



SPAR LANCASHIRE SCHOOL GAMES 2017

FORMATS

About the School Games

The competition will consist of three stages:

- Level 1: Intra-school competition
- Level 2: Inter-school competition
- Level 3: County Finals

The winners of each of the intra school competitions will represent their school at a district final, where they will compete against other schools in their district. The winning school from the district finals will then be eligible to represent their school and borough at the Lancashire School Games Level Three event on Tuesday 5th July 2016, where they will compete against winning schools to be crowned the County winners. This festival will include an opening ceremony as well as other cultural activities for young people to get involved with when they are not competing.





LANCASHIRE SCHOOL GAMES 2017

CONTENTS

Primary Competitions	3 - 17
Year 3/4 Tri Golf	3
Years 3/4 Mini Tennis	4
Years 3/4 Gymnastics	6
Years 5/6 High 5 Netball	8
Years 5/6 Girls Football	11
Years 5/6 Orienteering	14
Years 5/6 Tag Rugby	15
Secondary Competitions	18 - 29
Year 7 Super 8's Athletics	18
Year 7/8 Girls Cricket	20
Year 8/9 Handball	23
Year 9 Girls Rounders	25
Year 9/10 Triathlon	27
Inclusive Competitions	30 - 38
KS3 Tee Ball	30
KS2 Inclusion Gymnastics	32
U13 PAN Ability Football	34
KS3 Inclusive Orienteering	36



YEAR 3/4 TRI GOLF RULES AND REGULATIONS

COMPETITION RULES

Team Requirements

- Must be Year 3/4.
- A team should consist of 10 young people made up of 5 girls and 5 boys.

Eligibility

Players must go to the school that they are representing.

Equipment needed:

All the Equipment at the Level 3 event will be provided for competitors on the day. Competitors should not use personal golf equipment.

Format of the competition:

There will be an 8 game activity format with additional fun non-scoring activities. Each team will have 2 minutes practice on each activity station (dependent on time).

Each game will last 5 minutes and teams should try and score as many points as possible within this timeframe. The score is recorded and the team will then rotate onto the next activity station. The team with the highest score after all the stations have been completed will be deemed the winner.

Duration of the game

The competition should last around 3 hours, which will also incorporate a break. If you require more information then there is a Golf Roots School Games Toolkit which can be accessed via the Golf Foundation website: www.golf-foundation.org



YEAR 3 & 4 MINI TENNIS RULES AND REGULATIONS

Team Requirements

- This competition has been chosen for pupils in years 3 and 4.
- A squad should have a maximum of 4 young people, consisting of 2 boys and 2 girls.

Eligibility

Players must go to the school that they are representing.

Equipment:

If competitors have their own rackets then we would recommend that they use this, however spare rackets will be available if required. The racket size should be between 19-23" and individuals will not be permitted to use a longer racket. Mini Tennis red balls will be provided for on the day.

Format of the competition:

- Based on a draw schools will be placed in groups of 4 for the morning where they will play each team in the group.
- Based on where teams finish they will be split into suitable knockout groups for the afternoons and will play for positions/ placing.
- A Tennis Match where the first player to reach a score of 10 wins.
- The serve is decided by a 'toss' at the start of the match. The nominated person serves for the first point, it then alternates every two points.
- When serving, players should stand behind the baseline and the ball must not be bounced before being hit.

- The serve can be hit over or underarm and should be hit diagonally, landing in the diagonally opposite service box.
- Each court will have a helper/scorer, who calls out the scores and helps out with decisions.

Duration of the Event

The Tennis competition will last a maximum of 5 hours, refreshment breaks are included in this timeframe.



YEAR 3 & 4 GYMNASTICS RULES AND REGULATIONS

GYMNASTICS COMPETITION RULES

The competition will be based on the rules set out in the key steps resource pack available from British Gymnastics.

