



LLG Sports Booklet

This document contains information for
the 2017/2018 academic year.



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LLG, Inspiring children through competition

LLG, Inspiring children through competition

Leigh, Lowton and Golborne schools (LLG) are a consortium of local schools. These are the aims and key principles of the group.

1. To raise standards in our schools by aspiring to achieve excellence in all aspects of school life.
2. To work collaboratively with all of our partner schools to achieve the highest possible standards.
3. To be willing to share best practice with all of our partner schools.
4. To ensure that all pupils fulfill their maximum potential in terms of attainment and achievement/pupil progress.
5. To enable all schools to participate in the LLG activities that they feel are relevant to themselves.
6. To be positive, supportive, transparent and honest with all of our partner schools.

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All LLG School's

- Gilded Hollins
- St Georges CE
- Lowton J & I
- Bickershaw
- St. Catherine's RC
- Leigh St Thomas
- St. Luke's CE
- Bedford Hall
- Lowton West
- St Gabriel's
- Christ Church
- St Joseph's

- Golborne St. Thomas
- Newton West Park
- GolborneAllSaints
- Westleigh Methodist
- GolbornePrimary
- St Paul's CE
- Leigh CE Infants
- X11 Apostles RC
- Leigh Central
- Sacred Heart
- Leigh CE
- Leigh St Peters
- St Johns



Codes Of Conduct

Code of Conduct for Players

- Regard it as an honour and privilege to represent a school team.
- Treat a match as a game that is fun, but play by the rules.
- Take pride in your performance and that of your school.
- Encourage others in your team to do their best.
- Enjoy participating – it should be fun.
- Accept all decisions by match officials.
- Recognise outstanding performances by opponents.
- Demonstrate concern for an injured player, regardless of their team.
- Accept victory modestly.
- Learn to take defeat in the right manner and not to look for excuses as to why you may not have been successful on a particular occasion.
- Shake hands with your opponents at the end of each game, regardless of the outcome.
- Thank the referee/umpire and his/her assistants for their efforts.

Code of Conduct for Parents and Supporters

- Attendance at a game is a privilege.
- Respect decisions made by the match officials.
- Be a good role model by positively supporting teams in every way possible and be generous with praise.
- Become aware of the competition rules and keep winning in its proper place.
- Respect other spectators, coaches and participants.
- Be a fan not a fanatic.
- If decisions or rules made by the match officials need to be clarified speak to the member of staff in charge of the team. They will raise this with the organisers if and when appropriate.
- Recognise and respect the performances of players in both teams, not just the team that you are supporting.
- Accept victory modestly and defeat graciously, remembering that the team you are supporting will be judged by your reactions.

Code of Conduct for Team Managers, Teachers and Assistants

- Put the well-being and safety of players above all other considerations.
- Adhere to all ratios and age boundaries wherever possible.
- Display sportsmanship in all situations – sportsmanship should be contagious.
- Display high standards of professional behaviour and appearance.
- Be a good role model for all those in your care.
- Enjoy yourself and in so doing promote enjoyment for others.
- Be responsible for your actions.
- Encourage your supporters to display a sportsmanlike attitude.
- Guide and encourage players to accept responsibility for their own behaviour and performance.
- Respect and uphold the Laws of the Game and discourage actions and behaviour contrary to the spirit of the Laws of the Game.
- Use acceptable and appropriate language at all times and in all situations.

