



Chester School Sport Partnership

Primary School Competition

Rule Book

2018 - 2019

Year 3&4 Tag Rugby Mega Fest



KEY INFORMATION

Age Category:	Year 3&4
Squad Size:	8 a-side
Gender Specifications:	None Specified

- Schools can bring a maximum of 12 players.
- The teams can be girls / boys / or mixed.
- There will be a number of skills stations, and after a set time the groups rotate to the next station. The Mega Fest format encourages you to focus on the opportunity that the different games provide, not the competitive outcomes of the games.
- Please ensure children bring appropriate clothing including wet weather gear.
- Please bring plenty of fluids and also a snack.
- The Mega Fest will be held on grass.
- Please bring enough school staff to supervise the children.
- If you have any size 3 balls, TAG belts and bibs, please bring them with you.

Year 5&6 Tag Rugby Competition



KEY INFORMATION

Age Category: Year 5&6

Squad Size: 8 a-side

Gender Specifications: Minimum of 2 boys or 2 girls on the pitch.

- Schools to bring a squad of maximum of 12 and minimum of 8.
- Minimum of 2 boys and 2 girls must be on the pitch at any time.
- Fixtures list will be provided on arrival.
- Please ensure children bring appropriate clothing including wet weather gear.
- Please bring plenty of fluids and also a snack.
- The fixtures are to be played on grass.
- Please bring enough school staff to supervise the children.
- If you have size 3 balls, TAG belts and bibs please bring them.
- Players are permitted to wear studded rugby/football boots. Players should wear appropriate clothing for outdoor rugby.

Rules:

- The game format will be Tag Rugby - a non-contact form of the game in which the tackle is replaced by a 'tag'.
- When playing Tag Rugby all players wear a tag belt, which has two ribbons (tags), attached to it with Velcro. The belt is worn around the waist and on the outside of the clothing. Shirts must be tucked in. The tags are positioned on either side of the hips and teams are distinguished by the colour of the tags they wear.
- Only the ball carrier can be tagged. A tag is simply the removal by a defender of one of the two ribbons. Once tagged the player in possession must stop and pass the ball to a team-mate within three seconds. However, the game is continuous and tagged players may pass within the act of stopping.
- The defending player who makes the tag must hold the tag above their head, and along with the rest of their team, stand back on their own side allowing the attacker to pass. When the pass has been made the defender must give the tag back to the tackled player before re-joining the game.
- No player can take any further part in the game without both tags properly in place on the belt.
- The object of the game is to score a try by placing the ball with downward pressure on or behind the opponent's 'goal line'. Players should NOT dive over the try line in an attempt to score a try. Any tries scored this way will be discounted.
- There will be no scrum, no kicking and no line out.
- A free pass is to be used to start the game and to restart after an infringement has occurred i.e. forward pass, ball out of play, knock on, off side. At a free pass, the opposition must be 7 metres back. Before a team can restart the game after a try is scored the opposition must return to their own half.

Year 5&6 Quick Sticks Hockey Competition



KEY INFORMATION

- Age Category:** School years 5 & 6
Squad size: 4 a-side
Gender Specifications: 2 boys and 2 girls on the pitch at one time.

Basic Rules:

- Teams will not have goal keepers.
- Quicksticks starts with one team being given a centre pass (taken from the centre of the pitch) which can be passed in any direction, once the umpires have blown a whistle.
- A goal is scored when the ball has been struck or deflected off a player's stick, either an attacker's or a defender's and it crosses completely over the goal-line.
- A penalty goal will be awarded if a defending player deliberately stops a ball from crossing the goal-line with their feet or body.