It is not compulsory for schools to register with British Gymnastics to participate in the schools competition however, for £17 a year you will receive:

- FREE downloadable resources including Key Step and Next Step competition cards
- Toolkits to support both curricular and extra-curricular gymnastics activities
- Advice from your BG Development Officer
- Use of the BG Partner School Logo
- Access to BG festivals and courses
- Special offers on BG awards and merchandise

For more information or to register your school please visit british-gymnastics.org/schools

Team Requirements

- This competition has been chosen for pupils in years 3 and 4
- A team should have 5 competitors consisting of a minimum of 2 girls and 2 boys.
- Players must go to the school that they are representing.
- The team competition it is only open to non- club gymnastics (see below)

Equipment needed:

- All apparatus will be provided on the day of the Festival
- Competitors must wear T-shirt and shorts, no leotards

Format of the competition:

The competition will be based on the rules set out in the key steps level two resource pack; this covers the Floor, Body Management and Vault Routines.

Scoring (for the group stages):

Five in a team top four scores to count overall.

All young people in the team must attempt all 3 activities and will be judged in accordance with the rules in the resource pack.

Rules and Regulations:

- It should be noted that this competition is aimed at young people at the early foundation level as an introduction to the sport and as such will provide little challenge to more advanced gymnasts
- New to the Sport
- Can be a member of an after school gymnastics club.
- Can be a member of a British Gymnastics club at a recreational level if you participate for up to 1 hour and have never entered any club competition.
(Team competition)

It is the responsibility of the teachers and coaches involved to select appropriate young people to take part in the competition. Any deviation from these rules may result in disqualification from the event.



YEAR 5 & 6 HIGH 5 NETBALL RULES AND REGULATIONS

Team Requirements

- This competition has been chosen for pupils in years 5 and 6
- A team should have a minimum of 7 players and a maximum of 9 players within a team, consisting of a maximum of **3 boys** in the squad and only **2 on the court at any one time and they must NOT be in the same shooting circle**
- It is not a requirement that the squad must contain boys.

Eligibility

Players must go to the school that they are representing.

Equipment:

All teams should provide their own bibs and ball where possible. Please note it must be a size 4 netball. If a team wishes to bring balls to practice with then these should be clearly marked to avoid confusion.

Format of the competition:

- Due to the timings of the day, the format of the competition will now be organised in 2 sections with a round robin in each section.
- The winners and runners-up in each section will progress to the play-offs.
- The rotation sheet for this competition must be filled in at the start of the event and used continuously throughout the group stages.
- Schools progressing through to the playoffs may use their starting line-up at the as long as they rotate correctly at half time.
- Should a team member become injured and unable to play, the scheduled timekeeper will fill in for this position.

Scoring (for the group stages):

- 5 points for a win
- 3 points for a draw

- 1 point for a loss where the loser's score is 50% or more of the winner's score
- 0 points for a loss if the loser's score is less than 50% of the winner's score
- In the event of two or more teams being equal on points the team with the best goal difference shall take precedence. If goal difference is equal the team scoring the most goals shall take precedence.

Rules and Regulations:

- The Rules & Regulations of England Netball apply. The competition will be played to the current official High 5 Netball rules. Copies of these rules are available from the Event Organiser or can be downloaded from the England Netball website. www.EnglandNetball.co.uk
- **Rotation sheets as issued by the competition organiser MUST be USED, completed and submitted on arrival/registration. No other format/version of this sheet is to be used by schools.**
- At the end of each half, schools **MUST** rotate according to their rotation sheet and they should continue in the order (on their sheet) until they reach the end, whereby then, schools may start again.
- Where schools qualify for the semi-final and final, they may start their rotation from the beginning, but still following the rotation at the end of each half.
- Central timing will operate throughout the competition. Games will start and end on the umpire's whistle

The rotations must be strictly adhered to. Failure to do so will result in matches being forfeited. In such instances, 5 points will be awarded to the non-offending team with a score of 5 - 0 in their favour.

Duration of the game

- Match times to be confirmed.
- Central timing will operate.
- Games start and finish on the umpires whistle
- Teams should change ends at each interval.

Start of play

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

- Everyone must observe the 1m Distance Rule.

Footwork

- A player may receive the ball with one foot grounded or may jump to catch and land on one foot. While that landing foot remains on the ground the other foot may be moved in any direction and any number of times, pivoting on the landing foot if desired. Hopping is not allowed.
- A player may receive the ball while both feet are grounded, or may jump to catch and land on both feet simultaneously. The player may then choose to move either foot, and the remaining foot shall then be considered to be the landing foot.
- Penalty: Free Pass.

Playing the ball

A player **must**:

- Pass or shoot within 4 seconds.
- Obey the Footwork Rule.

