luton  
to take part in appropriate competitive school sport

**SCHOOL  
GAMES**

## Competition Quick Guide

Sport	Term	Page	Year					
			1	2	3	4	5	6
Adventure Games	Spring	7						
Athletics – Quad Kids	Summer	8						
Athletics – Sportshall	Autumn	9						
Athletics – Zones	Summer	12						
Badminton	Spring	13						
Basketball	Autumn/Spring	14						
Boccia	Autumn	16						
Bowls	Autumn	17						
Cricket	Autumn/Spring/Summer	18						
Cross Country	Autumn/Spring	22						
Dance	Autumn	23						
Dodgeball	Autumn	24						
Football	Autumn/Spring/Summer	26						
Futsal	Autumn	29						
Golf	Summer	30						
Kurling	Spring	34						
Multi Skills	Autumn/Spring/Summer	35						
Multi Sports	Autumn/Spring/Summer	36						
Netball	Autumn/Spring/Summer	39						
Rounders	Summer	42						
Rugby	Autumn	44						
Scotathon	Summer	47						
Sportability	Autumn/Spring/Summer	48						
Swimming	Spring	49						
Table Tennis	Autumn	50						
Tennis	Spring/Summer	51						
This Girl Can	Spring	53						

**Key:**

	<b>No Competition</b>
	<b>Town Competition</b>
	<b>Town &amp; County Competition</b>

- Please note, some rules may be adapted to fit in with time and space issues at local competitions

### SCHOOL GAMES ORGANISER CONTACT DETAILS

Vicki Dockerill

E-mail: [vdockerill@denbighhigh.co.uk](mailto:vdockerill@denbighhigh.co.uk)

Tel: 07793 766064



## INTRODUCTION

Luton School Games have developed a series of School Games events for schools and young people. The events are designed to:

- Inspire children and young people to have the confidence, competence and knowledge to reach their potential and to live a healthy and physically active life
- Provide a meaningful and appropriate level of competition to allow all young people to take part and feel a sense of achievement
- Promote health and wellbeing in individual young people, whole classes and the whole school community
- Encourage personal challenges to allow every young person to improve their performance
- Promote enjoyment and avoid negative or bad experiences.

All events also encompass the seven School Games values of:

- Determination
- Honesty
- Passion
- Respect
- Self-Belief
- Teamwork
- Eco-Friendly

In 2024/25 the School Games programme will ensure it:

- is relevant to schools nurturing the development of character, values and life skills
- contributes to daily physical activity
- harnesses the power of sport, digital technology and is vibrant, engaging and relevant to the young people of today
- leverages the inspiration of This Girl Can and reaches more girls and other underrepresented groups (including those with special educational needs or disabilities)
- is increasingly organised, coached and officiated by young people
- aids retention through primary to secondary transition.

Please remember:

- the young person's motivation, competence and confidence are at the centre of all events
- the focus is on the PROCESS rather than the OUTCOME (on the learning and values development rather than the result)



## EVENT TYPE (SCHOOL GAMES PILLARS)

In order to ensure that Bedfordshire & Luton School Games is supporting every young person, five event types have been formulated to ensure opportunities for all:

### **PLAY**

These events are non-competitive, with the focus on participation and fun and targeting students who lack confidence but want to participate because they understand the benefits of physical activity.

### **DEVELOP**

These events are for students who like friendly competition, but do not solely focus on winning. The emphasis will be on creating a positive and enjoyable experience.

### **COMPETE**

These events will target young people who are competitive, who are involved in sports in and outside of school. Participation in these events may see the winners progress to county finals and beyond.

### **LEARN**

These are events for young people who have not taken part in the School Games before and may not actively participate in sport and physical activity in or out of school. These events may also include elements of CPD for staff.

### **LEAD**

These events are designed to provide opportunities for young people to develop and enhance their knowledge, understanding and application of leadership skills.

All events are designed to be inclusive. Events marked (S) are exclusively designed competitive / event experiences for young people with Special Educational Needs and/or disabilities.



## GENERAL EVENT INFORMATION

Please find below the general rules which apply for all events. The remainder of this booklet provides greater details on the format and rules of each individual event. Please retain this booklet for reference throughout the year.

### ENTRY TO EVENTS

- Entry to all events is made via the termly entry forms distributed. Entries can also be made via email or telephone on the details provided below.

### START TIMES

- Please refer to the event calendar for the start times of each event. Please could all schools arrange to arrive at least 15 minutes before the proposed start time to ensure that each competition starts and finishes on time.

### FORMAT & RULES

- Please refer to the information for each individual sport for all rules and formats. Please note, some rules may be adapted to fit in with time and space issues at local events.

### CLOTHING

- All participants must wear their school PE kit and appropriate sports footwear unless otherwise stated. For outdoor events, children should dress appropriate to the weather with warm clothing when it is cold and a sun hat when it is hot. For indoor events, we suggest bringing warm clothing as sports halls can sometimes be cold. All jewellery should be removed and either left at school or with a teacher at the event.

### CODE OF CONDUCTS

- All schools must read and adhere to the code of conducts for participants, team managers, parents and spectators. These relate to the School Games Agreement and Code of Conduct policy.

### SPECTATORS

- Unfortunately, at most venues due to limited space or safeguarding restrictions, spectators are unable to attend. At venues where spectators are permitted, we ask that parents adhere to the codes of conduct and that they do not take any photographs.

### FIRST AID

- All schools are responsible for their own first aid. At most events there will also be a designated first aider and small first aid kit, but the main responsibility lies primarily with the member of staff in charge of the team. Any accident that does occur at an event needs to be documented with the event organiser.

### RISK ASSESSMENTS

- All schools will be provided with an event risk assessment for all events. Risk assessments have been completed as part of a site visit for all the facilities that are used. It is each schools



responsibility to meet their schools policy on visits and excursions and undertake their own risk assessment to attend an event.

#### **PHOTOGRAPHY**

- Each school is responsible for gaining photographic consent from parents/guardians for all School Games events. If permission is not given, then it is the school's responsibility to inform the event organiser at that competition. Please note that photographs/videos taken during School Games events may be used for promotional purposes including publication in newsletters, on social media (X & facebook @LutonSchGames and Instagram @lutonschoolgames) and on websites.

#### **REFRESHMENTS**

- Children should bring enough water with them to all events to keep hydrated during the event. No food or drink is provided at any of the competitions.

#### **TRANSPORT**

- Transport is not provided to any of the events. Schools will be required to arrange their own transport.

#### **WEATHER**

- Events run throughout the year and all schools attending are expected to prepare their pupils for all weather events. The weather forecast shall be monitored in the build up to the event and any activities deemed unsafe due to weather conditions shall be cancelled.

#### **CANCELLATION**

- The School Games Organiser will inform all attending schools of the cancellation of an event – this will be initially by text to the PE Coordinator and phone call to the school office. Schools must confirm receipt of cancellation message.
- Cancellation will be made as soon as possible on the day of the event or the day before. Schools must inform transport companies, parents and any other relevant parties. The event organiser is not responsible for any costs incurred to schools because of a cancellation.

#### **YOUNG OFFICIALS**

- Luton School Games events are often officiated or led by young people. We ask that all staff, parents and pupils be mindful of this when dealing with our young leaders. Please treat all officials with respect and keep in mind that mistakes happen at all levels of sport.

#### **SCHOOL GAMES ORGANISER CONTACT DETAILS**

**Vicki Dockerill**  
[vdockerill@denbighhigh.co.uk](mailto:vdockerill@denbighhigh.co.uk)  
**07793 766064**



## ADVENTURE GAMES

### COMPETITION FORMAT

Children in years 3&4 will be able to take part in the Adventure Games festival and will have the opportunity to try some activities they may not have tried before.

Teams should consist of 10 participants of mixed gender.

Individuals will complete the following activity stations:

- Tag Archery
- Survival Game
- Nerf Activities
- Soft Archery

### CLOTHING & EQUIPMENT

The competition will be outside so pupils will need to bring clothes appropriate to the weather.

### SCORING

The festival will be non-scoring. Activities will be fun and friendly and although some activities may include scoring aspects, results will not be recorded.

### EVENT TYPE & INTENT

#### PLAY/LEARN

These events are non-competitive, with the focus on participation and fun. Children who lack confidence, are less active or who have not taken part in a School Games event before may benefit from attending these events.

#### PROGRESSION

There is no progression from the Adventure Games.



## ATHLETICS (QUADKIDS)

### COMPETITION FORMAT

QuadKids is a team-based competition where each child completes four events. There are three age group competitions – Years 1&2 (combined), Years 3&4 (combined) and Years 5&6 (combined).

The four events for Years 1&2 and 3&4 are as follows:

- 50m sprint
- 300m (year 1&2) / 400m (year 3&4) run
- Standing long jump
- Mini vortex howler throw (run ups are allowed)

The four events for Years 5&6 are as follows:

- 75m sprint
- 600m run
- Standing long jump
- Mini vortex howler throw (run ups are allowed)

Teams for all age groups are to consist of 4 boys and 4 girls. They will compete as a team with the scores over the four events added together to give the team an overall score. Schools may enter more than one team into the competition if space allows.

### SCORING

Each athlete competes in all four events. The time or distance for each event is measured against a standard point scoring table and the better the performance, the higher the points scored.

The points from each event are added together to give a total score. If an athlete misses an event or in the case of a race not finishing, the athlete will score zero points.

If an athlete completes an event but records a time or distance below the lower end of the points scale, they receive the minimum 10-point score for that event. If an athlete records a time or distance above the upper end of the points scale, they will be given the maximum 100 points.

### EVENT TYPE & INTENT

COMPETE (for all age groups)

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

### PROGRESSION

There is currently no progression for those competing in the Year 1&2 competition but the top two teams from the year 3&4 and year 5&6 competitions will be invited to represent Luton at the county quadkids athletics finals. Details of the county finals will be given to the qualifying schools after the local rounds have been completed.





## ATHLETICS (SPORTSHALL)

### COMPETITION FORMAT

There are three age group competitions - Years 1&2 (combined), Years 3&4 (combined) and Years 5&6 (combined).

**Years 1&2** – Teams to consist of 10 participants of mixed gender. Schools may enter more than one team into the competition if space allows.