A free-pass is awarded when:

- The ball passes completely over a side line. The freepass should be taken by a player of the team which did not touch the ball last, and it must be played along the ground in any direction (on the pitch), from the point where the ball went off the pitch (i.e. where it crossed the side line).
- The ball passes completely over the back line and was last touched by an attacker. The free-pass should be taken by the defending team, from the top of the shooting circle in their third, in line with the centre spot. All players from the attacking team must retreat to their defending third of the pitch.
- The ball passes completely over the back line and was last touched by a defender. The free-pass shall be taken by the attacking team from the corner of the pitch nearest to where the ball crossed the line

Or when a player:

- Intentionally uses any part of their body to play the ball
- Attempts to play any high ball (over knee height) with the stick
- Uses the back of the stick
- Whilst striking the ball, causes any actual or possible danger to themselves or to other players
- 'Obstructs' by running between the ball and an opponent who is close enough to hit it, thereby unfairly preventing the opponent from playing the ball. Players must not use any part of their body or stick to obstruct another player
- Holds, charges, kicks, pushes, intentionally trips or strikes any player or umpire

- Interferes with another player's stick or clothing
- Plays the ball dangerously or in a way which leads to dangerous play.

Fixtures list will be provided on arrival.

Please ensure children bring appropriate clothing including wet weather gear.

We encourage all children to wear shin guards and gum shields.

Please bring plenty of fluids and also a snack.

Please can all schools supply their own bibs, hockey sticks and balls if you have them.

SEN Multi Sports Festival

Incorporating Sitting Volleyball, Goalball and a Wheelchair Basketball workshop

KEY INFORMATION

Age Category: Any Age

Squad Size: A team of 5 children, and a maximum of 2 teams per school.

Sitting Volleyball

BASIC RULES

This competition is for SEND pupils who cannot easily access mainstream volleyball.

- Players must keep buttocks in contact with the floor when playing the ball.
- Players can play the ball with any part of their body.
- When serving a player must be positioned at the back of the court and their buttocks must not touch the court, however the server's feet, legs or hands may touch the court.
- Players can serve underarm, overarm or throw the ball into play.
- Players have two attempts to serve.
- The team that wins the rally, wins the point, they then serve the next point. If they lose the point the opposing team serves.
- A point is scored after every serve.
- A team rotates their position clockwise when they regain the serve.
- The ball must go over the net on the third touch at the latest. Players cannot make two consecutive touches.
- Each game is first to 11 points.

Wheelchair Basketball

This will be a mixture of skills, shooting practice, using a wheelchair and mini games.

Tri-Golf

Mini stations of tri-golf games, completing a mixture of chipping and putting activities.

Boccia

Basic Rules:

Boccia is an attack and defend game, with two sides competing over a set number of ends. The aim is to score as many points as possible by placing their set of coloured balls closest to the white 'Jack' ball.

- A ball can be propelled by rolling, throwing or kicking.
- If a player is unable to throw or kick it, they can use a 'ramp' (assistive device).
- If they are unable to release the ball with their hands players can use a head pointer.
- All players must be seated during the game.
- An end consists of all 13 balls being propelled onto court (the Jack, 6 Red and 6 Blue).
- Each team has 3 players on court for each match. (Teams can have up to 5 players)
- Decided using a coin toss, the winning player/captain chooses to be red or blue.
- Both sides must occupy a designated box on the court from where balls are propelled. Red in boxes 1, 3 and 5. Blue in boxes 2, 4 and 6.
- The red side always begins the first end by propelling the jack into court.
- The player who propels the jack ball also propels their team's first coloured ball.
- A player from the opposite side then propels their first coloured ball.
- The side not closest to the jack plays until they get closer, or run out of balls.
- The end is complete when all balls from both sides have been propelled.
- One point is awarded for every ball of the same colour, which is closest to the jack.
- 3 end boccia (is recommended to be played at County) but 2, 3 or 4 end boccia can be played if enough courts and time is available – Each team has the jack for one end; the captain decides who should propel the jack onto court. This must be from a different box each end. For the third end the jack is placed on the cross and a coin toss decides which team plays first. This must be from a different box to previous ends. If the scores are level following completion of 3 ends a Tie Break is played to determine the winner.