A player **must not**:

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

Defending, obstruction and contact

- Players must be at least 1m away from the person with the ball.
- Defending the ball in a player's hand by outstretching the arms is not permitted.
- One jump to intercept a throw or shot is permitted, provided the player is at least 1m away. Arms may only be raised as part of the vertical jump in an attempt to intercept the ball.
- Jumping up and down in front of a player is not permitted.

For more information, log onto www.englandnetball.co.uk



YEAR 5 & 6 GIRLS FOOTBALL RULES AND REGULATIONS

Team Requirements

- This competition has been chosen for Girls in years 5 and 6
- A team should consist of 10 young people, consisting of 6 players and 4 substitutes.

Eligibility

Players must go to the school that they are representing.

Equipment:

All the Equipment at the Level 3 event will be provided for competitors on the day. All teams **MUST** bring their own practice balls then these should be clearly marked. The county final will be played on Grass. **All teams must wear shin pads – without these they will not be permitted to play**

Rules and Regulations

Playing Area

The field of play is divided into two halves by a halfway line. The centre mark is indicated at the mid-point of the halfway line. This is also used as the retreat line when restarting play with a goal kick.

Goal Size: The distance between the posts is 12ft and the distance between the lower edge of the cross bar and the ground is 6ft.

The Ball

- The ball should be size 4 for U11
- It should be safe and made of leather or another suitable material

Playing Equipment

Players must wear shin guards and goalkeepers must wear a distinguishing playing strip. Shin guards must be covered entirely by the socks.

Players must wear the appropriate clothing dependant on the weather.

Correct footwear must be worn for the surface of the pitch e.g. no metal studs on artificial grass pitches.

The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Laws for Mini-Soccer in connection with the match to which they have been appointed. Furthermore, referees should also recognise their role is to facilitate learning of the players, for example, allow young children to take a second attempt at a throw-in if the first is not within the Laws.

Start and Restart of Play

A kick-off is taken at the centre of the playing area to start the game and after a goal has been scored.

Opponents must be 5 yards away from the ball and in their own half of the field. The ball must be played forward. In Mini-Soccer a goal cannot be scored directly from a start or restart of play.

Special Circumstances

A dropped ball to restart the match, after play has been temporarily stopped inside the penalty area, takes place on the penalty area line parallel to the goal line at the point nearest to where the ball was located when the play stopped. No goal can be scored direct from a dropped ball.

Ball In and Out of Play

Normal rules apply, as per Laws of Association Football.

Method of Scoring

Normal rules apply, as per Laws of Association Football.

Offside

There is no offside.

Free Kicks

For all free kicks opponents must be 5 yards from the ball.

Penalty Kicks

Normal rules apply, as per Laws of Association Football.

All players except the defending goalkeeper and kicker must be outside the penalty area and at least 5 yards from the penalty mark. The ball must be kicked forward.

Throw-in

Normal rules apply, as per Laws of Association Football.

The role of the referee is to also allow young players to learn the game. This may involve letting players take throw-ins again, if incorrect technique is used. The referee should ensure the same player attempts a second time, with guidance and help from the match official.

Goal Kick

A player of the defending team kicks the ball from any point within the penalty area. The ball is in play when it is kicked directly out the penalty area.

Corner Kicks

The opposing players must remain at least 5yards from the ball until it is in play. The kicker may not touch the ball again until it has touched another player. If he/she does, a free kick is awarded against them.

Fouls and Misconduct

Normal rules apply, as per Laws of Association Football.

However, in Mini-Soccer all free kicks are direct.

A free kick is awarded to the opposing team if the goalkeeper:

- Takes more than 6 seconds to release the ball from his/her hands
- Touches the ball again with his/her hands after it has been released from his/her possession and has not touched any other player

Touches the ball with his/her hands after it has been deliberately kicked to him/her by a team mate

- Touches the ball with his/her hands after he/she has received it directly from a throw in taken by a team mate

For all these offences, the free kick should be taken from the penalty area line, parallel with the goal line, at the nearest point to the offence

Duration of the Event

The Football competition will last a maximum of 5 hours, refreshment breaks are included in this timeframe.



YEAR 5 & 6 ORIENTEERING RULES AND REGULATIONS

Team Requirements

- This competition has been chosen for pupils in year 5 and 6.
- Teams are made up of 6 competitors, with 3 boys and 3 girls.