For years 1&2, all members of each team will complete some or all the stations listed below (depending on the number of schools taking part):

- Balance Beam
  - Each athlete tries to balance on a balance beam for as long as possible, up to 30 seconds.
- Standing Long Jump
  - Each athlete will be allowed a number of jumps on a long jump mat. Scores will be taken from the nearest point of the athlete's body touching the mat to the start mark. Athletes to start on two feet and land on two feet.
- Speed Bounce
  - Each athlete will have one chance to complete as many jumps as possible on a speed bounce mat in 20 seconds.
- Javelin
  - Each athlete will have a number of attempts at throwing a foam javelin. Distance will be recorded from the start line to where the javelin hits the floor.
- Target Throw
  - Each athlete stands behind a marker and throws bean bags at specified targets. Points are scored for throwing accuracy.
- Chest Push (Standing)
  - Each athlete stands behind the start line. Both feet must remain on the floor as the athlete chest pushes a ball with two hands forwards. Distance will be recorded where the ball hits the floor.
- Sprint/Shuttle Run
  - Each athlete will run a short distance which will be timed (kick boards will be used).
- Hurdles
  - Each athlete will run a short distance over low hurdles which will be timed.
- Vertical Jump
  - Each participant stands with their back, head and heels touching the wall, stretches their arms above their head and marks a point on the wall. The participant then jumps from a standing position and touches the wall at the highest point they can.



- High Stepper
  - Each athlete will run a short distance over a high stepper which will be timed.

These stations will be a mixture of scoring and non-scoring.

**Years 3&4** – Teams are to consist of a minimum of 9 boys and 9 girls and a maximum of 15 boys and 15 girls (this is to correspond with the county event). If schools are struggling with this number of children, please contact Vicki to discuss.

There are two separate sportshall athletics events for this age group – one for schools in the North & West athletics zones and one for the schools in the South & East athletics zones. These events will be followed by a Town finals event to determine the overall winner. If you are unsure what zone your school is in, please contact Vicki.

Each athlete may compete in a maximum of two track and two field events.

All of the stations below will be run at both the town and county sportshall athletics events:

Track Events:

- 1 + 1 Lap Relay - Each team requiring two boys and two girls
- 2 + 2 Lap Relay - Each team requiring two boys and two girls
- 1 + 1 Lap Hurdles Relay - Each team requiring two boys and two girls
- Obstacle Relay - Each team requiring four boys and four girls
- Over / Under Relay - Each team requiring four boys and four girls
- 4 x 1 Lap Relay - Each team requiring four boys and four girls

Field Events:

- Chest Push - Each team requiring three boys and three girls
- Soft Javelin - Each team requiring three boys and three girls
- Speed Bounce - Each team requiring three boys and three girls
- Standing Long Jump - Each team requiring three boys and three girls
- Five Strides - Each team requiring three boys and three girls
- Vertical Jump - Each team requiring three boys and three girls

**Years 5&6** – Teams are to consist of a minimum of 9 boys and 9 girls and a maximum of 15 boys and 15 girls (this is to correspond with the county event). If schools are struggling with this number of children, please contact Vicki to discuss.

There are two separate sportshall athletics events for this age group – one for schools in the North & West athletics zones and one for the schools in the South & East athletics zones. These events will be followed by a Town finals event to determine the overall winner. If you are unsure what zone your school is in, please contact Vicki.

Each athlete may compete in a maximum of two track and two field events.

All of the stations below will be run at both the town and county sportshall athletics events:

Track Events:

- 1 + 1 Lap Relay - Each team requiring two boys and two girls



- 2 + 2 Lap Relay - Each team requiring two boys and two girls
- 6 Lap Paarlauf - Each team requiring two boys and two girls
- Obstacle Relay - Each team requiring four boys and four girls
- Over / Under Relay - Each team requiring four boys and four girls
- 4 x 1 Lap Relay - Each team requiring four boys and four girls

#### Field Events:

- Chest Push - Each team requiring three boys and three girls
- Soft Javelin - Each team requiring three boys and three girls
- Speed Bounce - Each team requiring three boys and three girls
- Standing Long Jump - Each team requiring three boys and three girls
- Standing Triple Jump - Each team requiring three boys and three girls
- Vertical Jump - Each team requiring three boys and three girls

A full detailed description and explanation of the events can be found in the Aviva Sportshall handbook or by visiting [www.sportshall.org](http://www.sportshall.org).

#### **SCORING**

Each athlete will be allowed three 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. The winning school will be the team with the most points. Schools compete together as one team, not as individuals.

#### **EVENT TYPE & INTENT**

COMPETE (for all age groups)

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

#### **PROGRESSION**

There is currently no progression for those competing in the year 1&2 competition.

The top two schools from year 3&4 and year 5&6 will be invited to represent Luton at the county sportshall athletics finals. Details of the county finals will be given to the qualifying schools after the local rounds have been completed.



## ZONE & TOWN ATHLETICS

Schools within Luton are split in to four zones to compete in athletics – North, South, East & West. If your school is unsure as to which zone they are in or what their school number is, please contact Vicki.

### COMPETITION FORMAT

The events are as follows:

#### Track

Year 3 – 60m sprint, 400m distance and 4x60m shuttle relay

Year 4 – 60m sprint, 400m distance and 4x60m shuttle relay

Year 5 - 80m sprint, 600m distance and 4x80m shuttle relay

Year 6 - 80m sprint, 600m distance and 4x80m shuttle relay

#### Field

Year 3 – Standing Long Jump & Vortex Howler Throw

Year 4 – Standing Long Jump & Vortex Howler Throw

Year 5 – Standing Long Jump & Vortex Howler Throw

Year 6 – Standing Triple Jump & Vortex Howler Throw

Each school may enter two children in each event. Children are required to wear their school number and A & B stickers (which must correspond with their school team sheet) in order to identify them. All numbers and letters must be provided by the school.

All relays are mixed events and must contain both boys and girls.

Each child may enter one track event, one field event and one relay (this applies to all age groups).

A nominated school in each zone organises the event although each attending school will need to provide teachers or responsible adults to assist with the officiating and organisation of the events on the day. Jobs may include track judging, assisting with field events, starting the events or helping get children ready for each event. Events will be unable to take place without this help and it is therefore imperative that each school provides at least two adults to help.

### SCORING

The first eight will score for their school in the zone competitions with the top four placings in each event going through to the Town Athletics Finals, except for the relays, where the first 2 teams will qualify, ensuring a straight final at the Finals.

### EVENT TYPE & INTENT

COMPETE (for all age groups)

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

### PROGRESSION

The top four children from each event and top two relay teams at each zone will qualify for the Town Athletics event at Stockwood Park Track.



## BADMINTON

### COMPETITION FORMAT

This tournament will include separate boys and girls competitions. Teams are to consist of 4 boys or 4 girls. Schools may be permitted to enter more than one team, depending on the number of entries.

All games will be singles although players will compete together as a team. Four games will be played per match:

- Player 1 v Player 1
- Player 2 v Player 2
- Player 3 v Player 3
- Player 4 v Player 4

Players should be seeded 1-4 with number 1 being the best player.

Please can all schools bring their own rackets and shuttle cocks to the competition.

### SCORING

Each game will be scored to a maximum of 11 points although this will depend on the time available at the venue and the number of entries. Games can be won 11-10; an individual does not need to win by two clear points.

As all games are singles, the court size used is long and narrow, using the inside tram line.

If there is limited time at the venue, games may be timed, and players will play until time is up. The length of each game will depend on the number of entries. If players are playing a point when time is up, players must continue to play that point. If it is a draw when the time is up, players must play the next point to determine a winner.

### EVENT TYPE & INTENT

#### COMPETE

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

#### PROGRESSION

There is no progression from the badminton tournament.



## BASKETBALL

### COMPETITION FORMAT

#### Tournament

Teams will play 3 v 3 although schools are permitted to bring a squad of 5 to the event.

The squad is to be a mixture of boys and girls and there must be at least one girl on court at all times so please bear this in mind when picking a squad. Schools may enter more than one team into the competition if space allows.

Games will be played on half a regular court with both teams shooting in to one basket. Every time a team loses possession or following a successful basket, a player from the other team will resume the game by dribbling the ball to a 'change of possession cone' at one end of the court. The other team is not allowed to challenge for the ball during this play.

If a team is trying to score and the ball rebounds, they may continue to attempt to score without returning the ball to the cone. The play starts with a jump ball and players must mark player to player.

Three basic rules are followed:

- One dribble - a player may use a dribble to move around the court. Alternate hands may be used, but not two hands together. A dribble ends when the ball comes to rest on one or in both hands.
- The one-two count - at the end of a dribble or when catching the ball on the move, the player makes a one-two count stop. One is when the player catches the ball. If he is off the ground when the ball is caught, it is when the first foot touches the ground. Two is when the player pivots. If he is in the air when he catches the ball it is when the second foot lands on the ground. The player may only take one step whilst holding the ball unless going for a layup where they can stop their dribble whilst going towards the basket and take two steps and a jump. If they take more than one step, they have travelled.
- Avoid Contact - although basketball is a non-contact sport, some contact is allowed – for example screens can be used to block defenders getting close to the ball handler. Once a screen is set the person doing the screen cannot move but any contact whilst defending on the ball handler will result in a foul. If the referee decides that the contact should be penalised, he should blow his whistle, indicate a foul and give a throw-in to the other team from the nearest point out of bounds. A free shot is awarded if a player is fouled in the act of shooting. The shot is taken from the point where the infringement took place. The offending player must stand still, with his arms down, alongside the player who is shooting. Players must also not snatch the ball from other player's hands.

Shot clocks will not be used.

#### League

A basketball league is also offered throughout the year for years 5&6. Teams will play 5 v 5 on a full court. The squad is to be a mixture of boys and girls and there must be at least two girls on court at all times so please bear this in mind when picking a squad. Schools may enter more than one team into the league if space allows.



The basic rules above are still followed for the league but as this league falls under the COMPETE intent, further rules will be highlighted to all teams taking part.

### **SCORING**

The objective of the game is for a team to score more points than the opposition. One point is awarded for a successful basket. Penalty shots gain 1 point per shot.

### **EVENT TYPE & INTENT**

#### DEVELOP (Tournament)

This event encompasses friendly competition but does not focus on winning. Children will participate in matches with the emphasis on learning and creating a positive and enjoyable experience.

#### COMPETE (League)

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

### **PROGRESSION**

There is no progression from either the basketball tournament or league.



## BOCCIA

### COMPETITION FORMAT

The game will be played in teams of three, although schools may bring squads of five which can be rotated between games. Schools may enter more than one team into the competition if space allows.