LLG School Members

School/ School number on internal email	Named LLG contact(s)	Contact information
LLG Schools		
Christchurch CE	Mike Hudson	mrhudson@christchurch.wigan.sch.uk
Gilded Hollins	Lisa Whittaker	enquiries@admin.gildedhollins.wigan.sch.uk
Golborne All Saints	Jessica Green	j.green@golborneallsaints.wigan.sch.uk
Golborne CP	Michael Hughes	m.hughes@golborneprimary.wigan.sch.uk
Golborne St Thomas	Niall Bradley	enquiries@admin.golbornestthomas.wigan.sch.uk
Lowton J & I	Sophie Green	Sophie.green@lowtonjandi.org.uk
Lowton West	Nina Gould	enquiries@admin.lowtonwest.wigan.sch.uk
St Catherine's	Carla English	enquiries@admin.lowtonstcatherines.wigan.sch.uk
St Luke's CE	Steve Hardaker/Heather Moorfield	enquiries@admin.stlukes.wigan.sch.uk
St Mary's CE	Susan Unsworth	sunsworth@lowtonsaintmarys.wigan.sch.uk
Atherton St George's CE		
Bickershaw CE	Alison Davies	adavies@bickershaw.wigan.sch.uk
Leigh CE	Natalie Devers	natalie.devers@leighceinfant.wigan.sch.uk
Leigh Central	Sam Hammond	mrhammond@wigan.sch.uk
Leigh St John's Infants	Laura Simpson	stjohnsteacherls@icloud.com
Leigh St Peter's	Jamie	enquiries@admin.leighsaintpeters.wigan.sch.uk
Sacred Heart RC	Mike Chamberlain	enquiries@admin.leighsacredheart.wigan.sch.uk
Bedford Hall	Jane Mulqueeny	j.mulqueeny@acornttrust.org.uk
Leigh St Thomas CE	Anne Packwood	apackwood@leighsaintthomas.wigan.sch.uk
Newton West Park	Andrew Collier	acollier@newtowestpark.co.uk
St Gabriel's RC	Jenny Fox	enquiries@admin.saintgabriels.wigan.sch.uk
St Joseph's	Stacey Shaw (P/E Lead)	headteacher@admin.saintjosephs.wigan.sch.uk
St Paul's CE	Donna Hill	enquiries@admin.saintpauls.wigan.sch.uk
Twelve Apostles	Stephanie Hope	enquiries@admin.twelveapostles.wigan.sch.uk
Westleigh Methodist	Amy Hilton	Amy.hilton@acornttrust.org.uk

Useful Contacts

Organisation	Named contact(s)	Contact information
Premier Sport	Anthony Walker	awalker@premier sport.org
Steve Hardacker	Steve Hardaker	enquiries@admin.stlukes.wigan.sch.uk
Bedford High School	Chris Moss	C.moss@bedford.wigan.sch.uk
Golborne High School	Phil Taylor	taylp@golbornehigh.wigan.sch.uk

LLG Sports Calendar 2017/2018

Month/Year	Sport	Date	Venue	Times
KS2 Year 6 A TEAM	Hockey Quick Sticks (Top 3 teams go through to Wigan east finals)	Thursday 5 th October	Leigh East Football Pitches	1:00pm - 3:30pm
KS2 Year 6 A TEAM	Basketball (Top 3 teams go through to Wigan east finals)	Thursday 9 th November	Golborne High School	1:00pm - 3:30pm
Inclusive KS1 B&C TEAMS	Fencing	Thursday 7 th December	Leigh Sports Village	1:00pm – 3:30pm
Inclusive B&C TEAMS	Fencing	Thursday 7 th December	Leigh Sports Village	1:00pm – 3:30pm
KS1 Sports Sunday	Archery/Fencing/Dodgeball/Tri- Golf/Beat the Keeper/Tag Rugby Taster ?	18 th January	Leigh Sports Village	1:00pm – 3:30pm
KS2 A TEAM	High 5's Netball (Top 3 teams go through to Wigan east finals)	Thursday 1 st February	Leigh Sports village	1:00pm – 3:30pm
Year 3,4	New Age Curling	Thursday 8 th March	Leigh Sports village	1:00pm - 3:00pm
UKS2 Year 6 Jun	Dodgeball	Thursday 15 th March	Leigh Sports village	1:00pm - 3:30pm
Year 3,4	Sucker Archery	Thursday 26 th April	Golborne High School	1:00pm - 3:30pm
UKS2 A TEAM Jul	Rounders (Top 3 teams go through to Wigan east finals)	Thursday 14 th June	Golborne High School	1:00pm - 3:30pm
Year 2 A TEAM	Football Festival	Thursday 12 th July	Leigh East Football Pitches	1:00pm – 3:30pm

Year 5/6 Quicksticks Hockey

Competition pathway

- Quicksticks is a 4-a-side introductory game of hockey, designed especially for 7-11 year olds to play. It can be played on any surface, and uses a larger, lighter and safer ball. Quicksticks is fun, fast, safe and exciting and has been designed so that teachers with little or no hockey knowledge or background can deliver the game.
- The School Games competition is open to all schools; however they must have qualified through their local SGO area/borough heats in order to progress to the County Final.