At County Level:

Teams will enter into one of the two competition programmes based on which is most appropriate:

School Physical Disability Division

Each participant must have a physical disability and at least one of whom must be a wheelchair user. *A variety of physical disabilities result from congenital conditions, accidents or progressive neuromuscular diseases. These disabilities may include conditions such as spinal cord injury (paraplegia or quadriplegia), cerebral palsy, spina bifida, muscular dystrophy, amputation, paralysis, polio and stroke.*

School Pan Disability Division

For players with any disability, including learning, behavioural and sensory. Open to pupils on the SEN register.

Year 2 - Multi Skills Festival

KEY INFORMATION

Age Category: Year 2
Squad Size: Whole class
Gender Specifications: None

BASIC RULES

The Year 2 Multi Skills festival is a 'come and have a go' type competition. There will be 6 stations for the pupils to rotate around including throwing, jumping, agility type activities.

Each session will last 1 hour.

There is no need to have practised anything prior to this competition and all the children will have fun regardless of ability.

Year 5&6 Basketball Competition

KEY INFORMATION

Age Category: Years 5&6
Squad Size: 5 a-side
Gender Specifications: None

EVENT RULES

1. Games are to be played 5 v 5.
2. 5 children on the court at all times, any gender mix. All children must be in school years 5 or 6 at the time of competition.
3. Squads may contain up to 10 children.

GAME RULES

1. No contact.
2. One step while holding ball.
3. One dribble – a dribble is a continuous bouncing action.
4. Players may be substituted at any time on a dead ball.
5. Half Court Defence – when possession is lost or turned over in their opponents half, a team must not defend the ball until it has passed over the half way line i.e. they must retreat to their own half.
6. All baskets will count as 1 point.
7. After a basket, the opponents will be given the ball to make a throw in from any point behind the baseline.

VIOLATIONS - If any violation is committed, the non-offending team should take a throw in from the side line.

Violations Include:

1. *Deliberately* kicking the ball or striking it with a fist.
2. Knocking the ball out of the side lines.
3. Dribbling with two hands on the ball at once or letting the ball come to rest on two hands then continuing to dribble (Double Dribble).
4. Running with the ball (Travelling).

FOULS

1. A personal foul involves personal contact with an opponent, if this occurs in the act of shooting two free throws are allowed, otherwise it is side line ball to the opposing team.
2. Once a player has 5 personal fouls in any one game he/ she takes no further part in the game.

- A Playing order will be provided on arrival.
- Schools are responsible for the supervision of their own children and any first aid issues.
- Schools attending the event are asked to wear their school PE kit and the schools are

to provide their own bibs.

- Children are reminded to bring their own drink

Year 5&6 Sportshall Athletics Competition

KEY INFORMATION

Age Category: Year 5&6
Squad size: Each team should consist of 20 pupils
Gender
Specifications: 10 boys and 10 girls

<u>Track Events</u>	<u>Number of athletes required</u>	
4 x 1 Hurdle Relay	4 girls	4 boys
1 + 1 Lap Race	2 girls	2 boys
2 + 2 Lap Race	2 girls	2 boys
6 Lap Paarlaf	2 girls	2 boys
4 x 1 Lap Relay	4 girls	4 boys
<u>Field Events</u>		
Chest Push	2 girls	2 boys
Soft Javelin	2 girls	2 boys
Standing Long Jump	2 girls	2 boys
Vertical Jump	2 girls	2 boys
Speed bounce	2 girls	2 boys

An athlete is limited to 1 track plus 1 relay event, and 1 field event. Every child must do at least one event.

Year 3&4 Small Sided Football Competition

KEY INFORMATION

Age Category: Year 3&4
Squad Size: 5 a-side, squad of 8 max
Gender specifications: None

Basic Rules:

- Games will be 5-a-side one of which must be a goal keeper.
- All free-kicks are direct. For all free kicks opponents must be 5 yards from the ball.
- Throw-ins - both feet must be in contact with the ground and the ball must be thrown from behind the head.
- A goal cannot be scored direct from a throw-in.
- A free kick is awarded to the opposing team if the goalkeeper touches the ball with his/her hands after it has been deliberately kicked to him/her by a team mate.
- Substitutions can be rolled on and off at a stoppage in play when the referee has been informed.
- Goalkeepers are allowed to come out of and players are allowed to go into the penalty area.
- Goal Kick - opponents must retreat to their own half until the ball is in play. The defending team does not have to wait for the opposition to retreat.
- There is no offside.
- A goal cannot be scored direct from a goalkeeper restart or a kick off.
- All Players MUST wear shin guards and appropriate footwear for the surface being played on.
- Players must not wear any Jewellery
- A size 3 ball must be used for Under 9 age group
- The decisions of the referee regarding facts connected with play are final.

High 5 Netball Competition

KEY INFORMATION

Age Category: Year 5&6

Squad Size: 5 a-side, maximum of 9 in the squad.

Gender specifications: 2 boys on the court at one time, maximum of 3 in squad.

Schools are to provide their own bibs with positions clearly marked on them.

Basic Rules

Start of play the 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.

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.

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.

Scoring a Goal

- A goal is scored when the ball passes completely through the ring from the top to bottom. A goal may only be scored by the GS or GA from within the shooting circle.

Out of Court

- A ball is out of court when it, or a player touching it, touches the ground or an object outside the court. The line counts as part of the court.
- A throw-in is then awarded to the opposing team. If the ball hits the post and bounces back into the court, it is still in play.

The Throw-in

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

Offside

- A player is offside if they enter an area of the court in which they are not allowed.

Penalties

- A free pass is awarded to a team for any infringement of the rules i.e. footwork except obstruction and contact.
- A player may not shoot directly from a free pass.
- A penalty pass or shot is awarded to a team against any player causing obstruction or contact.
- A player may shoot if the penalty is awarded inside the circle. The offending player must stand still beside the player taking the pass or shot.
- The free pass, or a penalty pass or shot, is taken from the point where the infringement occurred and may be taken by any member of the team allowed in that part of the court.

Rotations

- All teams must follow England Netball High 5 rotations
- A copy of rotation sheets can be obtained from Claire Smedley claire.smedley@blaconhigh.cheshire.sch.uk
- A Playing order will be provided on arrival.

- Schools are responsible for the supervision of their own children and any first aid issues.
- Schools attending the event are asked to wear their school PE kit
- Children are reminded to bring their own drink.

Year 3&4 Diamond Cricket Festival

KEY INFORMATION

Age Category: Year 3&4

Squad Size: Team of 10 (minimum of 2 boys or 2 girls)

Gender specifications: Mixed

Batting - Only four players can bat at one time; the remaining batters should wait in a safe area ready to come in.

Fielding - Fielders spread out (but no-one can start by standing inside the 'diamond'). A fielder at each set of stumps (as a wicket-keeper) is a good idea.

Bowling - The bowler stands in the middle of all four stumps (stumps set out in a diamond shape).

The Game - Bowler bowls underarm or overarm at any set of stumps. You can not run unless you hit the ball. All four batters run at the same time – in an anti-clockwise direction – with no overtaking. One run is scored when all batters advance safely to next wicket. As soon as the bowler receives the ball back s/he can bowl it again at any stumps so the batters always need to be ready.

The team with the most runs wins.

Ways of being out - Caught, Bowled, Hit wicket, Run out. When a batter is out, the next batter comes in to replace them.

Staff from the schools that enter the competition will be umpiring the games.

Years 3&4 and 5&6

Gymnastics Comp



KEY INFORMATION

Age Category:	Year 3&4 and Year 5&6
Squad Size:	Minimum of 4 in a team, maximum of 5. 5 can compete but only 4 scores count.
Gender specifications:	At least 2 boys and 2 girls.

The main aim is to provide pathways of development for school children who have had **no experience of gymnastics and are new to the sport**. Therefore opening up the sport to school children who may never have previously chosen to take part or compete in gymnastics.

In addition, a secondary aim is to provide opportunity for **existing gymnasts** to participate in competition on **behalf of their school** (as a guest to the competition and in addition to the team of school children).