Only children on the SEN register or with Visual, Hearing, Severe Learning or Physical Impairments are eligible to participate.

- The side playing red throws the first jack. The team 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 not closest to 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).
- The blue side starts the second end and after both ends have been completed, the winning side is the team with the higher accumulative score from both ends.
  
- 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.

### 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 both ends.

### EVENT TYPE & INTENT

#### COMPETE

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

#### PROGRESSION

There is no progression from the boccia tournament.





## **BOWLS**

### **COMPETITION FORMAT**

This festival is aimed at those children who are not interested in the more traditional sports and those that may benefit from participating in a quieter, lower paced activity.

The festival is non-scoring and falls under the PLAY/LEARN label with the focus on participation and fun.

Schools are permitted to bring up to 8 children of mixed gender.

### **SCORING**

The festival will be non-scoring.

### **EVENT TYPE & INTENT**

#### **PLAY/LEARN**

These events are non-competitive, with the focus on participation and fun. Children who lack confidence, are less active or who have not taken part in a School Games event before may benefit from attending these events.

### **PROGRESSION**

There is no progression from the Bowls festival.



## CRICKET

### COMPETITION FORMAT

There will be the following competitions this year – Years 3&4 (Mixed), Years 5&6 (Boys & Girls - separately) and a mixed indoor league for years 5&6.

**Kwik Cricket (3&4)** - Teams will consist of 8 players who will all be actively involved in the game although squads of 10 can be brought to competitions. The 6 players must be 4 boys and 4 girls as set by the ECB. Schools may enter more than one team into the competition if space allows.

Each player will bat one at a time and will face 6 balls from the same bowler.

#### Batting:

- Teams will start the competition with 100 runs which they can add to with runs or have runs deducted if players are out.
- 2 runs will be deducted every time a player is out (bowled, caught or hit wicket).
- Players do not swap; they face all 6 bowls before they change over.
- A player will score a run by hitting the ball and sliding their bat between two cones set up 5 metres away from the stumps. To score two runs, a player must run to the other set of cones sliding their bat between them.
- Players can run as many times as they wish after each shot.
- A player can run whether they hit the ball or not.
- Once a player has faced 6 bowls they swap with another player in their team and join the back of the queue.
- After the 6<sup>th</sup> ball the fielding team needs to get the ball back to the bowler who lifts the ball above their head. Once the bowler has done this no more runs can be scored.
- If a player is halfway through a run when the bowler lifts the ball that run will not be counted, only completed runs will score on the last ball.
- The number of balls bowled may vary depending on local rules and also time allocated for the competition. Some events may limit bowls to a maximum of 4 per bowler.

#### Fielding / Bowling:

- Each player on the fielding team must bowl one over consisting of 6 balls.
- Players must bowl to players of the same gender.
- A marker cone about 10 metres away from the stumps will be the bowlers area. Underarm bowls only and these can be as fast or as slow as the bowler wishes.
- Wicket keepers must be at least 2 metres behind the stumps.
- All fielders must return the ball to the bowler as soon as they can; the bowler is the only player allowed to stump the batter out.
- Fielders can catch out batters.
- The bowlers can bowl their next ball as soon as they have the ball in their hand - they do not have to wait for the batter to return from their runs.
- A no-ball and 2 runs will be awarded to the batting team if the bowlers bowl bounces more than twice or if a ball goes above the batsman's waist height.
- A batter cannot be dismissed from a no ball.
- A no-ball will be an award of two runs to the batting team plus any additional runs, but no extra balls will be bowled at the end of the over except in the last over of the innings.

- A ball passing outside of the batting crease shall and not struck by the batter shall be called wide.
- The wide shall count as two runs plus any additional runs but no extra balls will be bowled at the end of the over except in the last over of the innings.
- Boundaries will not be used at the year 3&4 competition.

**Kwik Cricket (5&6) - Outdoor** - Teams will consist of 8 players - there is both a boys and a girls competition for years 5&6.

The events will follow the Dynamos rules as follows:

## Rules

Dynamos Cricket provides a perfect introduction for all 8-11 year olds new to the sport. It provides children with a more social offer and in schools, an exciting game of countdown cricket.

<b>Players</b>	8
<b>Bowling</b>	5 balls per player then rotate with next fielder to bowl. Underarm & Overarm bowling allowed
<b>Pitch length</b>	<a href="#">Click here: ECB Recommended Junior Formats</a> 17 yards (15.5m) Year 5 & 6 or 15 yards (13.7m) Year 4
<b>Batting</b>	Pairs (10 balls per pair). Umpires should use discretion to swap batters so each is given an opportunity to contribute
<b>Scoring</b>	via Countdown cricket scorer app: Android <a href="#">Click here</a> or IOS <a href="#">Click here</a>
<b>Runs</b>	Are scored by hitting past (4 runs) or over (6 runs) the boundary or completing 'runs' between the wickets. No-balls & wides are scored as 2 runs to batting team and no extra delivery to be bowled.
<b>Free Hit*</b>	Following a no ball or a wide, the batter receives a "free hit" from the batting tee, and any runs scored are added to the total for that delivery (for example 2 runs for a wide, plus 1 run from the "free hit" = 3 runs). Batters have 3 seconds to take their free hit and must hit in front of square.
<b>Out if</b>	Bowled, caught, run out (if out, swap ends and continue, 5 runs added to the fielding team)
<b>Fielding</b>	Rotate after each over <b>SAFETY:</b> Except for the wicketkeeper no fielder may field within 10 yards of the bat
<b>Byes</b>	Yes, if batters miss the ball or it hits part of the body they can still run
<b>No balls/Wides</b>	Yes, if deemed un-hittable e.g. rolling, too high or too far to be hit fairly




\* Where batting tee's aren't available, cones can be used as an alternative

**Kwik Cricket (5&6) - Indoor** – Teams will consist of 8 players - 4 boys and 4 girls. Schools may enter more than one team into the competition if space allows.

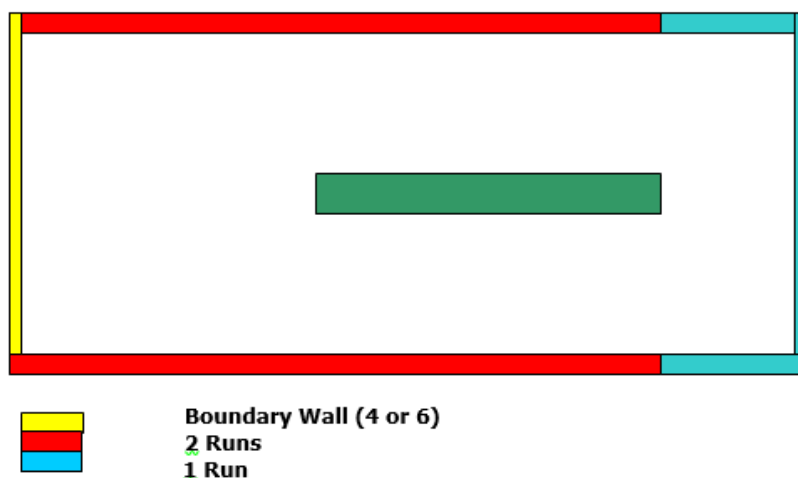
The rules for the indoor cricket league are the same as the outdoor competitions with a few additions as below:

A ball struck against the back wall (behind the bowler) shall count as a boundary – 4 if the ball strikes the floor first – 6 if directly onto back wall.

The ball shall count as two if it hits the wall in front of square (with the striking batsman) and one if it strikes a wall behind square. The points scored correlates to the first surface hit e.g., if a batter strikes the wall in front of square and then the back wall; it will only be counted as 2 runs not 4.

If a ball hits the wall and is then caught by a member of the opposite team, the batter is out. This however is not the case if the batter has hit the back wall and scored a 6. Also, for games that take place at Inspire, if a ball hits the netting and is caught (rather than a wall) a team will add 3 runs not 5

as in all other situations. Furthermore, if a ball is hit and is caught in the netting or goes on to the other pitch, 2 runs will be awarded on all occasions, no extra runs whilst the ball is retrieved.



### Glossary

1. LBW
  - 1.1 In the very simple terms, a batter can be given out if the umpire feels that a ball, which hits the batter's leg, would have hit the stumps. This law will not be used unless a batter deliberately blocks or kicks the ball away with the leg or foot.
2. Byes
  - 2.1 If a batter misses the ball, or if it hits their body, they may still run and score byes.
3. Wide ball
  - 3.1 A ball that is too far from the batter to strike will be called a wide. A ball will not be called a wide, no matter how wayward it may be, if the batter manages to hit it.
4. If a ball results in more than 2 wides, they will be added to the batting team's score and the two runs for the wide will be ignored. For example, a bowler delivers a ball so wide it is missed by the wicketkeeper and crosses the boundary for 4. 4 runs are given to the batting side, not 6.
5. No ball
  - 5.1 If a ball bounces more than twice before reaching the batsman, or if it reaches the batsman above shoulder height without bouncing, it will be called a no ball.
  - 5.2 A batsman may hit a no ball and if the shot results in 3 or more runs being scored, that score will count and the 2 runs for the no ball will be ignored. If 1 or 2 runs are scored the batsman will be credited for the 2 runs for the no ball.

### **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 a tie, the team taking the most wickets will be the winner. Teams will be split into pools with the top teams progressing on to the knock out stages of the competition.



## **EVENT TYPE & INTENT**

### **COMPETE (Year 3-6 events)**

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

### **PROGRESSION**

The top two schools from all outdoor competitions will be invited to represent Luton at the county cricket finals. Details of the county finals will be given to the qualifying schools after the local rounds have been completed. There is no progression from the indoor cricket league.



## CROSS COUNTRY

There are three different cross-country competitions offered to primary school children. Year 6 children have the opportunity to compete with their secondary school peers whilst both years 5&6 are able to take part in either the cross-country relays event at Stockwood Park or the cross country event at Lewsey Park.

### COMPETITION FORMAT

**Cross Country (Lewsey Park)** - There is no limit on the number of participants and schools are allowed to enter as many children as they see fit although please only enter children who are able to complete the course. Children will navigate a course around Lewsey Park of approximately 1500m. There are four different races – years 5 girls, year 5 boys, year 6 girls and year 6 boys.