Eligibility

Players must go to the school that they are representing.

Equipment:

- Schools will need to supply coloured bibs for their pupils to compete in.
- Specific orienteering equipment will be provided by the organisers.
- **Each pair will need at least one watch.**

Format of the competition:

- This competition will start at 12 noon. Following the Inclusive Orienteering Competition, **but please arrive at the Café area for 11.30am**. There are plenty of activities such as the climbing wall and BMX to get involved with before hand.
- Teams will split up into 3 pairs, with 1 girl and 1 boy per pair.
- Each pair will be numbered 1, 2 or 3 by the School
- The course will be a 'score' course and will last approximately 20 minutes
- Each pair **must finish together**
- A dibber and a map will be given to each pair
- All number 1 pairs will start together in a mass start, number 2 pairs will start 5 minutes later, and number 3 pairs will start 5 minutes after this.
- All school staff are to remain at the finish.
- All pairs will count towards the team total.



YEAR 4 & 5 MIXED CRICKET RULES AND REGULATIONS

The county final will be taking place on Blackpool Cricket Club, next to Blackpool Sports Centre. Participants will be escorted to the Cricket Club following the Opening Ceremony.

Aims of the Competition

- The enjoyment for, and fair play by, all players

Team Requirements

- Each team comprises of 8 players. Squads are limited to 10 players.
- In the event of injury to a player, a substitute will be allowed to field, but not bowl. Should such an injury prevent the player batting, a substitute will be allowed to bat only with the permission of the opposing member of staff.

Eligibility

- Athletes must go to the school that they are representing.

Equipment:

- All equipment will be provided on the day.
- It is the competitor's responsibility to arrive in appropriate sporting attire.

Pitch

- Two sets of wickets, 16 yards apart. 2.2

Boundaries

- maximum of 35 metres apart but can be reduced to accommodate more matches.

The Game

- Throughout the Tournament each game shall consist of one innings per team, each innings to be 8 overs long.
- The batting side shall be divided into pairs, each pair batting for 2 overs, with a new pair starting at the end of the second, fourth and sixth overs.
- Each team starts batting with a score of 200 runs.
- Each time a batter is out, 5 runs are deducted and the other batter of the pair faces the next ball.
- A batter may be out bowled, caught, run out, stumped, hit wicket.
- There is no LBW law unless the batter deliberately blocks the ball with a leg or foot.
- Runs will be scored in the normal way, as will byes.
- 2 runs will be awarded to the batting team for each wide ball and no-ball bowled, but no extra ball will be allocated, except in the final over of each innings when, in addition to the 2 runs, an extra ball will be bowled.
- At the end of the first 2 overs, the first pair of batters retires and is replaced by the second pair until all 4 pairs have batted for 2 overs each.
- The second team then bats for its 8 overs.
- Each player on the fielding side must bowl 1 over.
- Bowling will take place from one end only.
- Bowling should be over arm where possible.
- At local/ district competition overarm bowling should be encouraged with the first ball of each over overarm every time. If no amount of coaching and encouragement can achieve overarm bowling, even from a base start, then the rest of the over can be bowled underarm.
- At County/ National Finals underarm bowling is unacceptable and the 'double bounce' rule should be applied i.e. if the ball bounces more than ONCE, or rolls along the ground before it reaches the popping crease.
- Players on the fielding side DO NOT need to rotate fielding positions.
- With the exception of the wicketkeeper no fielder may field within 10 yards of the wicket, measured from the middle stump except behind the wicket on the off-side. A fielder may move into the restricted area to field a ball provided he/she was outside the area when the stroke was made.
- The team with the higher score wins. In the event of a tie the team taking more wickets will be the winner. If it is still equal, each player bowls 1 ball at the wickets (no batter), with the team scoring the higher number of strikes the winner.

Glossary

- An Over: An over consists of 6 balls.
- LBW: 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.
- Byes: If a batter misses the ball, or if it hits their body, they may still run and score byes.
- Wide ball: 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.
- 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.
- No ball: If a ball bounces more than once before reaching the batsman, or if it reaches the batsman above shoulder height without bouncing, it will be called a no ball.
- 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.



YEAR 7 SUPER 8 ATHLETICS RULES AND REGULATIONS

Team Requirements

- This competition has been chosen for pupils in year 7
- A team should consist of 8 boys or 8 girls. There will be separate boys and girls competitions.

