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**LEICESTER-SHIRE
&
RUTLAND
SCHOOL GAMES**

LEARNING SOUTH LEICESTERSHIRE COMPETITION PACK

**RULES & FORMATS
2015-16**



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SSP Staff Contact Info

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Secondary School Contacts

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| Brockington - Steve Platts | e: sjp@brockington.leics.sch.uk | t: 0116 286 3722 |
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| Manor - Lorraine Foulds | e: lfoulds@manorhigh.leics.sch.uk | t: 0116 271 4941 |
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| Welland Park - Jason Button | e: button@wellandparkacademy.com | t: 01858 464795 |
| Wigston College - Ruth Broughton | e: r.broughton@guth.org.uk | t: 0116 288 1611 |

Summary of Primary LSL SSP Competitions - Level 2

| Competition | Age group | Date | Time | Venue |
|------------------------------------|-----------|---------------------|---------------|------------------------------------|
| Y5/6 Girls Football B (TBC) | Y5/6 | Autumn/Spring Term | 3.45pm | Local League |
| Table Tennis U11 | Y6 | 29th October | 3.30pm-5.30pm | Leicester Grammar School |
| Y5/6 Sportshall Athletics OW | Y5/6 | 12th November | 3.45-5.30pm | Beauchamp |
| Y5/6 Sportshall Athletics BH | Y5/6 | 18th November TBC | 3pm-5pm | Countesthorpe |
| Y5/6 Basketball OW | Y5/6 | 3rd February | 3.45-5.30pm | South Wigston High |
| Y5/6 Basketball H | Y5/6 | 10th February | 3.45-5.30pm | Lutterworth College |
| Basketball Play offs B & H | Y5/6 | 24th February | 3.45-5.30pm | Robert Smyth Academy |
| Girls Football O&W | Y5/6 | 9th March | 3.45-5.30pm | Aylestone Park |
| Primary Gymnastics B & H and O & W | Primary | 16th March | 3.45-5.30pm | Bushloe |
| TAG Rugby OW & B | Y5/6 | 22nd March | 1pm-4pm | Vipers RFC |
| Harborough TAG Rugby | Y5/6 | 24th March | 1pm-4.30pm | Harborough RFC |
| Quicksticks | Y3/4 | 12th April | 3.45-5.30pm | Leicester Grammar |
| | Y5/6 | 13th April | 3.45-5.30pm | Leicester Grammar |
| Y5/6 Netball OW | Y5/6 | 19th April | 3.45-5.30pm | South Wigston High |
| Primary Gala | Primary | 20th April | 4pm-6pm | Leicester Grammar |
| Y5/6 Netball BH | Y5/6 | 26th April | 3.45-5.30pm | Brockington College |
| Y5/6 Girls Football H | Y5/6 | 27th April | 3.45-5.30pm | Harborough Town FC |
| Go Ride Cycling | Y5/6 | 18th May | 1.15-3.15pm | Manor |
| Primary Golf | Y3/4&Y5/6 | 7th June | 3.45-5.30pm | Cosby Golf Club |
| Kwick Cricket OW & B | Y5/6 | 25th May | 9.30-3pm | Narborough & Littlethorpe CC |
| Kwik Cricket H | Y5/6 | 9th June | 9.30-2.30pm | Kibworth CC |
| Primary Athletics H | Primary | 13th June TBC | 4-7pm | Corby Traingle |
| Y3/4 Tennis OW | Y3/4 | 14th June TBC | 3.45-5.30pm | Wigston Tennis Club |
| Primary Athletics B | Primary | 14th June | All day | Saffron Lane |
| Y3/4 Tennis BH | Y3/4 | 15th June | 3.45-5.30pm | Leicester Grammar |
| Quadrkids OW | Y6 | 16th June | 3.45-5.30pm | Bushloe |
| Primary Athletics OW | Primary | 21st June | After school | Saffron Lane |
| SCHOOL GAMES CHAMPIONSHIP | All Years | 28/29/30th June TBC | All Day | Welbeck Sixth Form Defence College |