**Cross Country (combined with Secondary Schools)** – Schools can enter up to 10 athletes with the first six home to count in each age group. This event is only recommended for the strongest runners.

**Cross Country (Relays)** - Teams are made up of 4 boys, 4 girls or can be mixed teams. Schools can enter any number of teams who will navigate a course around Stockwood Park. All teams will complete 4 x 1200m.

### CLOTHING

All competitions will be held outdoors on grass, so pupils will need to bring clothes appropriate to the weather. Warm and waterproof clothing is recommended. Children are permitted to wear spikes and should wear these if available.

### SCORING

**Cross Country (Lewsey Park)** - The first four children home in each event score for their school team. In the event of a tie between any number of teams, the position of the fourth scorer will be deciding factor.

**Cross Country (combined with Secondary Schools)** – The first six athletes from each school score for their team.

**Cross Country (Relays)** – Awards are given to the first three teams home in each race and also to the fastest boy and girl in each age group.

### EVENT TYPE & INTENT

COMPETE (for all age groups)

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

### PROGRESSION

There is no progression from the cross-country relays event. The top placed children from the Lewsey Park event will be invited to compete at the secondary schools events and from this, can be chosen to represent Luton at the county cross country championships.



## DANCE

### COMPETITION FORMAT

There are three age group competitions - Years 1&2, Years 3&4 and Years 5&6.

All teams from all year groups will be required to perform a pre-planned dance routine. Please note, staff are permitted to prompt teams during the routine.

The theme for the competition is 'Celebrating Luton' and teams can perform to any music that fits in with this theme. Music must be suitable for the age group and may encompass a variety of styles. All choreography must be original. Profanities & referrals of a sexual, violent or racial nature are not allowed.

The routine should last between 2 to 3 minutes. All schools must bring their own music and appropriate adaptors for their phone or provide their own music system.

Teams should consist of a maximum of 12 performers and teams can be boys, girls or mixed teams.

### SCORING

All team performance will be marked out of 60 Points (up to 10 in each category) will be awarded in the following areas:

- Choreography
- Timing & Synchronisation
- Transition/Flow of Routine
- Musicality
- Execution/Energy/Effort
- Entertainment Value & Link to theme

### CLOTHING

Schools do not have to wear specific uniform although teams are encouraged to wear outfits or dress the same, whether this is in PE kit or similar sporting attire. Props can also be used to enhance the dances.

The competition will be held indoors although it is also recommended that children bring warm clothing to put on when not competing.

### EVENT TYPE & INTENT

COMPETE (for all age groups)

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

### PROGRESSION

There is no progression from this competition although teams can also enter the open county event where teams from schools across the county will compete.



## DODGEBALL

### COMPETITION FORMAT

Teams are to consist of six players and must be mixed with at least three girls on court at all times. Schools are permitted to bring a squad of up to 8 children. Matches will vary in length depending on the number of entries, but generally consist of 3 x 2-minute games (at the county finals this may increase to 6 x 2 minute games).

- The game starts with a signal from the referee.
- There are three dodge balls in the central “Dead Zone” and members of each team have to race from opposing sides to pick the balls up first. Only the centre ball is competed for at the start of the game, the ball on the left is uncontested. Players may put anything above their waist into the Dead Ball Zone to gain possession of the balls.
- 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 (children must not go out of the court area to avoid being hit or to collect balls)
  - 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.
- Players can only be in possession of one ball at a time.
- 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 have to enter from the back of the court, if not they are still out.
- Players are unable to save a teammate via a rebound catch. Multiple play is now part of the sport.
- The following are examples of multiple play:
  - A player will be called out if they are hit by a ball that has deflected off a teammate whilst it is still live.
  - A catch is valid if it has deflected off a teammate whilst it is still live – in this circumstance the hit player plus the thrower will be called out – if the hit player is the first one out, then they will immediately return to the court.
- Substitutions are allowed between games only.

### SCORING

The only scoring is to count the number of players left at the end of each game. The team with the highest number of players at the end of the game is the winner of that game. The team that wins the most games win the match.

### EVENT TYPE & INTENT





#### COMPETE

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

#### PROGRESSION

There is no progression from the dodgeball competition.



## FOOTBALL

**Girls** – Football at years 3-6 for girls is a small, sided game giving all players the opportunity to develop their football skills. There will be three different competitions for years 3-6. Year 3&4 will play a one-off tournament with Year 5&6 offered a league and a tournament.

**Boys** – Boys are offered four different competitions for years 3-6. Year 3&4 have a one-off tournament, Year 5 play a tournament with Year 6 offered a league and a tournament. For the Year 6 league fixtures and format, please refer to the football information.

**Mixed** – Year 1&2 are offered a tournament which will involve match situations.

**SEN** – There will be a year 3&4 and year 5&6 SEN tournament offered involving game situations.

### COMPETITION FORMAT

**Girls** – Teams must consist of 6 players on the pitch at one time including a goalkeeper.

- At the start of the game one team kicks off from the centre circle to begin the game. After half time the other team then kicks off to start the second half. Kick-off is also taken from the centre after a goal has been scored.
- Goal keepers have an area where they are able to handle the ball although any handling of a ball outside of their area will result in a free kick to the opposition.
- Players are not restricted to where they can go on the pitch.
- Pass back rules apply and if a keeper picks up a pass from their own player a free kick will be awarded from where they picked up the ball or on the edge of the area if inside the area.
- After holding the ball, the goalkeeper must return the ball into play with an underarm action. At county finals, it may be permitted for a goalkeeper to kick the ball out of their hands; goal kicks are from the edge of the keeper's area.
- The football is allowed to travel above head height.
- Throw-ins from the touch line are to be over head throws.
- There are no offsides against attacking players.
- Corners will apply if a defending team kicks the ball over the goal line.
- Free kicks will be awarded for fouls, hand balls, obstructions and sliding tackles.
- Free kicks are all direct and should be at least five yards away.
- Substitutions can be made by a team at any stage of the game with the permission from the referee.

**Boys (Year 6 league)** – Please refer to the FA Schools Guide: Their Game and the football handbook for further information - <https://www.isfa.org.uk/images/PDFs/FASchoolsGuide.pdf>. For the league fixtures, normal football rules apply with the exception of offside.

Year 6 children are permitted to play 9v9, but the recommendation is they play 7v7 in primary schools (as year 5 children cannot play 9v9).

A squad may consist of 10 players maximum with rolling substitutions allowed with the referee's permission.

The duration of the game shall be four periods of 10 minutes. All schools must have adequate first aid provision at the side of the pitch.



Schools will also need to follow the guidelines regarding pitch dimensions and goal sizes – please refer to the FA Schools Guide for this information.

**Boys (Year 3&4, Year 5 & Year 6 tournament, SEN tournaments)** – Teams must consist of 6 players on the pitch at one time including a goalkeeper.

- The game is started from kick-off and after each goal has been scored.
- There are no goal kicks, corners or throw-ins. If the ball does go out of play, possession will go to the opposing team's goalkeeper.
- There is no offside.
- A goal can be scored from any part of the pitch. Teams cannot shoot direct from the centre.
- At free kicks all opponents must be at least 1m away. If the 'D' is closer, then the free kick must be taken further back.
- The football is allowed to travel above head height.
- Players are not restricted to where they can go on the pitch.
- After holding the ball, the goalkeeper must return the ball into play with any throw (does not have to be underarm) but they are not able to kick the ball out of their hands.
- A goalkeeper must not pick the ball up if intentionally passed back by a player from his team.
  - Penalty for infringement: indirect free kick at the nearest point outside the 'D' where the offence occurred.
- If the goalkeeper plays the ball outside his area, he may not re-enter his area and pick the ball up.
  - Penalty for infringement: direct free kick at the nearest point outside the 'D' where the offence occurred.
- Substitutions can be made by a team at any stage of the game with the permission from the referee.
- Penalties must be taken by all players on the pitch and players are allowed a run up.

**Mixed (Year 1&2)** - the rules and format for the year 1&2 tournament are as above except:

- Teams can be boys, girls or mixed.
- A goalkeeper can pick the ball up at any point following the ball being passed back by a player from his team.

## SCORING

**COMPETE tournaments** - games will be scored in the normal way (1-0, 1-3 etc) and points will be given depending on teams win, draw or loss.

Teams will be divided into pools before progressing on to the next stage. Pools will be decided on i) points, ii) wins, iii) goal difference, iv) goals scored, v) goals conceded, vi) organisers decision.

In the quarter finals and beyond - if the scores are level at full time, 3 minutes extra time will be played. If a goal is not scored in that time, penalties will be taken by all players of each team (on the pitch at the end – run ups are allowed) and then go to sudden death if a result is still not reached.

**DEVELOP tournaments** – games will be played in the same way, but scores will not be recorded and there will not be any knock out stages to the event.



## **EVENT TYPE & INTENT**

COMPETE (Year 5&6 girls tournament, year 5&6 girls league, Year 5 boys tournament, Year 6 boys tournament, year 5&6 boys league)

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

DEVELOP (Year 3&4 boys tournament, year 3&4 girls tournament, year 1&2 tournament, year 3&4 SEN tournament, year 5&6 SEN tournament)

This event encompasses friendly competition but does not focus on winning. Children will participate in matches with the emphasis on learning and creating a positive and enjoyable experience.

## **CLOTHING**

Each player must be in their school's football kit and appropriate footwear depending on the surface. No studded boots or blades may be worn on astro-turf.

All competitions will be held outdoors, so pupils will need to bring clothes appropriate to the weather. Please can all schools also bring a ball with them to competitions. Shin pads must be worn and goal keepers will need goalie gloves. If there is a colour clash, the second named team must wear bibs.

## **PROGRESSION**

The top two schools from year 6 EFL Cup will be invited to represent Luton at the county football finals. Details of the county finals will be given to the qualifying schools after the local rounds have been completed.

There is no progression from any of the other events.



## FUTSAL

### COMPETITION FORMAT

There are futsal competitions for years 5&6 (boys and girls).

Teams should consist of 5 players although a squad of 8 can be brought to the competitions.

Futsal is played on a marked pitch and the ball can go out of play (do not play off the wall). In order to restart the game after a ball has gone out of play the ball is kicked back into play from the touchline and from corners.

The ball must be placed stationary up to 25cm behind where the ball left the court or on the touchline and the feet of the player taking the kick-in must not cross the line.