Team event:

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. They must be:

- New to the sport.
- Must not be or previously have been, a member of a gymnastics club outside of school.
- Can be a member of an after school gymnastics club.
- They must not be associated within the British Gymnastics affiliated club structure.
- All children must wear T-shirts and shorts – no leotards.

Individual event:

- Gymnasts can be members of a gymnastics club and can have participated in competitions up to and including regional level.
- All children must wear t-shirts and shorts or leotards.

Please note that club competition level pupils are not eligible to take part in the team competition. As per the rules for the county final.

Club individuals may take part in the INDIVIDUAL competition which happens at the same time as the team event.

Basic Rules:

- 5 pupils will compete on each piece of apparatus, the 4 best scores count.
- The pupils will complete the floor and vault routines. You can obtain a copy of the routines from Claire Smedley – claire.smedley@blaconhigh.cheshire.sch.uk
- Please note that the floor routines will be performed over a straight line of mats.

Health and Safety:

- Long hair must be tied back.
- No jewellery should be worn.
- All loose clothing should be tucked in.
- All gymnasts should warm up appropriately before each routine.
- All team teachers must ensure their pupils are under adult supervision at all times.
- Children are reminded to bring a bottle of water.

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.

New Age Kurling Competition

KEY INFORMATION

Age Category:	Years 5 – 9.
Squad Size:	Minimum of 4 in a team, maximum of 5. 5 can compete but only 4 scores count.
Gender specifications:	Any gender make up.

Eligibility:

To play in these events players must have either a physical or sensory disability or a learning disability. Please note this list does not include a learning difficulty and that many common learning difficulties (e.g. dyslexia, ADHD) are not eligible. As a guide a learning disability will have been present from birth / early age and have an accompanying educational statement. Players with such learning disabilities are eligible – if unsure please check with a school SENCO.

Impairments eligible: learning disability, partially sighted, cerebral palsy, amputee, partial hearing / deaf and other physical disabilities including wheelchair users.

Impairments not eligible: learning difficulty (e.g. dyslexia, ADHD)

Players with Emotional Behaviour Disorders will have an accompanying educational statement.

Basic Rules:

- Court length should be shortened by one third for primary competitions.
- Teams will consist of four players with an optional fifth substitute.
- Each player delivers stones corresponding to their team colour, red or blue, towards the 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.
- Individuals/teams take it in turns to deliver the first stone of an end. The individual/team going first in the first end should be determined by a toss of a coin.
- Each game consists of either four or six 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 than any opposition stone
- At the completion of four/six ends, the points scored on each end are added together. The individual/team with the highest total score wins.
- The team with the highest number of points scored will be the winner on the day.

Year 5&6 Tri-Golf Competition



KEY INFORMATION

Age Category: Year 5&6
Squad Size: 10 children in a team.
Gender specifications: 5 boys and 5 girls.

Format – 8 Game Skills Challenge.

- No golf experience required.
- Team based competition – 10 children in a team, 5 boys and 5 girls who are from the school years 5 & 6.
- Teams will progress around the 8 stations with a time limit on each.
- Each station varies skill that will require either chipping or putting.
- The SSP will supply all the equipment.
- Please remind the children to bring a water bottle with them and to wear their sports kit. (Not forgetting wet weather gear / sun tan lotion and cap).



Year 5&6 – Quadkids Athletics

KEY INFORMATION

Age Category: School Years 5&6

Squad size: 8 in a team

Gender Specifications: 4 boys and 4 girls

Basic Rules

Each team member takes part in every event:

1. Standing Long Jump
 2. Vortex Howler Throw
 3. 75m Sprint
 4. 600m Run
- For each event, each team member receives a score based on their performance (time/ distance etc).
 - Each athlete has 3 attempts at the jump and throw activities, with their best score counting.
 - There is 1 attempt in the runs.
 - Team member points are added together and an aggregate score is worked out.

Year 5&6 Kwik Cricket Competitions

(Mixed A, Mixed B and Girls Comps)

KEY INFORMATION

Age Category: School Years 5 & 6.