Eligibility

Athletes must go to the school that they are representing.

Equipment:

- All equipment will be provided on the day.
- It is the competitor's responsibility to arrive in appropriate sporting attire.

Format of the competition:

There are eight events:

- Hurdles – 75m boys, 70m girls
- 100m
- 200m
- 800m
- High jump
- Long jump
- Shot put
- Javelin
- Relay – 4 x 100m – an A and a B team (all competitors to compete in relays).

All 8 athletes will take part in one track and one field event. Therefore there will be two boys and two girls in all events. All Athletes will take part in a relay.

Individual performances (times and distances) are scored using a points table. The scores of the team are then added together to give a team score and the team with the highest cumulative score will win.

Duration of the Event

The Super 8 competition will last around 3 - 4 hours.



Y7/8 GIRLS TOUCH RUGBY

Team Requirements

- A team consists of a maximum of 14 players, no more than 6 are allowed on the pitch at any time.

Eligibility

- Athletes must go to the school that they are representing.

Equipment:

- All equipment will be provided on the day.
- It is the competitor's responsibility to arrive in appropriate sporting attire.

The Game

- Substitute players must remain within the interchange area. All interchanges must take place in this area and only when the player being substituted has crossed the side line.
- The attacking team must start with a tap-off from the centre of the half way line.
- The defending team must be back 10 metres for the start of play, and after each touchdown.
- After a team scores, the play begins again with a tap in the middle by the non-scoring team.
- The person who takes the role of dummy half can cross the try-line but cannot score.
- If the dummy half is touched while in possession of the ball, it is a turnover.

- A Touch is contact between a player in possession and a defending player. A Touch includes contact with the ball, body, or clothing and may be made by the defending player OR the player in possession.
- After being touched, the player touched must roll the ball between his/her legs. This is a ROLLBALL.
- The attacking team continues play until they have had 6 touches. After being touched 6 times, the ball is handed over to the other side.
- After touching the attacking player with the ball, all defending team members must retreat 5 metres.
- Ball to ground: When the ball is dropped on the ground, it is a turnover.
- No control: When the ball is thrown, dropped, knocked on, in a touch, this results in a turnover.
- When someone is penalised, his/her team must then retreat 10 metres.

PENALTIES: To take a Penalty, place the ball on the ground, let go of the ball, touch the ball with your foot, and pick up the ball and pass.

- If the defending players do not retreat, they are offside. **PENALTY.**
- If a touch is considered to be too strong. **PENALTY.**
- Offside: When the defending players have not retreated 5 metres. **PENALTY.**
- Forward pass: When the ball is passed in front of the player who was in possession of the ball. **PENALTY.**
- Touch and pass: When the person who is touched then passes the ball. **PENALTY.**
- Overstep or off the mark: When the player who has been touched goes past the point where they were touched. **PENALTY.**
- Voluntary Rollball or no touch: When the player is not touched and rolls the ball between their legs. **PENALTY.**
- More than a metre: The ball must not be rolled more than one metre. **PENALTY.**
- Shepherd or obstruction: Obstructing a touch from the defending side. **PENALTY.**

- Deviation: When a defender changes his/her direction before retreating straight back 5 metres. **PENALTY.**

For minor offences, e.g. bickering with referees, shouldering, leg trips, etc, the player will be sin-binned for five minutes without replacement.

Foul play of any nature (the referee being the sole judge) will result in the offending player being sent from the field of play without replacement.

In the event of a tie, each player is required to drop one player. If after 2 minutes the scores are still tied, a further player is dropped. This process is repeated until a winner emerges.



YEAR 8 & 9 BOYS HANDBALL RULES AND REGULATIONS

Team Requirements

- This competition has been chosen for U 14 Boys (Year 8 and 9)
- A squad should have a maximum of 10 young people, with 7 players on court at any one time (6 field players and 1 goalkeeper).

Eligibility

Players must go to the school that they are representing.

Equipment:

- A size 2 ball should be used – It is very important players must be able to grip the ball in one hand.
- All matches should be played on a standard handball court.
- The goal height is 2 meters; the goal width is 3 meters.
- The 6 meter line is the most important line – No one except the goalkeeper is allowed to stand in the goal area – Players may jump into the area if the ball is released before landing in the area.