For kick-ins, free kicks, goal clearances and corner kicks the player in possession of the ball has 5 seconds to restart play which the referee will count with their fingers in the air. If play is not restarted within five seconds an indirect free kick will be awarded to the opposing team.

Players are required to keep 5m from the player in possession of the ball on free kicks, corners, goal clearances, kick-ins and penalties.

Goalkeepers are allowed to come out of and players are allowed to go into the penalty area. Sliding tackles are not allowed in and players are not allowed to slide on the pitch. There are no height restrictions.

Each team will be allowed to give away 5 direct free kicks in each game, then on the fifth foul a direct kick will be awarded to the opposing team and the defending team is not allowed to position any players (other than the goalkeeper) between the ball and the goal. The kick may be taken from the 10m mark or, if the foul was committed closer to the goal than the 10m mark, then the kick may be taken from the position where the foul took place.

All matches will be 1 period and be played with a running clock whereby the clock will not be stopped whenever the ball goes out of play (this is different to a 'normal' Futsal game). Timeouts are not permitted in this format of Futsal.

### SCORING

Games will be played but no scores will be recorded.

### EVENT TYPE & INTENT

#### DEVELOP

This event encompasses friendly competition but does not focus on winning. Children will participate in matches with the emphasis on learning and creating a positive and enjoyable experience.

#### CLOTHING

All players, including goalkeepers, must wear shin-pads at all times when on the pitch.

#### PROGRESSION

There is no progression for those competing in the tournaments.

# GOLF

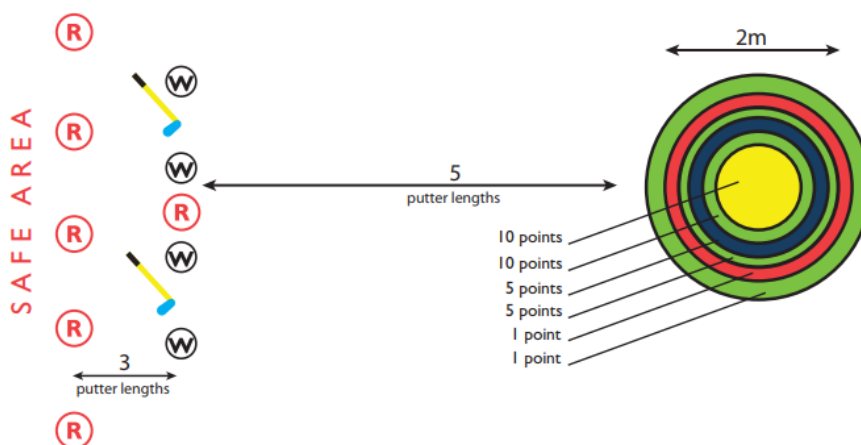
## COMPETITION FORMAT

There is one golf event for years 3-5 with teams to consist of 10 players of mixed gender.

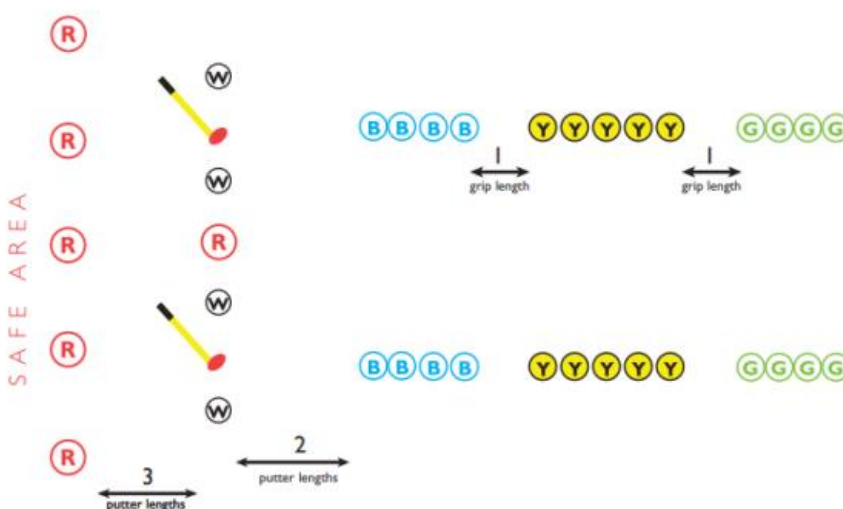
Each team will be required to complete up to 8 golf skills-based stations. The skill stations focus on putting and chipping skills. Plastic putters and chippers are used to strike balls at specific targets and cones.

The festival will include the some or all of the following stations (depending on numbers):

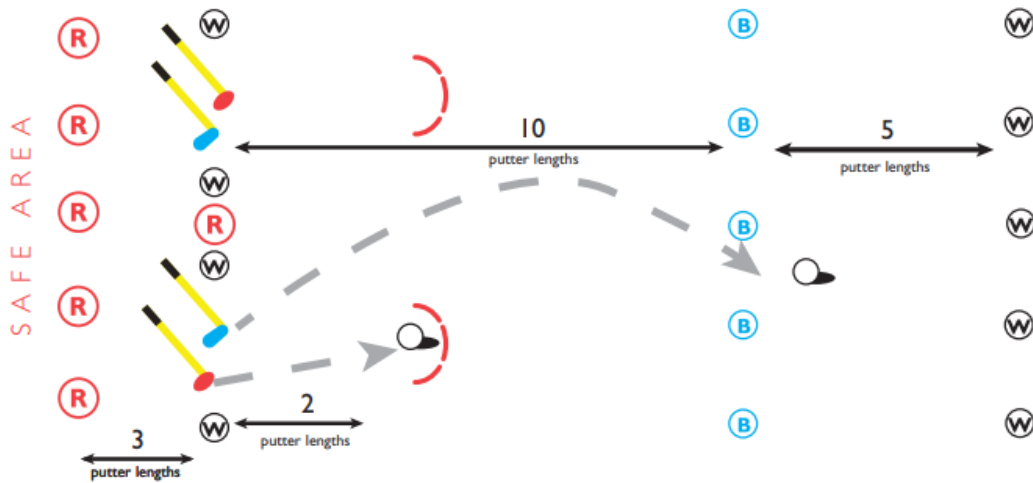
Bullseye – Chip the ball in the air aiming at the centre of the target. Balls should not be collected until all balls have been hit and a command has been given. Different points are awarded for each coloured area (score is taken from where ball finishes not where it hits first).



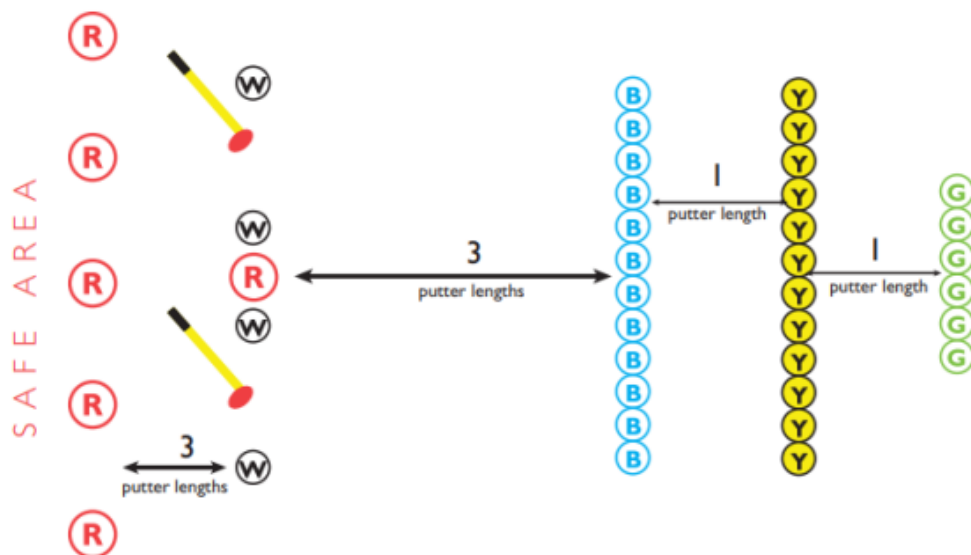
Dominoes – Thirteen cones of different colours are laid out in a straight line away from the player. Players try to roll the ball with the putter to hit the cone nearest to them, if the player hits the cone, they collect it. The team continues until all cones are hit.



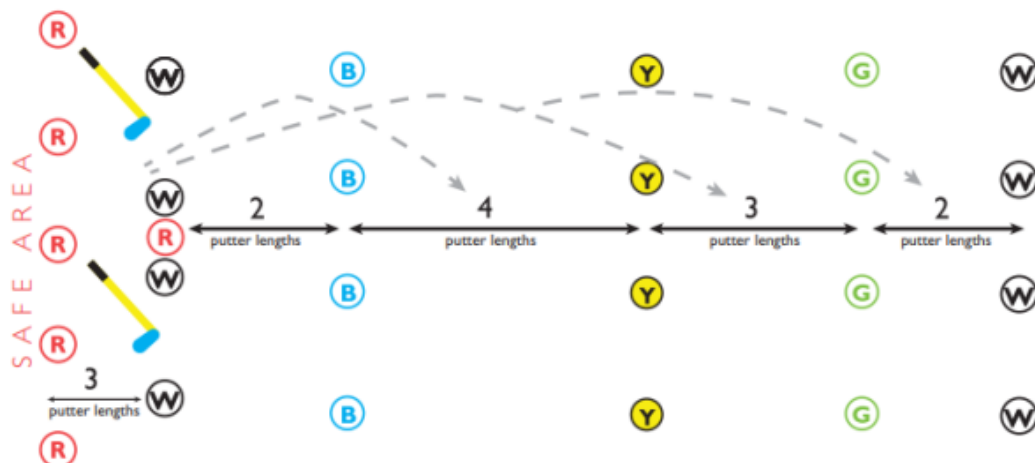
Drive for Show, Putt for Dough – Chip the ball over the river and score by putting the ball into the hoop.