B = Blaby
H = Harborough
OW = Oadby & Wigston

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Summary of Secondary Competitions - Level 2

| Competition | Age group | Date | Time | Venue |
|--|----------------------|------------------------------|-------------|------------------------------------|
| Team Table Tennis | U11 U19 U13, U16, | 29th October 5th November | 3.30-5.30pm | LGS |
| Trampolining | KS3&4 | 25th November | 3.45-5.30pm | Robert Smyth Academy |
| Swimming Gala | KS4 | 2nd December | 4-6pm | Leicester Grammar |
| Indoor Rowing | Y9/11 | 12th January | 3.45-5.30pm | South Wigston High |
| Boys Indoor Cricket BH Boys Indoor Cricket OW | U15 | 14th January | 3.45-5.30pm | Leicester Grammar South Wigston |
| Girls Indoor Cricket | U15 | 27th January | 3.45-5.30pm | Leicester Grammar |
| Boys Indoor Cricket OW BH | U13 | 2nd February 3rd February | 3.30-5.30pm | Gartree Leicester Grammar |
| Dodgeball | KS4 | 9th March | 3.45-5.30pm | South Wigston High |
| U13 Girls Indoor Cricket | U13 | 10th February | 3.45-5.30pm | Leicester Grammar |
| Swimming Gala | KS3 | 24th February | 4-6pm | Leicester Grammar School |
| Y9/10Volleyball | KS4 | 29th February | 3.45-5.30pm | Robert Smyth Academy |
| Indoor Athletics OW BH | Y7 + 8 | 3rd March 8th March | 3-5pm | Beauchamp Countesthorpe College |
| Handball Boys & Girls | Y8 | 15th March | 3.45—5.30pm | Brockington |
| School Games Championships | KS3&4 | 23rd March | All day | Loughborough University |
| Go Ride Cycling | Yr 7/8 | 18th May | 3.45—5.45pm | Manor |
| Boys Softball | KS3 | 24th May | 3.45—5.30pm | TBC |

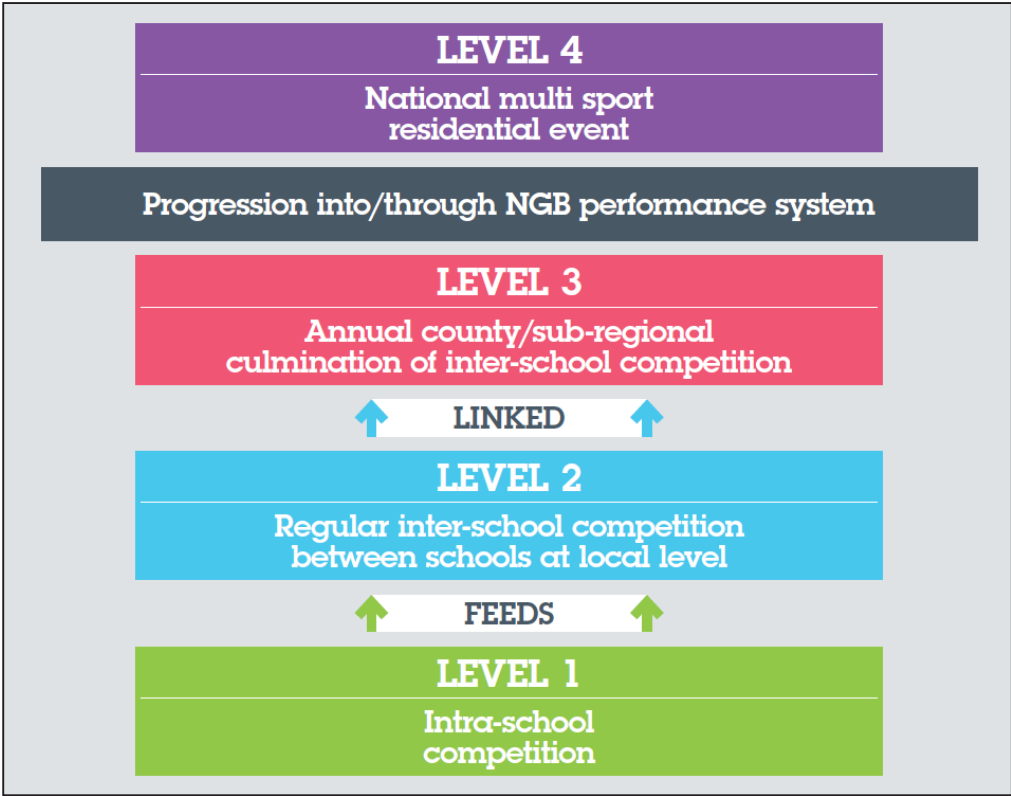
What is the School Games?