STANDARD RULES:

Age Groups

- All participants must be from Year 5 &/or Year 6.

Team Composition

- A team consists of 6 players; 4 outfield pitch players and two 'officials' (one manager/coach and one umpire).
- All players must rotate with the two official's roles within the game.
- There are no goalkeepers in Quicksticks.
- The game is played in three periods. Rotations of the above roles should take place at the end of each period.
- Local L2 competitions may follow a different timing system, depending on time available. (eg 10mins one-way)
- Roles should still be rotated.
- There should be 2 boys and 2 girls playing outfield at any one time.
- Substitutions are allowed at any time during the game.

Pitch size

- The field of play is the size of a standard netball court (30.5m long x 15.25m wide) or a quarter of a full sized hockey pitch (55m long x 22.9m wide).
- Areas referred to as the attacking 'circles' (netball court shooting circles; radius 4.9m) are marked by permanent or temporary measures (lines or cones).

Goal size

- Ideally samba goals should be used – 8ft wide x 2ft high. Width: 3.6 metres.

Ball/Sticks

- Existing hockey sticks and balls can be used; however a special range of equipment has been developed specifically for the game to aid the delivery of Quicksticks. Sticks should have a flat face side and a rounded side.

Player equipment & clothing

- It is strongly recommended that all field players wear shin-protectors and mouth-guards at all times.

Duration/Length of matches

- A suggested format has been produced by England Hockey to ensure a level of consistency; however there can be a degree of flexibility in running SGO Area/Borough level competition.
- Quicksticks is a game of three 10 minute periods with a change-over interval of two minutes between each session. This may be changed as long as agreed by both teams.

Playing the Game

Starting and Re-starting

- Quicksticks starts with one team being given a centre pass (taken from the centre of the pitch) which can be passed in any direction, once the umpires have blown a whistle.
- A centre pass is also taken at the start of each period of the game, alternately by each team, and by the non-scoring team after a goal has been scored. The direction of play for teams is alternated at the start of each period of the game.
- When a centre pass is taken at the start or re-start of the game, each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 3 metres from the ball until the ball is played.

Scoring a Goal

- A goal is scored when the ball has been struck or deflected off a player's stick (either an attacker's or a defender's) from within the shooting area (circle), and it crosses completely over the goal-line between the goal-posts and under the cross-bar.
- A penalty goal will be awarded if a defending player deliberately stops a ball from crossing the goal line with their feet or body.

Free-pass

- A free-pass is given when an offence occurs. For all free-passes (a – l below) the ball must be taken from where the offence took place. Until the free-pass is taken, all players from the opposing team must be 3 metres away from the ball.
- After touching the ball, the free-pass taker cannot touch the ball again, until it has been touched or played by another player. If the free-pass taker touches the ball twice the other side get a free-pass.
- If an offence is committed within 5 metres of the goal line (or within the shooting circle if a circle is being used), the free pass should be taken 5 metres away from the goal line (or from outside the shooting circle).

- a) The ball passes completely over a side line. The free pass 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).
- b) 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.
- c) 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 (this case is similar to a corner ball in football).
- d) Kicks*, propels, picks up, throws, or carries the ball
- *Note: It is not an offence if the ball touches a player's foot and the whistle should only be blown if the incident breaks down play or creates a disadvantage. The umpires must be the judge.
- e) Intentionally uses any part of their body to play the ball
- f) Attempts to play at any high ball (over knee height) with the stick
- g) Uses the rounded (back) side of the stick
- h) Whilst striking the ball, causes any actual or possible danger to themselves or to other players
- i) '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
- j) Holds, charges, kicks, pushes, intentionally trips or strikes any player or umpire
- k) Interferes with another player's stick or clothing
- l) Plays the ball dangerously or in a way which leads to dangerous play. Rough or dangerous play will not be allowed, nor will any behaviour that, in the opinion of the umpires, amounts to misconduct.*
- *Note: The overall Match Officials shall send any player who persists in breaking this rule off the pitch for a two-minute suspension in the sin bin. For the duration of a temporary suspension, the offending team plays with one player less.