Format of the competition:

- 2 groups in a round robin.
- 3 points for win, 1 for draw, goal difference counts
- Top 2 go through from each group to the semi final
- Top of group one play second in group 2, winner plays in the final, losing team plays in the 3rd/4th play off
- Top of group 2 play second in group 1, winner plays in the final, losing team plays in the 3rd/4th play off

Rules and Regulations

- All games are to be played in accordance with the EHA rules.
- For a comprehensive guide to the rules of Handball please contact your local School Games Organiser or go to the England Handball website on www.EnglandHandball.com

Duration of the Event

The Handball competition will last around 4 hours, refreshment breaks are included in this timeframe.



Y9 GIRLS ROUNDER'S RULES AND REGULATIONS

Team Requirements

- This competition has been chosen for U14 Girls
- A team should consist of a maximum of 15 and minimum of 6 people.
- Only 9 players will be on the pitch at any one time.

Eligibility

Athletes must go to the school that they are representing.

Equipment:

- Schools / competitors are asked to **bring their own rounders bats** on the day.
- It is the competitor's responsibility to arrive in appropriate sporting attire.

Format of the competition:

- Games are played between two teams. Each team has a maximum of 15 and a minimum of 6 players. No more than 9 players may be on the field at any one time.
- List of players and substitutes should be submitted to the umpire prior to play.
- Games will be 1 innings of 20 good balls
- Players once substituted may return during the game, but batters only in the position of their original number.
- **Teachers will be asked to umpire their own matches**

Scoring

- 1 Rounder if ball is hit and 4th post is reached and touched before next ball is bowled. 1 Rounder if ball is hit and 4th post reached on a no ball (you can't be caught out).
- ½ Rounder if the 4th post reached without hitting the ball.
- ½ Rounder if ball is hit and 2nd or 3rd post reached and touched before next ball is bowled - **but** if you continue this run and are put out before reaching 4th post, the score will be nullified.
- Penalty ½ Rounder for an obstruction by a fielder.
- Penalty ½ Rounder for 2 consecutive no balls to same batter .
- 1 Rounder for a backward hit if 4th post reached (you stay at 1st while ball is in the backward area).
- The team with the highest number of Rounder's wins.

Running around the track

- If you stop at a post you must keep contact with the post, with **hand or bat**. If you don't the fielding side can stump the following post to put you out.
- You can run on to a post even if it has been previously stumped (you don't score if the post immediately ahead has been stumped).
- When the bowler has the ball in the square you cannot move on, but if you are between posts you can carry on to the next.
- You cannot have two batters at a post. The Umpire will ask the first to run on when the second one makes contact.
- At a post you do not have to move on for every ball balled.
- Once in contact with the post, you may turn the corner over the 2 metre line. If you turn the corner during a run and there is no contact with the post you will be deemed to have turned the corner and must run on.
- You can move on as soon as the ball leaves the Bowler's hand, including no balls.
- You must touch 4th post on getting home.

Batter

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

Out When

- Caught
- Foot over front/back line of batting square.
- Before hitting or missing a good ball.
- Running inside post (unless obstructed).
- The post you are running to is stumped.
- You lose contact with the post during bowlers action when they have possession in the square.
- You overtake.
- You obstruct (you have right of way on track only)
- Deliberately throw bat.
- Side out or game over.
- If ordered to make and maintain contact with the post and refuse to do so.

Duration of the Event

The Rounders competition will last around 4 hours.

SCHOOL GAMES

YEAR 9/10 DUATHLON

Team Requirements

- This competition is for secondary pupils in year 9 / 10
- 1 Individual Boy, 1 Individual Girl and 2 teams 1 boys (x2) and 1 girls team (x2)
- 6 pupils altogether

Eligibility

Players must go to the school that they are representing.