'Leicester-Shire & Rutland School Games'

The School Games is a unique opportunity to motivate and inspire millions of young people across the country to take part in more competitive school sport. The Leicester-Shire & Rutland School Games is part of a national programme of competitive sport that is open to all young people in every school from across Leicestershire, Leicester and Rutland. The School Games is made up of four levels:

- Level 1** - sporting competition for all students in school through intra-school competition. (Pathway to Level 2)
- Level 2** - individuals and teams are selected to represent their schools in local inter-school competitions. (Area) These are organised by Learning South Leicestershire School Sports Partnership. (Pathway to Level 3)
- Level 3** - Leicester-Shire & Rutland Sport (LRS) will stage multi-sport Super-Series Finals & Championships as a culmination of year-round school sport competition. Winning teams from Level 2 leagues and tournaments will represent their School Sports Partnership area at these qualifying final events.(County)
- Leicester-Shire & Rutland School Games Super-Series Finals** – run throughout the year in a selection of sports, feeding to regional and national competitions.
- Leicester-Shire & Rutland School Games Spring/Summer Championships** - multi-sport showcase events taking place in March (Spring) and June/July (Summer). (No pathway to Level 4)
- Level 4** – the Sainsbury's School Games finals: a national multi-sport event where the most talented young people in the UK will be selected to compete by their National Governing Bodies of Sport (NGB).



Code of Conduct



Players

- Treat all people fairly and with respect regardless of race, background, religious beliefs or gender.
- Respect the referee, umpire or officials' decisions and the rules of the game.
- Co-operate with teachers, coaches, volunteers, team mates and opponents.
- Control your temper and do not criticise others by words or gesture.
- Work to the best of your ability both individually and as a team.
- Be a good sport. Recognise good play even when it comes from the other team.
- Respect the facility and equipment being used.
- Wear appropriate kit and remove jewellery before play.

Parents / Spectators

- Young people play school sport for fun.
- Applaud good performance and effort by your team and the opponents. Congratulate both teams.
- Encourage players to play by the rules and the respect the official's decision.
- Never ridicule or criticise young people for making a mistake during a competition, mistakes are part of learning.
- Condemn the use of violence in any form, be it by spectators, coaches, teachers, officials or players.
- Show respect for your team's opponents.
- Demonstrate appropriate social behaviour by not using foul language or harassing players, coaches, teachers or officials.
- Recognise the value and importance of teachers, volunteer coaches and officials, and show your appreciation.
- Let the teacher/coach do their job, don't confuse the players by telling them what to do.
- Anyone taking photos should complete a photo consent form and wear sticker

Coaches / Teachers / Team Managers

- Show respect to others involved in the game including your players, match officials, opposition players, coaches, managers, and spectators
 - Compliment both teams on their effort, giving positive, constructive criticism.
 - Be consistent, objective and courteous in calling infractions.
 - Don't use inappropriate language, behaviour and violence of any form.
 - Act as a positive role model, adhere to the rules and teach players to.
 - Promote fair play and appropriate sports behaviour.
 - Ensure that your behaviour is consistent with the principles of good sportsmanship at all times.
 - Place the wellbeing and safety of a player before the development of performance
 - Encourage players to value their performance and not just results
 - Treat all people fairly and with respect regardless of race, background, religious beliefs or gender
- Use common sense to ensure that the "spirit of the game" for young people is not lost by overcalling violations.