Umpires

- a. Quicksticks Hockey shall be controlled by one or two umpires (preferably two).
- b. The umpires are responsible for all decisions and penalties.

Fair Play

- The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

Health & Safety

- Before any matches take place, the following MUST be read and adhered to:
- No jewellery should be worn.
- Long hair must be tied back.
- All loose clothing must be tucked in and shoelaces tied.
- No chewing gum/sweets allowed.
- It is recommended players bring plenty of liquid refreshment with them.
- All players are advised to warm up appropriately before each match.
- When not competing, players are reminded to remain off the pitch and do not get in the way or distract the officials at any time.
- Medical supplies that players may need i.e. asthma inhalers should be brought with them on the day.
- All team teachers must ensure their pupils are under adult supervision at all times, even when playing. During this time players can watch and encourage their fellow team members.
- Please ensure that your pupils have been thoroughly briefed with regards to health and safety.

Y5/6 Basketball Competition

STANDARD RULES:

Age Groups

- All players must be from Year 5 and/or Year 6.

Team Composition

- Squads may contain up to 10 players with 5 on court at any one time.
- There should be a minimum of 4 girls in the squad – there must always be 2 girls on the court.

Competition Format

- This competition is the pilot for the new format requested by PE Subject Leaders for the most popular sports.
- Each school wishing to compete should enter a cluster competition and the winners then progress to the finals night organised by the School Games Organiser.

Court/Equipment Requirements

- The court should ideally be between 28m x 15m maximum to 12m x 7m wherever possible. The basketball ring should be 8' 6" (2.6m) high.
- Size 5 balls should be used.
- Game clock and Score sheet.
- Markers numbered 1 to 5 indicating the number of fouls committed by a player.
- A loud sounding device such as a horn.
- An alternating possession arrow, a red arrow on a white background, which indicates the direction of the next possession when a jump ball situation is called in a game.

Rules

- Please note the basic rules below; however for more detailed explanations refer to: http://www.fiba.com/downloads/Rules/2005_mini_bask_rule.pdf
- No contact.
- One step while holding ball.
- One dribble – a dribble is a continuous bouncing action.
- Each game is started by a jump ball in the centre circle and begins when the ball is tapped in by one of the jumpers.
- Players may be substituted at any time on a dead ball.
- A basket from the field counts as two points and a basket from a free throw counts as one point
- After a basket, the opponents will be given the ball to make a throw in from any point

Violations

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

Violations Include:

- Deliberately kicking the ball or striking it with a fist.
- Knocking the ball out of the side lines.
- 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).
- Running with the ball (Travelling).

Fouls

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

Fair Play

- The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

STANDARD RULES:

Before any matches take place, the following MUST be read and adhered to:

- Players will not be permitted to compete in bare feet or unsuitable footwear.
- No jewellery should be worn.
- Long hair must be tied back.
- All loose clothing must be tucked in and shoelaces tied.
- No chewing gum/sweets allowed.
- It is recommended players bring plenty of liquid refreshment with them.
- All players are advised to warm up appropriately before each match.
- When not competing, players are reminded to remain off the courts and do not get in the way or distract the officials at any time.
- Medical supplies that players may need i.e. asthma inhalers should be brought with them on the day.
- All team teachers must ensure their pupils are under adult supervision at all times, even when playing. During this time players can watch and encourage their fellow team members.
- Please ensure that your pupils have been thoroughly briefed with regards to health and safety.