Equipment:

Bike

Helmet

Participants are strongly advised to wear gloves whilst cycling. Whilst this is not mandatory, it is a sensible precaution to minimise any injury which may occur in the event of a mishap

Route:

Black loop is Cycle

Red loop is Run



Distances

Year 9 / 10	Run	Bike	Run
	1600	4km	800m
	2 loops	8 Loop	1 Loop

Format of the competition:

The off road junior duathlon is a continuous run, bike, run event

Start at 11am, with 2 waves for category max of 7 competitors on the circuit at once

Time	Wave	Category	Draw E.G
11am	1a	Individual Boys	Bur. Blac.BB. Cho.Hyn. Ro. Pe
11.30	1b	Individual Boys	W&F. WL, SR. Pr. L&H
12pm	2a	Individual Girls	
12.30	2b	Individual Girls	
1pm	3a	Boys Teams	
1.30	3b	Boys Teams	
2pm	4a	Girls Teams	
2.30pm	4b	Girls Teams	

Timings can be adjusted depending on number of entries and time taken to complete each wave.

The event will be timed manually from start to finish

Rules & Scoring:

- A young person cannot compete as an individual and in a team.
- In the categories the times will be considered across each wave with the fastest in each being classed the winner.
- Teams are made up of 2 athletes. One athlete will complete the first run leg, then tag the cyclist. The cyclist's bike their leg of the course then hand over to the runner, or run themselves, to complete the course.
- Bikes may not be ridden within the marked transition area. Any athlete doing so will be liable to disqualification.
- Helmets must be worn at all times during the bike leg of the course. The helmet must be put on and fastened prior to picking up the bike. Failing to adhere to this rule may result in disqualification.
- You will be given a number and safety pins for your t-shirt/race belt. If you are using a race belt, your number should be displayed at the back during the cycle and at the front during the run. If you are not using a race belt, please use the numbers provided pinned to the front and back of your T-shirt.
- You will be given two stickers for both your bike and helmet. Please stick these on the right hand side of your bike frame and helmet. These will assist the marshals who will be counting your cycle/run laps and help to reunite you with your equipment after the event.
- In addition, you will be provided with a bike number plate which should

be attached to your handlebars (the number facing forwards) using the zip ties provided. If you wrap the number tightly round your handlebars it will not be visible and you may be given a time penalty. The marshals in the transition will provide an assistance necessary. Note that the transition marshals will remove the numbers from your bike whilst you are completing the second run section. If a number is still attached to the front of your bike when you come to collect it, please speak to a marshal who will remove it for you.



KEY STAGE 3 TEEBALL

SPECIAL AND MAINSTREAM MLD

RULES AND REGULATIONS

Team Size:

- Maximum of 9 players with 7 on the pitch at any one time. A minimum of **3** girls must be on the pitch

Age:

- Any KS3 student

Equipment

- Tee Ball will be played on a standard rounders pitch.
- The tee will be placed on the front line of the batting square, the height of the tee should be in line with the batters hip.
- A tennis ball will be used and a rounders bats will be used. Teams are responsible for providing their own crate of bats and where possible and an adjustable tee.

Rules and Regulations

- Each match will consist of 1 innings of 14 tees
- Batters will 'face' the tee twice – i.e. they will get two turns each (providing they do not become 'out') before the teams change over
- A batter is allowed a maximum of 3 swings/attempts. If the ball is hit on the first attempt the batter must run on to first base. If the batter fails to hit the ball on all 3 hits the batter is deemed to be out and must wait in the safe area
- A batter will score in the following way:
 - 1 point for reaching 1st base
 - 2 points for reaching 2nd base
 - 3 points for reaching 3rd base

6 points for reaching 4th base

A maximum of 3 points can be awarded if the umpires and officials feel that the batter was obstructed by a member of the fielding team whilst running around the bases.

- Bats must not be dropped or thrown – any players who purposely drop or throw bats will have points deducted from their team score
- A batter will be deemed to be out if the following occur:
They are caught out.
They are stumped out before reaching the base that they are running to
They fail to hit all 3 swing attempts when facing the tee.
They are run out by another batter and the post they are running onto has been stumped.
They overtake a fellow batter who is waiting at a post
Any player who is out must wait in the safe area
- Once the ball has been placed back on the tee, batters on the outfield are not permitted to run on
Batters on the outfield must keep contact with their post, failing to keep contact will deem that they have run on to the next base and could be stumped out
- Once all batters have taken their turn at facing the tee – teams will swap over
- The team with the highest score will be declared as the winning team. If teams are tied on points, the number of players who were 'out' will be taken into account.

Matches will be umpired by young leaders – their decision is final. They should be treated with the respect they deserve.