Athletics (Quadkids)



LEVEL 2

Oadby & Wigston

| | |
|---------------|--------------------------------|
| Year Group(s) | Y6 |
| Gender | Mixed |
| Venue | Bushloe |
| Date / Time | 16th June 2016 / 3.45 - 5.30pm |

FINALS

LEVEL 3

| | |
|---------------|--|
| Year Group(s) | Y3/4 and Y5/6 |
| Gender | Mixed |
| Venue | Welbeck 6th Form Defence College |
| Date / Time | 28/29/30th June 2016 School Games Summer Championships TBC |

Format

2 competitions
Four or five boys and four or five girls compete as a team.
There are four events;
50m (Y3/4) /75m sprint (Y5/6)
400m (Y3/4) /600m run (Y5/6)
Mini vortex howler throw
Standing long jump

Rules

The four events take place in a rotational sequence.
Each athlete is placed in a pool and competes in all events.
Individual performances (times and distances) are scored using a points table (the Quadkids spreadsheet calculates the points automatically).
The scores of the top four boys and top four girls over the four events are added together to give the team score and the team with the highest cumulative points score wins.
More than one team can be entered from each school (at level 2)
Specimen timetables, track and field cards, declaration forms, competition manual and scoring spreadsheet are available from the QuadKids website.
www.quadkids.org



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Athletics (Sportshall)



LEVEL 2

Oadby & Wigston

| | |
|----------------------|----------------------------|
| Year Group(s) | Y5/6 |
| Gender | Mixed |
| Venue | Beauchamp College |
| Date/Time | 12th November 2015 / 3-5pm |

Blaby & Harborough

| | |
|----------------------|----------------------------------|
| Year Group(s) | Y5/6 |
| Gender | Mixed |
| Venue | Countesthorpe College |
| Date/Time | 18th November 2015 / 3.45-5.30pm |

FINAL LEVEL 3

| | |
|----------------------|--|
| Year Group(s) | Y5/6 |
| Gender | Mixed |
| Venue | Loughborough University (Netball Centre) |
| Date/Time | 23rd March 2016 /9.30am for 10am - 12pm |

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|---------------|---|
| Format | 1 competition Introducing athletics competition in a fun team based format. Large team format permitting a maximum of 15 girls and 15 boys, minimum 9 girls and 9 boys. |
|---------------|---|

| | |
|--------------|--|
| Rules | Exciting range of relays and six field events. Athletes able to complete a maximum of two track and two field events. Full resources including competition format, running order, team declaration sheets, scoring support and comprehensive rules and guidance notes may be found at www.sportshall.org |
|--------------|--|

Track events; Obstacle Relay, 1+1 Lap Relay, 2+2 Lap Relay, 6 Lap Paarlauf, 4x1 Lap Over / Under Relay, 4x1 Lap Relay.
Field events; Chest Push, Speed Bounce, Standing Long Jump, Standing Triple Jump, Vertical Jump, Soft Javelin.

Further information available at www.sportshall.org

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Athletics (Sportshall)



LEVEL 2

| | |
|----------------------|--|
| Year Group(s) | Y7 & 8 |
| Gender | Boys and Girls (4 separate competitions- Y7B, Y7G, Y8B, Y8G) |
| Venue | Beauchamp College (Oadby and Wigston) Countesthorpe CC (Blaby and Harborough) |

| | |
|------------------|---|
| Date/Time | 3rd March 2016 / 3-5pm (Oadby and Wigston) 8th March 2016 / 3.45-5.30pm (Blaby and Harborough) |
|------------------|---|

FINAL LEVEL 3

| | |
|----------------------|--|
| Year Group(s) | Y7 & 8 |
| Gender | Boys and Girls (4 separate competitions- Y7B, Y7G, Y8B, Y8G) |
| Venue | Loughborough University |
| Date/Time | March 23rd 2016 School Games Spring Championships |

| | |
|---------------|--|
| Format | 4 competitions Team Requirements - Schools may enter Year 7 Girls and Boys teams & Year 8 Girls and Boys teams Each of the 4 teams will consist of a minimum of 5 and maximum of 8 boys / girls |
|---------------|--|

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

Individual Events
2 Lap Individual A & B Race [Boys x2 / Girls x2]
4 Lap Individual A & B Race [Boys x2 / Girls x2]
6 Lap Individual Race [Boys x1 / Girls x1]

Pairs Events
8 Lap Paarlauf (each athlete completes a chosen number of laps) [Boys x2 / Girls x2]