Fencing Rules

Fencing rules and safety

- Each Team will have 3 girls and 3 boys (squad Maximum 8)
- Each bout will last for a maximum 3 minutes.
- Each player will bow at their opponent and then the referee before the bout will start.
- Each bout will be started with the instructions “En Garde!” (On Guard), “are you ready?” then following a “yes” by all fencers “Fence!”
- To stop play call “HALT!” 1. When a hit is scored (on or off target) 2. When the rules are infringed or there is a safety issue. 3. When time is up.
- To score, fencers can only hit in the torso.
- After any stoppage (HALT) the “En Garde!” (On Guard), “are you ready?” then following a “yes” by all fencers “Fence!” process will be repeated for the bout to resume.
- The bout will end when the final whistle is blown and the final score applied to the score card.
- If a player leaves the piste during the bout a point will be awarded to the other player. The referee will call ‘HALT’ as soon as a player leaves the piste.
- At the end of the match players bow to each other and ref before putting foils on the floor and removing mask.
- Referee will record the score on the score sheet.

Safety points to consider

- The foil may only be picked up once the participant has the mask on their head.
- Referees must be stood outside the piste at all times to avoid contact with the participants.
- Once the bout has finished the participant must put their foil on the floor before removing their mask.

Yr 5/6 High 6s Rules

STANDARD RULES:

Age Groups

All players must be from Year 5 and/or Year 6.

Team Composition

Squads should consist of 7, 8 or 9 players with 5 on court at any one time.

The squad is made up with the following:

C: Centre

GS: Goal Shooter

GK: Goal Keeper

GA: Goal Attack

GD: Goal Defence

High 5 Netball is a game for both boys and girls. However, no team is allowed more than three boys. The following is therefore permitted:

- Squad of 7 - Max 3 boys
- Squad of 8 - Max 3 boys
- Squad of 9 - Max 3 boys

NB Only two boys are allowed on the court at the same time.

Court/Equipment

- High 5 netball is played on a normal full size netball court.
- Size 4 balls will be used.

Competition Format

Each cluster of schools will host a High 5s competition and the winners take part in a finals competition at Lowton CE High School as per the competition calendar.

Points system will be as follows:

Win = 3 Points

Draw = 2 Points

Lose = 1 point

Duration of the Game

Each match will have an allocation of one 7/8 minute period with 2 minutes between games to move court and for the squad to be rotated.

Playing the Game

The tournament will be played in accordance with the England Netball rules. The decision of the tournament referees will be final in all cases. All schools must provide an adult to umpire matches

Start of Play:

- First centre pass will be determined by the running order. Subsequent centre passes must be taken alternately.
- Play is started by a pass from the ‘Centre’, who stands with both feet in the centre circle.
- At the start of play the GS, GA, GD and GK may be anywhere in the goal third. The opposing Centre shall be in the centre third and free to move.
- When the umpire blows the whistle, the Centre must pass the ball within 4 seconds and obey the Footwork rule. The ball must be caught or touched in the centre third.

Obstruction:

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

Playing the Ball

A player must:

- Pass or shoot within 4 seconds.
- Obey the footwork rule.

A player may not:

- Deliberately kick the ball.
- Bounce the ball more than once.
- Hand or roll the ball to another player.
- Place their own 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 or 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.
- **Penalty: Free Pass.**

Footwork Rule:

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

Scoring a Goal:

A goal may only be scored by the Goal Shooter or the Goal Attack from within the shooting circle.

Contact:

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

Out of Court:

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

The Throw-in:

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

Offside:

- A player is offside if she/he enters any area of the court in which she/he is not allowed.
- Penalty: Free Pass.

Rotation patterns

In the interest of fair play, the following rotations must be adhered to. (Checks will be made at the event)

- Rotation pattern must allow for all players have been off court at one time throughout the rotation.
- No player should ever be off court consecutively.
- Rotation patterns will be continuous through both the matches being played and the tournament in which teams are playing.
- Injury or Illness - No time will be allowed for injury or illness. If a player has to retire, a substitution may take place in accordance with the England Netball High 5 rules.
- Substitutions - A reserve, playing because of the late arrival of a player shall continue to play in that position until half time as per the England Netball rules.