Squad size: 8 a-side

Minimum of 8, maximum of 10 in a squad.

Gender Specifications: Mixed A - None

Mixed B – None

Girls – Must be all girls

Rules

There are no quotas or ratios for boy:girl in the Year 5&6 mixed competitions. Teams can be single or mixed gender.

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.

The Game

Throughout the Tournament each game shall consist of one innings per team, each innings to be 8 overs (6 balls) long.

Batting & Scoring

- 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 (too wide for the batter to hit) and no-ball (bounces more than once or delivered on the full) 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. Any runs above 2 scored on a 'no ball' will count in place of the 2 received for the no ball.
- 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.

7. Bowling and Fielding

- 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. Players on the fielding side DO NOT need to rotate fielding positions.
- With the exception of the wicketkeeper, no fielder is allowed within 10 yards of the batter until the ball is played by the batter.
- 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 make a catch or field a ball provided he/she was outside the area when the stroke was made.

8. The Result

The team with the higher score wins. In the event of a tie the team taking more wickets, then scoring more boundaries 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.

9. Eligibility

The tournament is open to all pupils in school years 5 and/or 6 on the day of competition.

Chester School Sport Partnership is happy for lower KS2 pupils to be involved in the competition, especially for smaller schools that may not have enough pupils in Years 5 & 6. However, we would expect the team manager to only select pupils that will cope with both the physical & mental demands of playing with older pupils in a competitive environment.

PLEASE CAN ALL PARTICIPATING SCHOOLS BRING THEIR KWIK CRICKET SETS.

Year 3&4 Mini Red Tennis Competition

KEY INFORMATION

Age Category: School Years 3&4

Squad size: 4 in a team

Gender Specifications: 2 boys & 2 girls

Rules: The matches will consist of girls doubles and boys doubles.

Competition Information:

Mini Tennis Red can be played on a modified badminton court or a modified area of a tennis court and uses a larger slower moving ball.

Court Size: 12m x 6m (half Tennis court or a Badminton court)

Net Height: 80cm

Racket size: 43cm-58cm (17-23" max)

Balls: 8cm sponge ball if inside or Mini Tennis RED low compression ball if outside.

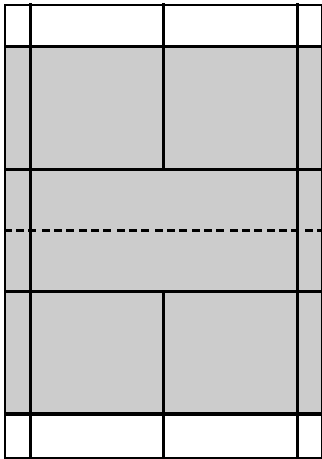
Rules & Eligibility:

Teams:

- Players should be from Year 3 and/or Year 4 – i.e. a mixture of the two Year Groups can be used, or your team can be from all one Year Group.
- The matches played in the SSP final will be doubles.
- There is no restriction on the ability of the participants.

Court Size:

The 'Short & Fat' area of the court is used, so that the whole area of the court is used, except the back tramlines – as shown on the diagram below:



Equipment:

- Mini Tennis strung rackets (maximum size 23”) only to be used. A limited number of rackets and balls will be available on the day, but schools/players are encouraged to bring their own.

Kit & Clothing:

- P.E/Sports kit only.
- Players must wear trainers.

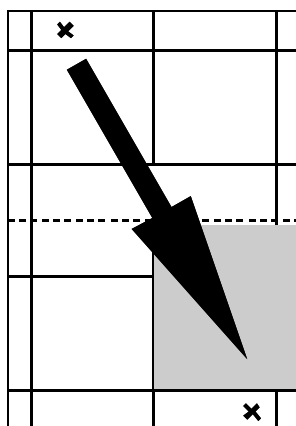
Format:

Duration /Scoring of matches:

- ‘First to 7’ also called a ‘Match Tie-break’ (with sudden death at 6-6 – no need to win by 2 clear points). With a maximum time limit of 7 minutes.