Relays (4 athletes per team)
4X1 Lap Sprint Relay (each athlete completes 1 lap) [Boys x4 / Girls x4]
4X2 Lap Sprint Relay (each athlete completes 2 laps) [Boys x4 / Girls x4]

Field Events
Standing Long Jump [Boys x2 / Girls x2]
Standing Triple Jump [Boys x2 / Girls x2]
Vertical Jump [Boys x2 / Girls x2]
Shot [Boys x2 / Girls x2]
Speed Bounce (30 seconds) [Boys x2 / Girls x2]

For 2 and 4 Lap Individual Races, there will be an A race and B race and each team will need to put one runner in each race

| | |
|--------------|--|
| Rules | Each team must be accompanied by at least one teacher or team manager, who will be fully responsible for the team at all times. The event will take the form of an enjoyable team and individual based multi-event competition incorporating all-round skills rather than early specialisation. It has been designed as an indoor competition with all events being carried out in the same format and to the same rules - set out by the Sportshall Athletics Association. To ensure the ethics of Fair Play, timepenalties, rather than disqualification will be enforced on any athlete/team breaking the rules. |
|--------------|--|

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Basketball



LEVEL 2

| | | |
|----------------------|--|---|
| Year Group(s) | Y5/6 | |
| Gender | Open Mixed | |
| Venue | Blaby & Harborough (play off) Oadby & Wigston Harborough | Robert Smyth Academy South Wigston High School Lutterworth College |
| Date / Time | Blaby & Harborough (play off) Oadby & Wigston Harborough | 24th February 2016 / 3.45-5.30pm 3rd February 2016 / 3.45-5.30pm 10th February 2016 / 3.45-5.30pm |

FINALs LEVEL 3

| | |
|----------------------|--|
| Year Group(s) | Y5/6 |
| Gender | Open Mixed |
| Venue | TBC |
| Date / Time | w/c 14th March 12.30—3.30pm |
| Format | The principle of a round robin format, or appropriately sized pools leading to a knockout in the later stages will be followed, depending on number of teams entering |
| Rules | <p>10 players in a squad 5 on a court at a time.</p> <p>Games shall consist of 2 halves of 5 minutes each, against a running clock. (Dependent on available court time) Directional arrow will determine jump ball situations and possession.</p> <p>Man – Man defence, ½ court only.</p> <p>Each team is allowed a 1 minute interval at half time in each game.</p> <p>Each team is allowed 1 time out per half (lasting 30 seconds against a running clock)</p> <p>Substitutes - Coaches are strongly encouraged to use a rotation system so all players have equal court time.</p> <p>(a) There will be no personal fouls recorded; however referees have the power to eject players if they are abusing this rule. Each team can have 6 team fouls and thereafter the opposing team will receive 1 point and possession. No foul shots will be taken.</p> <p>Teams will a. if shot scores – 3 points b. If shot misses – 1 point and team possession at issues nearest side-end line.</p> <p>(b) Should a team field ineligible players on the day then they cannot win the competition.</p> <p>Three basic rules apply to the Years 5 & 6 tournament:</p> <ul style="list-style-type: none"> - 1. No double dribble - 2. No travelling - 3. No contact. <p>Teams must retreat to the half way line once they have lost possession in their front court.</p> <p>Each team will be awarded the following points per game:</p> <p>Win = 3 points Draw = 2 points Loss = 1 point</p> |

Football



LEVEL 2

| | |
|----------------------|---|
| Year Group(s) | Y5/6 |
| Gender | Girls |
| Venue | Aylestone Park FC (Oadby & Wigston) Harborough Town FC (Harborough) Local Leagues (Blaby) |
| Date / Time | 9th March 2016 / 3.45-5.30pm (Oadby & Wigston) 28th April 2016 / 3.45-5.30pm (Harborough) Autumn / Spring Terms (Blaby) |