INCLUSIVE GYMNASTICS KS2

RULES AND REGULATIONS

Format of Event

In the morning gymnasts will take part in a coached workshop based around the Key steps Level 1 gymnastics disciplines of floor and vault. These will be led by a qualified gymnastics coach but accompanying staff members will be required to help their teams in completing the activities.

In the afternoon gymnasts will take part in a gymnastics competition and be judged carrying out the floor and vault routines

GYMNASTICS COMPETITION RULES

The competition will be based on the rules set out in the key steps resource pack available from British Gymnastics.

It is not compulsory for schools to register with British Gymnastics to participate in the schools competition however, for £17 a year you will receive:

- FREE downloadable resources including Key Step and Next Step competition cards
- Toolkits to support both curricular and extra-curricular gymnastics activities
- Advice from your BG Development Officer
- Use of the BG Partner School Logo
- Access to BG festivals and courses
- Special offers on BG awards and merchandise

For more information or to register your school please visit british-gymnastics.org/schools

Team Requirements

- This Event is open to any KS2 pupil

- Schools may bring up to 5 competitors to take part in the event. The team event will use the top four scores but there will also be an individual event for those schools unable to bring 4 pupils.
- Unlike in the mainstream event, there will be NO deductions for prompting gymnasts of the next movement they should make in a sequence.

Equipment needed:

- All apparatus will be provided on the day of the Festival
- Competitors must wear T-shirt and shorts, no leotards



U13 PAN ABILITY FOOTBALL SPECIAL AND MAINSTREAM MLD RULES AND REGULATIONS

Team Requirements

The competition is 7-a-side football

- This competition is mixed for girls and boys in year 8 (under 13s)
- A team can consist of 10 young people, with 7 players and 3 substitutes.

Eligibility

Players must go to the school that they are representing.

Equipment

All the Equipment at the Level 3 event will be provided for competitors on the day. If teams wish to bring their own practice balls then these should be clearly marked. The county final will be played on Grass. Please make sure all competitors have suitable boots or trainers for use on the grass. **All teams must wear shin pads – without these they will not be permitted to play**

Format of the competition

- The principle of a 2 league format leading to a knockout in the later stages will be followed, depending on the number of teams entered.
- The decision regarding duration of matches is dependent on team entries and will be decided by the event organiser prior to the day.
- Points will be awarded in the league stage as follows:
 - 3 Points for a win, 2 points for a draw and 1 point for a loss.
 - In the event of a team dropping out on the day, fixtures will not be altered. Teams will be awarded a 1-0 win.

- In the event of two or more teams being equal on points the team with the best goal difference shall take precedence. If goal difference is equal the team scoring the most goals shall take precedence. If the teams are still tied, kicks from the penalty mark should take place in accordance with the International Board of Decision contained in the Laws of the Game.
- In the event of a draw in the knockout competition the match will be decided by kicks from the penalty mark in accordance with the International Board of Decision contained in the Laws of the Game, no extra time will be played.

Duration of the Event

The Football competition will last a maximum of 5 hours, refreshment breaks are included in this timeframe.



KEY STAGE 3 INCLUSIVE ORIENTEERING MAINSTREAM AND SPECIAL SCHOOLS MLD

RULES AND REGULATIONS

Team Requirements

- This competition has been chosen for pupils in Key Stage 3 (Year 7, 8 and 9).
- Teams are made up of 8 competitors, with 4 boys and 4 girls.
- This competition is for MLD children from mainstream and special schools (**not behavioral children**)

Eligibility

- Players must go to the school that they are representing.
- This competition is for SEN children (**not behavioural children**)
- **Each pair will need at least one watch.**

Equipment:

- Schools will need to supply coloured bibs for their pupils to compete in
- Specific orienteering equipment will be provided by the organisers.

Format of the competition:

- This competition will start at 10.30am, **but please arrive at the Café immediately after the Opening Ceremony.**
- Teams will split up into 4 pairs.
- Each pair will be numbered 1, 2, 3 or 4 by the School
- The course will be a 'score' course and will last approximately 30 minutes
- Each pair **must finish together**
- A dibber and a map will be given to each pair
- All number 1 pairs will start together in a mass start, number 2 pairs will start 5 minutes later, and number 3 pairs will start 5 minutes after this, etc.
- All pairs will count towards the team total.

Duration

- The Event will last approximately 1 hour 30 minutes.