Playing:

- The serve is decided by a ‘toss’ at the start of the match.
- The nominated person serves for the first point; serve then alternates every 2 points.
- When serving, players should stand behind the back service line.
- When serving the ball must NOT bounce before being hit.
- The receiver must let the service ball bounce before returning.
- Serves should be hit diagonally, landing anywhere in the opposite diagonal service box.



- Players stay at the same end of the court for the entire match
- Each court should have a scorer, who calls out the scores and helps out with decisions (teacher or sports leaders).
- The competition will be a round robin format.

Serving diagram.



Year 5&6 Orienteering Competition

KEY INFORMATION

Age Category: The children can be any combination of year 5 and / or 6 pupils.
Squad Size: Team of 6 pupils
Gender Specifications: 3 boys & 3 girls

Please note there will be an 'A' competition and a 'B' competition (you may only enter a maximum of 2 teams).

- Clothing: sportswear (long tracksuit bottoms), trainers and wet weather clothing / hats / sun cream.
- Children can still take part if they have not taken part in an orienteering event before.
- Please bring plenty of fluids.
- A map will be sent to schools for teachers and pupils to familiarise themselves with map symbols.
- Electronic dibbers will be provided for each competitor and must be returned. (Deeside Orienteering Club will charge £30 to your school for each lost dibber).
- Entry forms must be returned by the deadline including entrants names, these are required in order to allocate the electronic dibbers.
- A confirmation e-mail will be sent to schools once their entry has been received.



Competition Code of Conduct For Competitors / Participants

- Co-operate, respecting all requests and decisions made by the team managers, coaches, helpers, officials, referees and administrators.
- Be on time.
- Control tempers and avoid behaviour which may inconvenience or upset others.
- Treat opponents and team mates with respect at all times (before, during and after the competition).
- Be considerate to others and work as a team.
- Set a positive example for others, particularly younger athletes and spectators.
- Thank those responsible for organising the event.
- Act with dignity and within the rules at all times in success and failure.
- Accept success and failure in a selfless and positive way.
- Take care of all property.
- Speak out immediately if concerned or uncomfortable with someone's behaviour.
- Be responsible for caring for their own equipment, clothing and property.
- No jewellery or unsuitable clothing or footwear must be worn during any event.
- Please do not take photographs or post anything on social media without consent.



Competition Code of Conduct For Competition Organisers, Coaches and Staff in charge of Children

- Consider the well-being and safety of participants before the development of performance.
- Develop an appropriate working relationship with performers based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and experience of those taking part and ensure all participants are suitably prepared physically and mentally when learning new skills.
- Display consistently high standards of behaviour and appearance, dressing suitably and not using inappropriate language at any time whilst involved with activities.
- Always report any incidents, referrals or disclosures immediately.
- Never condone rule violations.
- All sports providers must accept responsibility to comply with the respective rules / guidelines of the event.
- Under 18 volunteers should themselves be supported, and must not be given sole responsibility of groups of children without appropriate adult supervision.
- Instil in the performers the values of respect, discipline effort and loyalty.
- Promote the positive aspects of the sport (e.g. fair play).
- Encourage performers to value their performances and not just results.
- Encourage the performer to develop their talent and their sporting mind.
- Respect fellow team managers, parents and coaches and their good work.
- Understand the difficult task of the officials, especially if they are young people, and respect their decisions.
- Only take photographs of your own children. If you do take photographs of other children please do not post on social media and always obtain consent.



Competition Code of Conduct For Spectators, Parents & Guardians

- Encourage your child to learn the rules and participate within them.
- Discourage challenging or arguing with officials.
- Publicly accept officials' / referees' judgments.
- Help your child to recognise good performance, not just results.
- Set a good example by recognising good sportsmanship and applauding the good performances of all.
- Never force a child to take part in sport.
- Try to ensure your child is dressed appropriately for the activity and has plenty to drink.
- Use correct and proper language at all times.
- Never punish or belittle a child for poor performance or making mistakes.
- Support your child's involvement and help them to enjoy their sport.
- Only take photographs of your own children. If you do take photographs of other children please do not post on social media and always obtain consent.