Fair Play

The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

Health & Safety

- Before any matches take place, the following MUST be read and adhered to:
- Players will not be permitted to compete in bare feet or unsuitable footwear.
- No jewellery should be worn.
- Long hair must be tied back.
- All loose clothing must be tucked in and shoelaces tied.
- No chewing gum/sweets allowed.
- Plenty of liquid refreshment should be brought with participants.
- When not competing, players are reminded to remain off the courts and do not get in the way or distract the officials at any time.
- Medical supplies that players may need i.e. asthma inhalers should be brought with them on the day.
- All team teachers must ensure their pupils are under adult supervision at all times, even when playing. During this time players can watch and encourage their fellow team members.
- Please ensure that your pupils have been thoroughly briefed with regards to health and safety.

NEW AGE KURLING

HOW TO PLAY

New Age Kurling is a sport that requires participants to deliver 'stones' from one end of the court to a target at the other end of the court. The target has red, white and blue concentric circles and scoring is determined by the number of stones closest to the centre of this target. Each game normally consists of 6 or 8 ends and is played on a court based on half the width of a standard size badminton court with each end being played in the opposite direction to the previous end. The winner is the player with the highest number of scoring 'stones' at the finish of the game.

BASIC RULES

DELIVERING STONES

The game will start with the toss of a coin with the visiting team calling heads or tails as the coin is in the air. The person winning the toss will have the option of deciding either who will play first or with which colour stones they wish to play. The person losing the toss will then choose from the option not selected by the toss winner; e.g. if the toss winner chooses to play with red stones that the toss loser will have the choice of who plays first. Once it has been decided who will go first in the first end, the players will alternate at the start of each subsequent end. Therefore, if a player A wins the toss and elects to go first in the first end, player B will go first in the second end, player A will go first in the third end, player B first in the fourth end and so forth until all ends have been completed. During an end players will take it in turns to deliver their stones until all stones have been delivered. The stones may be delivered by the use of a pusher, by hand or by use of a ramp. Any form of pusher may be used; but must not exceed 125 centimetres in length when fully extended. Ramps can be used to assist the delivery of the stone for those disabled people who would find it hard to push their stone.

THE TARGET

The target has concentric circles in red, white and blue - the scoring zone. The outer white sections of the target are not included in the scoring zone.

SCORING

The stone which is within the scoring zone and closest to the centre of the target is deemed to be 'scoring'. Other stones of the same colour as the closest stone will score if they are also in the scoring zone and are closer to the centre than any of the opponent's stones. (The only possible scores in a singles game for any one end are 0-0, 1-0, 2-0, 3-0 or 4-0).

Y 5/6 Dodgeball

STANDARD RULES:

Age Groups

- All players must be in school Years 5/6.
- A mixture of year groups can be used, or the team can be from all one year group.

Squad

- Each squad can include up to 8 players.
- There should be 6 players on court at any one time
- Teams can be mixed, consisting of boys &/or girls.

Court/Equipment Requirements

- A badminton-sized court
- Size 3 Balls

Competition format

- 1 Game

Playing the Game

STARTING THE GAME

- 2 teams of 6 players each begin the game with one foot or hand touching the end line or wall
- 3 balls begin in the centre zone
- On the referees whistle a maximum of 3 players from each team race to collect a ball from the centre zone
- Under 16 = The balls must be passed back to a teammate within 2m of the back wall or line. Under 12 = The balls must be passed all the way back to the wall or end line
- On collecting a ball, the players are free to throw the ball at the opponent, in order to get them 'OUT'

PLAYING THE GAME

- A Game = 2 minutes
- A Match = Best of 1, 3 or 5 x 2 minute games
- Substitutions are allowed between the 2 minute games
- You can use a ball in your possession to block a thrown ball
- Headshots do not count and both players stay in

FIVE SECOND RULE AND VALID THROW for Under 12s

- All Players have 5 seconds to throw the ball
- Players are not allowed to roll the ball or deliberately throw the ball out of play

if you catch a ball deflected off him/her without the ball having touched another player or surface

ELIMINATION 'GETTING OUT'