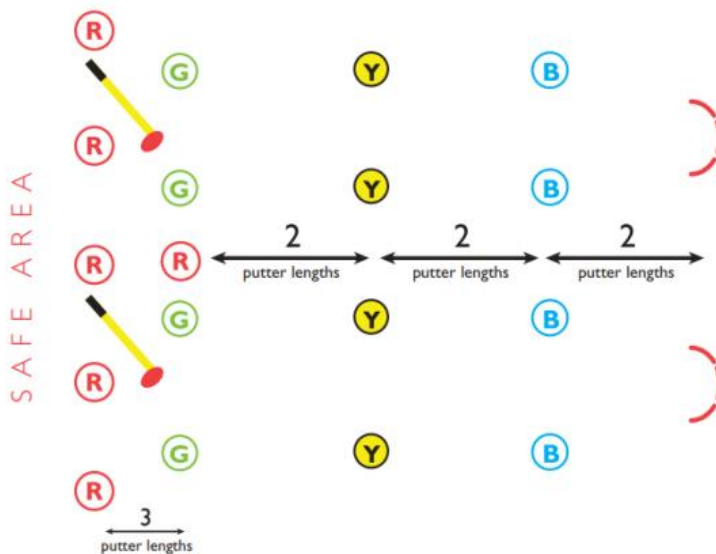
Finders Keepers – Putt the ball towards the cones, the first cone the ball hits, the player collects with the ball and returns it to the team. The team continues until all cones are hit.



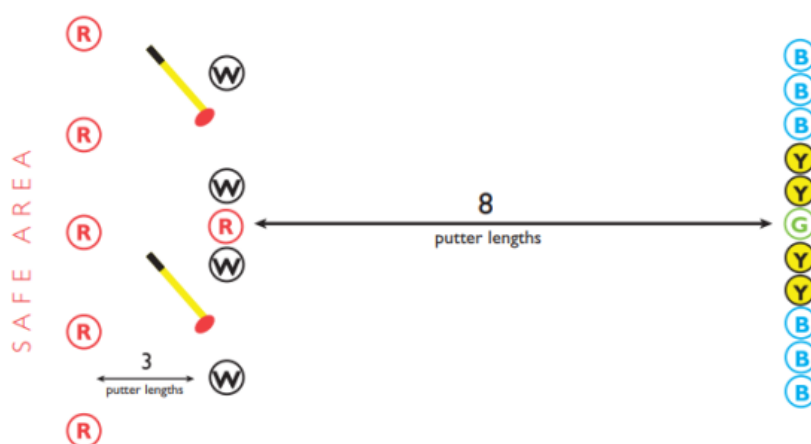
Grand National – Chip the ball in the air over the 'fences' made from cones in to score points.



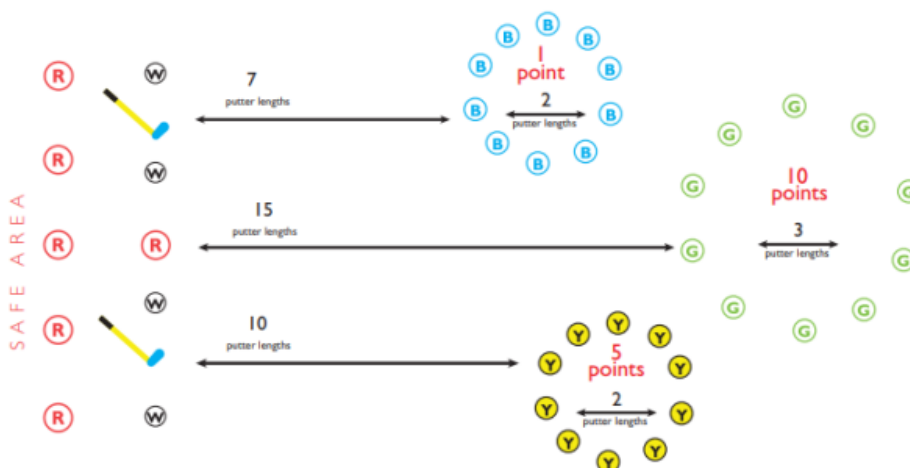
**Tunnel Ball** – Putt the ball down the tunnel towards the hoop without hitting any cones. Choose which tee you would like to play from – green, yellow or blue. The furthest tees will reward you with more points.



**Zone Ball** – Try and roll the ball as straight as you can towards the green cone. The closer you get to it, the more points you will receive.



**Go for the Green** – Players start from the white cones and try to strike the ball on to the green target.







## **SCORING**

Pupils / schools accumulate points as they travel around different stations and the school with the highest accumulated points after all stations are completed is deemed the winner. Full score sheets are available in the Primary School Competition Resource at [www.golf-foundation.org](http://www.golf-foundation.org).

## **EVENT TYPE & INTENT**

### **COMPETE**

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

### **CLOTHING**

The event will be held outdoors on grass, so pupils will need to bring clothes appropriate to the weather including appropriate footwear.

### **PROGRESSION**

There is no progression from the golf tournament.



## KURLING

### COMPETITION FORMAT

This event is only open to children on the SEN register or with Visual, Hearing, Severe Learning or Physical Impairments. Schools will be asked to highlight individual disability on the entry form.

The aim of the festival is for the children to have fun while taking part in a sporting activity.

Teams should consist of 4 individuals although schools are permitted to bring more than one team (if space allows).

Kurling is played on a small court with each player delivering stones corresponding to their team colour (red or blue) towards a target at the opposite end of the court.

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.

Teams take it in turns to deliver the first stone of an end with each game usually consisting of four ends. An end is completed when all eight stones have been played.

A team scores one point for each stone that is closer to the centre of any opposition stone.

### SCORING

At the completion of four ends, the points for each end are added together and the team with the highest total score wins.

### EVENT TYPE & INTENT

#### COMPETE

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

#### PROGRESSION

There is no progression from the kurling tournament.



## MULTI SKILLS FESTIVALS

### COMPETITION FORMAT

There are three festivals held for KS1 during the year:

- Invasion Games in the Autumn Term
- Net & Wall Games in the Spring Term
- Multi Skills in the Summer Term (for both year 1&2 and year 3&4)

The festivals will consist of stations which teams will rotate around building on skills learnt in the curriculum.

The festivals will focus on the principles of agility, balance and coordination and include fun team games using these principles.

For the invasion games festival, activities will be based on sports including rugby, dodgeball, football and basketball.

For the net and wall festival, activities will be based on sports including volleyball, tennis, archery and parachute games.

For the multi skills festival, several different activities will take place with the emphasis on enjoyment.

Each school is permitted to bring a team of 10 children of mixed gender. Schools may be permitted to enter more than one team although this will depend on the number of entries received.

### SCORING

All festivals 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.

### EVENT TYPE & INTENT

#### PLAY/LEARN

These events are non-competitive, with the focus on participation and fun. Children who lack confidence, are less active or who have not taken part in a School Games event before may benefit from attending these events.

#### PROGRESSION

There is no progression for those participating in the multi skills festivals.



## MULTI SPORTS FESTIVALS

### COMPETITION FORMAT

There will be three multi sports festivals held during the year for both years 3&4 and 5&6.

### AUTUMN TERM

#### EVENT TYPE & INTENT

##### DEVELOP/PLAY

This event encompasses friendly competition but does not focus on winning. Children will participate in skills session and/or in matches with the emphasis on learning and creating a positive and enjoyable experience.

This terms festival will consist of the following sports and teams will rotate around the following:

1. Basketball
2. Benchball
3. Dodgeball
4. Netball

Teams should consist of 8 (4 boys and 4 girls) although schools are permitted to bring more than one team (if space allows).

Teams will play in game situations in benchball & dodgeball so will need to have some knowledge of the rules – please see below or refer to the relevant page in this book.

For basketball and netball, pupils will undertake skills stations based on these sports.

**DODGEBALL** – please refer to page 24.

#### **BENCHBALL**

- The aim of the game is to get all players from your team on to the bench
- One member of your team starts on the bench, all other players are on the court floor
- The game starts with a jump ball in the middle of the court
- All players must make a pass within 5 seconds of receiving the ball
- Players are not allowed to move with the ball
- A player cannot shoot from the centre and players can only shoot from their own half
- A player must not go past the first white tram line to score
- Interceptions or a dropped ball are the only ways to turn over the ball (no tackling or snatching)
- Players must be an arm's length away from the player with the ball and no contact should be made
- The final player on the floor from a team can dribble the ball to move closer to their teams bench
- If a player moves off/falls off the bench when attempting to catch the ball, this goal does not count, and the player loses their place on the bench
- The player who passes the ball to a member of their team on the bench must be the one that joins the bench



- After a goal has been scored, play starts again from the back line where the goal has just been scored and the defensive team must drop back into their own half
- The game can end before the allotted time frame if all team members are placed on the bench
- Substitutions are allowed between games only.
- The team who succeeds in getting all of their members on the bench first is the winner or if neither team achieves this, it is the team with the most players on the bench.

## **SPRING TERM**

### **EVENT TYPE & INTENT**

#### PLAY

These events are non-competitive, with the focus on participation and fun. Children who lack confidence, are less active or who have not taken part in a School Games event before may benefit from attending these events.

This terms festival will consist of the following sports and teams will rotate around the following:

1. Badminton
2. Volleyball
3. Table Tennis
4. Archery

Teams should consist of 8 (4 boys and 4 girls) although schools are permitted to bring more than one team (if space allows).

All of these sports will include skills-based activities led by young leaders and children will not need any prior knowledge of the sports.

## **SUMMER TERM**

### **EVENT TYPE & INTENT**

#### PLAY/LEARN

These events are non-competitive, with the focus on participation and fun. Children who lack confidence, are less active or who have not taken part in a School Games event before may benefit from attending these events.

This terms festival will consist of the following sports and teams will rotate around the following:

1. Golf
2. Cricket
3. Tennis
4. Ultimate Frisbee

Teams should consist of 8 (4 boys and 4 girls) although schools are permitted to bring more than one team (if space allows).

All of these sports will include skills-based activities led by young leaders and children will not need any prior knowledge of the sports.



### **SCORING**

All festivals will be non-scoring. Games will be competitive but in a fun and friendly environment. Results will not be recorded.

### **PROGRESSION**





There is no progression for those participating in the multi sports festivals.

## NETBALL

### COMPETITION FORMAT

Girls will be able to play netball this year at the year 5 girls tournament, a year 6 girls tournament and a year 5&6 girls league.

We follow England Netball's Bee Netball format playing the Stinger version for years 5 & 6:

Rule Adaptions		Buzzer	Flier	Stinger	
Player		Small groups	4 Mixed	5 Mixed or girls only	7 Girls first
Court size			1/3 of full size netball court Width: min 8m max 10m Length: min 12m max 15m	Width: min 10m max 15m Length: min 20m max 30m	Full size netball court
Post height		Target	8ft	9ft	10ft
Ball size		Mini netballs size 4	Size 4	Size 4	Size 5
Rule adaptions	Positions	No formal positions	Attack & Defence	No WA, WD	Standard positions
	Passing		Pass within approx 4 seconds	Rotate positions during game	Encourage trying all positions
	Defending		Defend player & intercept ball	Pass within 4 seconds	
	Footwork		Take an extra step		

A team needs to consist of a minimum of 7 players and a maximum of 9 players with 5 players on court at once.