Schools attending competition - Expectations

- Schools should confirm their attendance at competitions by the agreed deadline. Once confirmed schools should look to attend in line with the agreed start / registration time.
- If for any reason a school is unable to attend after confirming their entry they should give as much notice as possible of this to the competition organiser. This should not be less than 48 hours.
- Schools should bring the correct number of participants together with the correct ratio of boys to girls (where applicable) as stated in the competition rules and format.
- Schools attending competition in breach of this will still be able to take part but may find that their results do not count towards the overall result.
- Teams winning Partnership Level 2 / inter- competitions are expected to progress to the next stage of competition (i.e. Level 3 / county School Games, or county cricket competition). If they are unable to then they should make it known at the relevant final so that the place can be offered to another school.

We ask that every school attending an inter schools competition brings the following information / kit with them:

- A record / register of who is taking part including who has photographic consent.
- It is the responsibility of the school to ensure that the necessary parental consents have been secured.
- Schools must have immediate access to relevant medical information about participants if required.
- Schools must have in place late collections procedures and guidance.
- The relevant size and gender make up of squad as outlined in the rules where this is a requirement of the competition.
- Appropriate footwear and clothing pertinent to the sport being played and the time of year.
- Individual player drinks / snacks / refreshments if required.
- Practice ball(s) / equipment relevant to the competition for your own teams use during the warm up. Bibs relevant to the sport e.g. High 5 and any other equipment asked for by the competition organiser e.g. rounders bats.
- First aider & first aid kit.

GDPR/Privacy Notice: *In line with the General Data Protection Regulation. We ask for data and occasionally names of the children for two reasons, 1) for the running order for events and allocation of race numbers / dibbers etc and 2) to provide a summary report back to the Sport England which funds the event (no names will be shared only numbers). Once this summary report has been completed, all team registration forms will be confidentially discarded.*

We refer to the column on the team data collection form which asks for photo consent Y/N; it is your schools responsibility to gain photo consent for your pupils and fully complete the form. The event organisers will be using social media and various forms of photography, therefore, photo consent is very important.

Areas to consider		Responsibility
Risk assessments	SSP:	Available for schools to request. Supplementary to any specific school risk assessments.
	School:	Read and print off.
Codes of conduct	SSP:	All uploaded onto the website, available at all events.
	School:	Rad prior to attending and ensure ALL are aware.
First Aid	SSP:	All SSP staff are first aid trained and carry a first aid kit.
	School:	Advised to bring their own first aider and provision.
Reporting accidents	SSP:	Document any accidents which occur at the event.
	School:	Staff to notify SSP, their own school and parents. Venue to be notified if applicable.
Medical information of participants	SSP:	School to make SSP aware.
	School:	Accompanying teacher should have all the relevant details with them at each event.
Photography information	SSP:	Issue wristbands.
	School:	Accompanying staff aware of who can and can't be photographed. Staff to highlight children and alert SSP staff.
Ratios of staff to children attending	SSP:	None.
	School:	Individual school policy.
Multiple pitch / courts / areas	SSP:	Notify of split areas of play on arrival.
	School:	Decide on number of staff appropriate based on site setting (i.e. one per team).
Toilet supervision	SSP:	None.
	School:	School staff have full responsibility.
Reporting	SSP:	Report all concerns to school and venue where necessary.

concerns		
	School:	Follow protocol for reporting and inform SSP staff.
Spectators	SSP:	Segregate parents from children where possible. Codes of conducts available to chare.
	School:	Support the SSP in delivering the Code of Conduct and communicate with parents. Schools are responsible for the behaviour of the spectators of their teams.
Coaches / volunteers / leaders	SSP:	All will have been briefed about the event, understand the code of conducts, rules and regulations of each event.
	School:	Contact organisers if any issues with them. Check DBS if necessary and held on school grounds.