- Hit by a Dodgeball thrown by an opponent without a bounce
- An opposition player catches a Dodgeball that you have thrown
- Stepping over the centre zone lines or out of the court - In the Under 16 game a player can step on the line and still be IN. In the Under 12 game a player must step completely over a line before being called OUT.
- The ball you are holding is knocked from your hands by an opponent's throw
- Punching or kicking the ball
- If Out you may return to the game if a member of your team catches the ball successfully

THE SAVE RULE

- You can SAVE a teammate from getting OUT if you catch a ball deflected off him/her without the ball having touched another player or surface

HEAD SHOTS

Head shots do not count and both players will remain IN, unless:

1. They have their back turned to the opposition and are struck on the back of the head
2. They use their head to block an opposing throw
3. They are ducking down whilst the ball strikes them on the head and the head is therefore preventing the ball from hitting another part of the body
4. The thrower is out if they strike an opponent above the shoulders deliberately

WINNING A GAME

- Eliminating all opposition players within 2 minutes
- The team with the most players left on court at the end of 2 minutes

Fair Play

- The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

Health & Safety

- Encourage players to protect their face with their top arm when blocking.
- Ensure the ball is kept at a safe height by reinforcing the rule that the ball must land before the end of the team zone when thrown.
- Because players are wearing eyeshades and using bell balls the noise levels must be kept to a minimum so players can hear the ball.
- Long hair must be tied back
- No jewellery should be worn
- All loose clothing must be tucked in and shoelaces tied
- No chewing gum/sweets
- Please ensure your pupils bring some liquid refreshments with them.
- All team teachers must ensure their pupils are under adult supervision at all times, even when not playing. During this time teams can watch and encourage their fellow teams.
- First aiders will be on site, however please ensure your pupils bring with them any medical supplies they may need i.e. asthma inhalers.
- Please ensure that your pupils have been thoroughly briefed with regards to health and safety

Sucker Archery

STANDARD RULES:

Age Groups Year 3 and 4

Team: Teams should be made up of 2 boys and 2 girls from year 3&4.

- Squad size 6 players
- Number playing at one time from squad 4.

Match Rules of Play

- Each Target will be 6 yards from the shooting line,
- Each team member will take turns in shooting their 3 arrows at the target,
- The player who score,s the most point after their 3 arrows will get the point for their team,
- After all 4 players have had a turn the referee will add all team point together and award the point to the winning team,
- If at the end of all players turn there is a draw then each team will be awarded a point.

Sucker Archery

PLAYERS

- There shall be 9 on a side: 5 boys (Maximum) and 4 girls, or visa versa.
- Up to 2 reserves (1 boy, 1 Girl) may be introduced as a substitute after one complete innings per side. In the event of injury, they may be introduced at any time.

DURATION OF THE GAME

- Each side will have one innings each, which will be made up of 18 good balls. This allows batsmen to have two attempts and allows for an equal innings that doesn't allow for time wasting etc.

RULES

- The ball will be deemed a no ball if:
- It is not a smooth underarm action
- The ball is bowled above the head or below the knee
- The ball bounces on the way to the batter
- Is wide or straight at the body
- The bowler's foot is outside of the bowling square during the bowling action
- The batter can run on a no ball, but once they have reached 1st base they cannot change their mind.

A batter is out when:

- Caught by a fielder
- Running inside the post
- The post you are running to is stumped before you make contact with it
- If you deliberately obstruct the fielding actions

SCORING

- 1 rounder is scored if the ball is hit and 4th post is reached and touched before the next ball is bowled,
- 1 Rounder is scored if the ball is hit and 4th post is reached on a no ball (you can't be caught out)
- ½ Rounder if 4th post is reached without hitting the ball
- ½ Rounder if ball is hit and 2nd post is reached and touched before the next ball is bowled – but if the batsman continues this run and are out before 4th post is reached, the score will be nullified
- Penalty ½ Rounder for an obstruction by a fielder
- Penalty ½ Rounder for 2 consecutive no balls to the same batter
- 1 Rounder for a backward hit if 4th post is reached (you stay at 1st while the ball is in the backward area)
- The team scoring the higher total over the innings shall be the winners, if level the number of batsmen that were out will be taken into account. If this is equal the match will be drawn.