FINALs LEVEL 3

| | |
|----------------------|--|
| Year Group(s) | Y5/6 |
| Gender | Girls |
| Venue | Welbeck 6th Form Defence College |
| Date / Time | 28/29/30th June 2016 School Games Summer Championships |
| Format | 1 competition |
| Rules | <p>The team on the day of the competition shall consist of up to 10 players (These players can be from year 5, year 6 or a mixture of players from both years.) With 7 playing at any one time, 1 of whom is the goalkeeper.</p> <p>The principle of a round robin format, or appropriately sized pools leading to a knockout in the later stages will be followed, depending on the number of teams entered.</p> <p>It is recommended that all matches shall be of 8 minutes each way in duration. The maximum duration (depending on the time available) of a match will be 12 minutes each way.</p> <p>The competition shall be governed in accordance with the Rules and Regulations of the Football Association. Matches will be played in general conformity with the Laws of Small Sided Football as issued by the Football Association.</p> <p>The competition shall be sanctioned by the Football Association. The competition, all teams and players and other persons shall be subject to the Rules and Regulations of that Association.</p> <p>Points will be awarded in the round robin or pool stage as follows:</p> <ul style="list-style-type: none"> - 4 points for a win, 2 points for a draw and 1 point for a loss. <p>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 will take place in accordance with the International Board of Decision contained in the Laws of the Game.</p> <p>In the event of a draw in the knockout stage 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.</p> <p>Substitutes shall be permitted at any time during the game, with the referee's permission. Players may re-enter the game and all substitutes must have a period of play.</p> |

Futsal

LEVEL 2

| | |
|----------------------|---------------------------------------|
| Year Group(s) | Y5/6 |
| Gender | Girls |
| Venue | OW - Local Indoor Leagues BH - TBC |
| Date / Time | TBC |



Go Ride Cycling

LEVEL 2

| | |
|----------------------|-----------------------------|
| Year Group(s) | Y5/6 |
| Gender | Mixed |
| Venue | Manor High School |
| Date / Time | May 18th 2016 / 1.15-3.15pm |



| | |
|----------------------|--|
| FINAL | LEVEL 3 |
| Year Group(s) | Y5/6 |
| Gender | Girls |
| Venue | TBC |
| Date / Time | March / April 2016 |
| Format | 1 competition 8 players in a squad. 5 playing at any one time. |
| Rules | <p>The game is played with a smaller, heavier ball (size 3). The goalposts are similar to mini-soccer goalposts. The game is played to perimeter touchlines as on a traditional grass pitch (in most sports halls, the netball lines are used, with the "D" representing the goal area).</p> <p>If the ball goes out of play on the side lines then the game restarts with a "kick-in" (there is a time limit of four seconds to kick the ball into play). Similarly if it goes out of play behind the goal line, the game restarts with a corner kick or goal clearance (a "goal clearance" is the equivalent of a goal kick, but the goalkeeper must throw the ball). Again there is a time restriction of four seconds. If a player takes longer than four seconds then the kick-in is awarded to the other team. If a goalkeeper holds the ball for more than four seconds, then the other team gets a free kick on the edge of the "D". The ball can be played at any height (there is no restriction regarding head height).</p> <p>Players may be substituted at any time (the game doesn't stop for substitutions) provided a player leaves the pitch before the new player enters. Substitutions are made on the half way line. Any player may enter the penalty area. Opponents must be a minimum of five metres away from a kick-in, free kick, corner kick etc. The normal "back pass" rule applies for goalkeepers.</p> |

| | |
|----------------------|--|
| FINAL | LEVEL 3 |
| Year Group(s) | Y5/6 |
| Gender | Mixed |
| Venue | Brooksby Melton College TBC |
| Date / Time | 22nd June 2016 / arrive 12.30pm for 1-3pm |
| Format | <p>1 competition All teams to include 4 x boys and 2 x girls (3 x boys and 3 x girls can make up the team if preferred by schools).</p> <p><u>Cyclo Cross Format</u> 1 x Team Relay (will count towards team result). Quickest time over 6 laps with students completing 1 lap each before dismounting their bike and 'tagging' another member of their team to then undertake the next lap.</p> <p>1 x Boys individual race (All boys will race together, maximum 10 minutes race, will not count towards the team result).</p> <p>1 x Girls individual race (All girls will race together, maximum 10 minutes race, will not count towards the team result).</p> <p><u>Grass Track Format</u> Italian Pursuit (will count towards team result). Quickest time over the oval course. 6 riders to ride. Rider number 6 completes the full 6 laps. Each other rider will 'peel' off after their lap so rider 1 completes 1 lap, rider 2 completes 2 laps and so on.</p> |
| Rules | <p>Races will be timed, so the quickest team to complete the race will win.</p> <p>There will be a Cyclo Cross and Grass Track competition. The team results from both formats will count towards the final team result. Individual races will take place in the Cyclo Cross competition, but will not count towards the team result.</p> <p>Participants can bring their own bikes to the competition however Cyclocross bikes and helmets will also be provided.</p> |
| Equipment | Bikes will be available for Level 2/3 competitions through Dean Hughes at British Cycling who can also support Level 2 delivery of competition. deanhughes@britishcycling.org.uk / 07534 281264 |