- Positions on court are Goalkeeper, Goal Defence, Centre, Goal Attack and Goal Shooter.
- All players must make a pass or shoot within 4 seconds of receiving the ball.
- All players must obey the footwork rule and no player is to deliberately kick a ball or bounce the ball.
- No obstruction is allowed during throwing or shooting.
- Players defending must be at least 0.9m from the person with the ball.
- Players should not place their hands on the ball held by an opponent.
- A ball cannot be thrown over a complete third without being touched or caught by another player.
- Having dropped a ball, the player cannot regain possession of the ball before it has been touched by another player.
- A player is offside if they enter an area of the court which they are not allowed in.

Players are required to rotate positions. Rotations for players are:

### Rotation for squad of 9

Girl	Off	GA	Off	GD	Off	C	GS	Off	GK
Girl	GA	Off	GD	Off	C	GS	Off	GK	Off
Girl	Off	GD	Off	C	GS	Off	GK	Off	GA
Girl	GD	Off	C	GS	Off	GK	Off	GA	Off
Girl	Off	C	GS	Off	GK	Off	GA	Off	GD
Girl	C	GS	Off	GK	Off	GA	Off	GD	Off
Boy/Girl	GS	Off	GK	Off	GA	Off	GD	Off	C
Boy/Girl	Off	GK	Off	GA	Off	GD	Off	C	GS
Boy/Girl	GK	Off	GA	Off	GD	Off	C	GS	Off

### Rotation for squad of 8

Boy/Girl	Off	C	GA	Off	GD	Off	GS	GK
Girl	C	GA	Off	GD	Off	GS	GK	Off
Girl	GA	Off	GD	Off	GS	GK	Off	C
Girl	Off	GD	Off	GS	GK	Off	C	GA
Girl	GD	Off	GS	GK	Off	C	GA	Off
Girl	Off	GS	GK	Off	C	GA	Off	GD
Boy/Girl	GS	GK	Off	C	GA	Off	GD	Off
Boy/Girl	GK	Off	C	GA	Off	GD	Off	GS

### Rotation for Squad of 7

Boy/Girl	Off	GA	GD	Off	C	GS	GK
Girl	GA	GD	Off	C	GS	GK	Off
Girl	GD	Off	C	GS	GK	Off	GA
Girl	Off	C	GS	GK	Off	GA	GD
Girl	C	GS	GK	Off	GA	GD	Off
Boy/Girl	GS	GK	Off	GA	GD	Off	C
Boy/Girl	GK	Off	GA	GD	Off	C	GS

A size 4 netball should be used. The posts should be set to 9ft in height.

The year 6 girls tournament will not be played as Bee Netball as per all other events but will play full 7s netball, giving those children who will be progressing on to high school the chance to play this version of the game.

### SCORING

**COMPETE (League)** - games will be scored in the normal way (1-0, 1-3 etc) and points will be given depending on teams win, draw or loss.

Teams will be divided into pools before progressing on to the next stage. Pools will be decided on i) points, ii) wins, iii) goal difference, iv) goals scored, v) goals conceded, vi) organisers decision.

**DEVELOP (tournaments)** – games will be played in the same way, but scores will not be recorded and there will not be any knock out stages to the event.





## **EVENT TYPE & INTENT**

**COMPETE** (year 5&6 girls league)

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

**DEVELOP** (Year 5 girls tournament & Year 6 girls tournament)

This event encompasses friendly competition but does not focus on winning. Children will participate in matches with the emphasis on learning and creating a positive and enjoyable experience.

## **CLOTHING**

All players must wear appropriate bibs with their position on it during the games (these must be provided by the school – tournaments and league games only). All schools will also need to bring a ball to competitions. All jewellery must be removed, and children will not be allowed to participate if items such as earrings cannot be removed.

## **PROGRESSION**

There is no progression from the netball events.

Open County Finals can be entered via the Bedfordshire Netball Association for U11.



## ROUNDERS

### COMPETITION FORMAT

Teams must be mixed and consist of 9 players on the field at once although squads of up to 12 can attend. A maximum of 5 boys should be on the field at one time.

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.
- 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 you do it on fourth post). e.g., If 3<sup>rd</sup> is stumped when the batter is between 1<sup>st</sup> and 2<sup>nd</sup>, then the ball is mis fielded going back to the bowler, the batter may continue onwards to 3<sup>rd</sup>.
- 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 bowlers 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).
- If a batter runs out the front of the box (rather than to the side)

### 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.



Games can consist of up to 27 good balls (normally 20 good balls due to time constraints) or if time is limited an innings of 15 minutes per team.

## **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.

## **EVENT TYPE & INTENT**

COMPETE (Year 5&6)

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

DEVELOP (Year 3&4)

This event encompasses friendly competition but does not focus on winning. Children will participate in matches with the emphasis on learning and creating a positive and enjoyable experience.

## **CLOTHING**

The event will be held outdoors on grass, so pupils will need to bring clothes appropriate to the weather including appropriate footwear. Please can all schools ensure they bring their own bats.

## **PROGRESSION**

There is currently no progression from the rounders tournament.



## RUGBY

### COMPETITION FORMAT

There will be several opportunities offered this year – years 3&4 girls festival, year 3&4 boys tournament, year 5&6 girls festival, year 5&6 boys tournament.

For all events, teams should consist of 8 players.

The object of the game is to score a try by placing the ball with a downward pressure on or behind the opponents' goal-line.

The ball carrier must remain on their feet at all times, and they are not allowed to score a try by diving over the goal-line. If a player grounds the ball while on their knees, the try should be allowed but, afterwards, all players should be reminded that they should stay on their feet.

A player may not be prevented from grounding the ball by any physical contact (including placing a hand between ball and ground).

When a try is scored, the game is restarted by a free pass from the centre of the pitch by the non-scoring team.

The ball can only be passed sideways or backwards through the air, not handed to another player. If the ball is handed to another player or passed or knocked forwards (towards the opponents' goal-line) then a free pass is awarded to the non-offending side, unless advantage occurs to the non-offending side. In order to keep the game flowing, referees should play advantage wherever possible.

A free pass is used to start the match at the beginning of each half from the centre of the pitch, from the side of the pitch when the ball goes into touch at the point where the ball went out of play and from where the referee makes a mark when an infringement has taken place.

At a free pass, the opposition must be 7m back from the mark. For safety, the receiver must be stationary and within 2m of the passer prior to the pass but can start moving forward before the ball leaves the hands of the passer, to receive the ball whilst moving forward. At a free pass, the player must start with the ball in both hands and, when instructed by the referee who will call "PLAY", pass the ball backwards through the air to a member of their team. For safety reasons, no player may run until the pass is made. The player taking the free pass must pass the ball when the referee calls "PLAY".

If an infringement takes place or the ball goes into touch over the goal-line or within 7 m of the goal line, then the free pass must be awarded to the non-offending side 7 m from the goal-line. This gives more space for both attacking and defending teams to play in.

All players wear a tag belt around their waist with two tags attached to it by velcro positioned over each hip. Tag belts are to be securely fastened and any excess belt is to be tucked away so that this cannot be pulled by mistake. Tag belts are to be worn outside of shirts and not obscured in any way.

Referees are to be watchful for tags being wrapped around the belt preventing them from being pulled off.

A "TAG" is the removal of one of the two tags from the ball carrier's belt. Only the ball carrier can be tagged. The ball carrier can run and dodge potential taggers but cannot fend them off using their hands

or the ball and cannot guard or shield their tags in any way. The ball cannot be pulled out of the ball carrier's hands at any time. If the ball is pulled from the ball carrier's grasp, a free pass is awarded to the ball carrier's side.

If a player does not have two tags on their belt, one on each hip, they will be penalised if they become a ball carrier or if they tag an opponent and a free pass will be awarded to the non-offending side at the place of infringement.

When the ball carrier is tagged, the ball must be passed to a teammate within 3 seconds. This includes stopping time. The ball carrier must attempt to stop as soon as possible; within 3 strides is a reasonable guide for referees, but the ball can be passed in the act of stopping. If the pass takes longer than 3 seconds or the player takes more than 3 strides they must be penalised and a free pass awarded to the non-offending side at the place where the tag occurred.

After the ball has been passed, the player must go to the tagger, retrieve their tag and place it back on their belt before re-joining play. If the player continues to play and influences the game without collecting their tag, they must be penalised, and a free pass awarded to the non-offending side at the place of infringement. Players are however only allowed one step to score a try after being tagged.

If the ball carrier is tagged whilst standing inside the goal area, they must ground the ball immediately in order to score. Referees should help this part of the game along by advising the ball carrier "Touch the ball down and I'll award the try", or similar.

If the ball carrier dives to ground to score a try it will be disallowed and a free pass will be awarded to the defending side 7m out from the try-line.

When a tag is made, the tagger must stop running, hold the tag above their head and shout, "TAG". At this stage the referee must shout, "TAG - PASS".

If the ball carrier stops running within 1m of the tagger, the tagger must move back towards their own goal-line, at least 1 m, to allow room for the ball to be passed. If the tagger fails to retire at least 1 m before re-joining the game, they are to be considered "offside" and a free pass will be awarded to the non-offending side at the place of infringement.

Once the ball has been passed, the tagger must hand back the tag to the player and cannot re-join the match until this has been done. If a tagger continues to play and influences the match with an opponent's tag in their hand, or throws it to the floor, they must be penalised, and a free pass awarded to the non-offending side at the place of infringement.

Offside occurs only at the time of the tag where the offside line is through the centre of the ball except for the tagger for whom it is 1 m further back. When a tag is made, all the other players from the tagger's team must attempt to retire towards their own goal-line until they are behind the ball. If a player, in an offside position, intercepts, prevents or slows down a pass from the tagged player to a teammate, a free pass will be awarded to the non-offending side. A player can, however, run from an onside position to intercept a floated pass before it reaches the intended receiver.