Fair Play

- The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

Health & Safety

- Players will not be permitted to compete in bare feet or unsuitable footwear.
- No jewellery should be worn.
- Long hair must be tied back.
- All loose clothing must be tucked in and shoelaces tied.
- No chewing gum/sweets allowed.
- It is recommended players bring plenty of liquid refreshment with them.
- All players are advised to warm up appropriately before each match.
- When not competing, players are reminded to remain off the pitches and do not get in the way or distract the officials at any time.
- First aid will be the responsibility of the teacher in charge of the team. Medical supplies that players may need i.e. asthma inhalers should be brought with them on the day. Ice will not be provided.
- All team teachers must ensure their pupils are under adult supervision at all times, even when playing. During this time players can watch and encourage their fellow team members.
- Please ensure that your pupils have been thoroughly briefed with regards to health and safety.

Y2 Football Competition

STANDARD RULES:

Age Group: Year 2

Team: Teams should be made up of boys and or girls from Y2.

- Only in exceptional circumstances should children from Y1 be used.
- Squad size 14. Number on pitch at any time 7.
- A presentation will be made at the end of play - All children will receive certificates and the top 3 schools will receive bronze, silver and gold medals.

Match Rules of Play

The Playing Area

- Penalty area should be a semi-circle of 7.5 metre radius shall be drawn from the centre of the goal
- Penalty mark should be 6 metres from the goal line.

Running Order on the Day

- Duration of matches will be confirmed after the entry deadline and will differ dependant on number of teams and ages participating.
- Teams should play in a league format, followed by a 'knock out' to determine the champion.
- In league section a win will gain 3 points and a draw.
- Should teams be level on points, then position decided by goal difference, then goals scored and finally result between the two in league.
- If still level golden goal will be played between the teams.
- The winners and 2nd place of each group will progress to the quarter-finals. If 2 teams in the same group are level on points then position will be decided by goal difference, then goals scored and finally goals against will decide who progresses. If they are still level then Golden Goal will be played between the sides.

The Ball

- Size 3 balls will be used for Years 2.

The Players

- Squad size:
- Squad of 14 with a maximum 7 playing at one time
- Repeated substitutions may be made.
- Substitutions will be roll on and roll off by informing the referee.
- Players may only enter play under the direction of the referee and when there is a stop in play.

Colours

- First named team in draw shall change their colours if there is a clash.
- Bibs will be provided.

Equipment

- No metal studs are allowed and all players must wear shin guards.

Match Officials

- Will be representatives of Premiersport Staff.

Offside

- The Law relating to offside does not apply in this competition.

General Play

- Players can go anywhere on the pitch with no offsides.
- Remember that players must be 2 metres away from any free kick.
- Player cannot score direct from a kick off.
- All free kicks are in-direct.
- No slide tackles are permitted.
- Goal keepers are allowed out of the box but no pass backs are allowed, when the goal keeper has the ball they can kick or throw the ball under arm and if the ball goes above board height an in-direct free kick is awarded on the edge of the box.

Discipline

- Any player sent from the field of play under FA Rule E2 will take no further part in that particular stage of the competition
- Players would miss the rest of the competition on the day if guilty of a serious offence. Violent conduct, abusive behaviour, racist comment, spitting at an opponent.
- For a technical offence such as deliberately handling a goal bound shot, the send-off would be punishment enough.

Indoor rules

- The ball is still in play if it is kicked against the boards.
- If the ball goes out over the boards on the sidelines then play is restarted with the ball being played back in with the feet adjacent to where the ball left the pitch.
- All other rules apply

Learning to Succeed

Throughout our experience we have become aware of many barriers faced by schools when it comes to competitions.

Through our inspire to compete programme we have tried to alleviate as many of these barriers or at least reduce them.

From experience we have seen many teams of children entered into competition against other schools without having the knowledge of the vital skills of the sport and the rules the competition.

this can lead to a daunting experiences for the children and in some cases disengaging rather than engaging them in a sport, resulting in a negative experience.





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