Players play Tag Rugby on their feet, with the ball in hand. If the ball goes to ground, players can pick it up, but they must not dive to the floor to recover the ball. Penalty: free pass to non-offending side and the following rules will apply:



(a) If the ball was lost forward, a free pass is awarded to the non-offending side unless advantage occurs to the non-offending side.

(b) If the ball carrier falls to the ground with the ball, then a free pass will be awarded to the non-offending side.

(c) If the ball is passed other than forward and goes to ground, play will continue and either side may pick up the ball. If the passed ball rolls into touch a free pass will commence from the touchline to the non-passing side.

The only contact allowed between the two teams is the removal of a tag from the belt of the ball carrier. Any other type of contact on the ball carrier, such as shirt pulling, running in front of or barging the ball carrier, forcing the ball carrier into touch, etc. must be penalised with a free pass and the players concerned reminded of the rules.

## **SCORING**

**DEVELOP tournaments** – all tournaments will play competitive games but overall winners will not be announced.

**PLAY** - the festivals will be non-scoring. Games and activities will be fun and friendly. Some activities may have a competitive aspect but any results will not be recorded.

## **EVENT TYPE & INTENT**

DEVELOP (Year 3&4 boys tournament, year 5&6 boys tournament)

This event encompasses friendly competition but does not focus on winning. Children will participate in matches with the emphasis on learning and creating a positive and enjoyable experience.

PLAY (year 3&4 girls festival, year 5&6 girls festival)

These events are non-competitive, with the focus on participation and fun. Children who lack confidence, are less active or who have not taken part in a School Games event before may benefit from attending these events.

## **CLOTHING & EQUIPMENT**

The events will be held outdoors on grass, so pupils will need to bring clothes appropriate to the weather including studded footwear (if available).

Safety equipment including mouth guards and shin pads are recommended. Please could all schools provide their own rugby belts and tags.

The size of the ball should be size 3 for year 3&4 and size 4 for year 5&6.

## **PROGRESSION**

There is no progression from the rugby competitions.



## SCOOTATHON

### COMPETITION FORMAT

Children in years 3-5 will be offered a scootathon to participate in.

Squads should consist of a maximum of 12 competitors (there is no minimum),

Individuals will set themselves a personal challenge to scoot as far as they can around the athletics track. 4 laps = 1 mile. Pupils will also undertake some scooting challenges.

### CLOTHING & EQUIPMENT

The competition will be outside so pupils will need to bring clothes appropriate to the weather.

All individuals will require their own scooter and helmet.

### SCORING

This is a new individual event format focusing on each participants personal best.

### EVENT TYPE & INTENT

#### DEVELOP/PLAY

This event encompasses friendly competition but does not focus on winning. The emphasis is on creating a positive and enjoyable experience and to support individual development.

### PROGRESSION

There is no progression from the scootathon.



## SPORTABILITY

### COMPETITION FORMAT

These events are open to all abilities and all ages and are particularly suitable for students with physical and/or learning difficulties. It is also recommended for schools to bring those children on the SEN register.

Teams should consist of 4 individuals although schools are permitted to bring more than one team.

Activities at the festival are as follows:

#### Autumn Term:

1. Goalball
2. Golf
3. Kurling
4. Table Cricket

#### Spring Term

1. Archery
2. Boccia
3. Polybat
4. Volleyball

#### Summer Term

1. Athletics
2. Cricket
3. Tennis
4. Ultimate Frisbee

Teams will rotate around all of these stations which will be led by young leaders. No prior knowledge or training of any of the activities is required as these will be explained on the day.

### SCORING

The festival will be non-scoring. Activities will be fun and friendly and although some activities may be scored, results will not be recorded.

### EVENT TYPE & INTENT

#### PLAY/LEARN

These events are non-competitive, with the focus on participation and fun. Children who lack confidence, are less active or who have not taken part in a School Games event before may benefit from attending these events.

#### PROGRESSION

There is no progression from the sportability festivals.





## SWIMMING

### COMPETITION FORMAT

This event is open to all KS2 and teams can be made up of swimmers from years 3-6.

The events at the gala are as follows:

- 1 length freestyle
- 1 length backstroke
- 1 length breaststroke
- 2 lengths freestyle
- 4x1 medley relay (backstroke, breaststroke, frontcrawl x 2)
- 4x1 freestyle relay

There will be both boys and girls races for each of these events.

1 length is equal to 18m and the pool depth will be 1.2m. All starts and relay takeovers will be from the water - no diving is allowed.

Swimmers may take part in one individual event only plus relays (you will need at least 4 boys and 4 girls to complete all events but are welcome to bring more if you wish).

Schools need not enter a full team but will not be eligible for the team competition.

### CLOTHING

One piece swim suits only to be worn by girls and trunks or shorts (above the knee) for the boys. Swimming caps are encouraged. Please ensure that your team wear appropriate clothing and suitable footwear (no outdoor shoes) for poolside.

### SCORING

Event placings will be based on individual's times (there may be more than one heat for each event). There will be individual race winners as well as an overall team winner.

### EVENT TYPE & INTENT

COMPETE (for all age groups)

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

### PROGRESSION

There is no progression from the swimming gala.



## TABLE TENNIS

### COMPETITION FORMAT

Teams are to consist of 4 boys or 4 girls. Schools may be permitted to enter more than one team, depending on the number of entries. All games will be singles. Four games will be played per match:

- Player 1 v Player 1
- Player 2 v Player 2
- Player 3 v Player 3
- Player 4 v Player 4

Players should be seeded 1-4 with number 1 being the best player. 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 (show the ball), throws the ball up and hits the ball on its way down (serves cannot bounce on the table first). The ball then hits the server's side of the table first then hits the opponents side of the table. In singles matches serves can bounce anywhere on the receivers side of the table.

Servers have to 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. Players should not have their hands on the table at any point.

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. Teams will be allowed second serves in the group stages but not in the knockout rounds.

Please ensure that each school brings a box of balls and bats to the competition.

### SCORING

Each game will be scored to a maximum of 11 points although this will depend on the time available at the venue and the number of entries. Games can be won 11-10; an individual does not need to win by two clear points. Teams will be split in to pools with the top teams progressing on to the knock out stages of the competition (semi-finals and final if time allows).

If there is limited time at the venue, games may be timed and players will play until time is up. The length of each game will depend on the number of entries. If players are playing a point when time is up, players must continue to play that point. If it is a draw when the time is up, players must play the next point to determine a winner.

### EVENT TYPE & INTENT

COMPETE (for all age groups)

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

### PROGRESSION

The top two winning teams from the boys and girls events will be invited to represent Luton at the county finals. Details of the county finals will be given to the qualifying schools after the local rounds have been completed.



## TENNIS

### COMPETITION FORMAT

The Year 1&2 festival will consist of fun, games, competitions and coaching from qualified tennis coaches. Schools can bring up to 10 children of mixed gender.

For all other age groups, teams are to consist of 4 players (2 Boys and 2 Girls) seeded boy 1&2 and girl 1&2 depending on their ability.

Year 3&4 will play *Tennis Red* on a quarter of a tennis court/badminton size court. Year 5&6 will be *Tennis Orange* and played on a  $\frac{3}{4}$  size court with "throw down" line markings.

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.

**Year 3&4 / 5&6 Match Structure** – Each match will consist of four singles games with each player playing their equivalent ranked player from the other school.

Game 1 - Singles (Boy Ranked 1)

Game 2 - Singles (Girl Ranked 1)

Game 3 - Singles (Boy Ranked 2)

Game 4 - Singles (Girl Ranked 2)

- Players will toss for serve at the start, the nominated person will then serve for the first point and it will then alternate every two points;
- Players will stay at the same end for the entire game;
- When serving, the ball must not be bounced before being hit;
- The serve can be hit over or under arm;
- Serves should be hit diagonally, landing in the diagonally opposite service box;
- Games will be scored using a rally scoring system (e.g. 1, 2, 3 etc.) ;
- Low compression balls are used – red for year 3&4 and yellow for year 5&6.

### CLOTHING

All competitions are held outdoors. Pupils will need to bring clothes appropriate to the weather and please could each school provide their own rackets and balls.

### SCORING

**Tennis Red & Orange** – The scoring is 1, 2, 3 etc not 15, 30, 40 etc.

The winner is the player/s with the most points at the end of the allocated time. If it is a draw when the allocated time is up, teams will play the next point to determine the winner. Once all matches have been played the winning team will be the team who have won the most matches, if a draw at the end of the competition the teams with the most points wins.

Teams will be split in to pools with the top teams progressing on to the knock out stages of the competition.

**Year 1&2** - Although there may be stations where schools/pupils accumulate points, these are not recorded as the emphasis on the day is on fun and participation.



## **EVENT TYPE & INTENT**

### **COMPETE (Year 3&4 / 5&6)**

This event will encompass an environment for those participants that thrive on competition, but in a fair and sporting way.

### **PLAY/LEARN (Year 1&2)**

These events are non-competitive, with the focus on participation and fun. Children who lack confidence, are less active or who have not taken part in a School Games event before may benefit from attending these events.

### **PROGRESSION**

There is currently no progression from the tennis events.



## THIS GIRL CAN

### COMPETITION FORMAT

There will be two This Girl Can festivals – one for years 3&4 and one for years 5&6.

Activities at the festival will include some of the following:

- Boxing
- Cricket
- Dance
- Fencing
- Football
- Hula hooping
- Martial Arts
- Self defence

Teams will rotate around each station. No prior knowledge or training for any of the activities is required as these will all be explained on the day.

Teams should consist of 8 girls who will have the opportunity to try some activities they have not tried before.

### SCORING

The festival will be non-scoring. Activities will be fun and friendly and although some activities may include scoring aspects, results will not be recorded.

### EVENT TYPE & INTENT

#### PLAY/LEARN

These events are non-competitive, with the focus on participation and fun. Children who lack confidence, are less active or who have not taken part in a School Games event before may benefit from attending these events.

#### PROGRESSION

There is no progression from the This Girl Can festivals.

**The information included in this handbook is subject to change throughout the course of the academic year to fit in with any changes made to formats by School Games and/or National Governing Bodies. Any changes will be communicated to schools as soon as possible. In all instances, schools should adhere to the rules in this handbook whilst at a competition even if these differ to rules played at intra school level.**

**Thank you very much for your continued support of the events in Luton. Please contact me if you have any questions about any of the competitions or formats. For more information on School Games, please visit [www.yourschoolgames.com](http://www.yourschoolgames.com).**