Go Ride Cycling



LEVEL 2

Year Group(s) Y7/8
Gender Mixed
Venue Manor High School
Date / Time May 18th 2016 / 3.45-5.45pm

FINALs LEVEL 3

Year Group(s) Y7/8
Gender Mixed
Venue Brooksby Melton College TBC
Date / Time 22nd June 2016 / arrive 3.30pm for 4-6pm
Format 1 competition
 All teams to include 4 x boys and 2 x girls (3 x boys and 3 x girls can make up the team if preferred by schools).

Cyclo Cross Format

1 x Team Relay (will count towards team result).
 Quickest time over 6 laps with students completing 1 lap each before dismounting their bike and 'tagging' another member of their team to then undertake the next lap.

1 x Boys individual race (All boys will race together, maximum 10 minutes race, will not count towards the team result).

1 x Girls individual race (All girls will race together, maximum 10 minutes race, will not count towards the team result).

Grass Track Format

Italian Pursuit (will count towards team result). Quickest time over the oval course. 6 riders to ride. Rider number 6 completes the full 6 laps. Each other rider will 'peel' off after their lap so rider 1 completes 1 lap, rider 2 completes 2 laps and so on.

Races will be timed, so the quickest team to complete the race will win.

Rules There will be a Cyclo Cross and Grass Track competition.
 The team results from both formats will count towards the final team result. Individual races will take place in the Cyclo Cross competition, but will not count towards the team result.

Participants can bring their own bikes to the competition however Cyclocross bikes and helmets will also be provided.

Equipment Bikes will be available for Level 2/3 competitions through Dean Hughes at British Cycling who can also support Level 2 delivery of competition.
 deanhughes@britishcycling.org.uk / 07534 281264

Handball



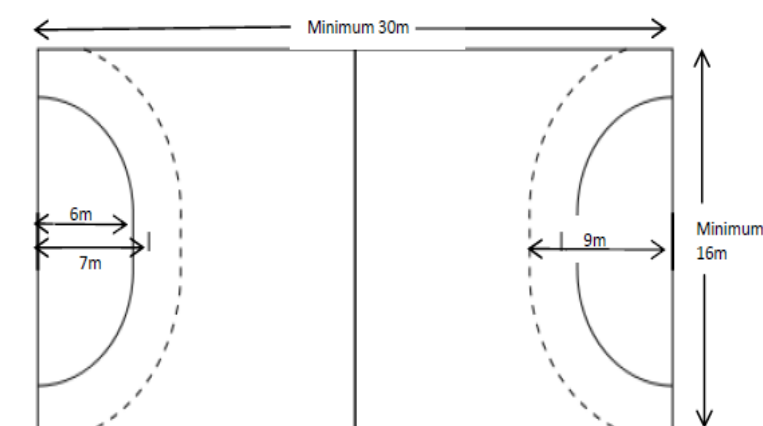
LEVEL 2

Year Group(s) Y8
Gender Boys and Girls
Venue Brockington College
Date / Time 15th March 2016 / tbc

FINALs LEVEL 3

Year Group(s) Y8
Gender Boys and Girls
Venue TBC
Date / Time w/c 18th April 2016
Format 2 competitions
 - Teams consist of 7 players (six outfield plus one GK). Squads can consist of up to 14 players.
 - Players are interchangeable at any time during the game.

Minimum playing Area/Markings



Rules

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

Regulations

- Size 1 handballs should be used for Year 8 competition
- Matches should be 10 minutes, straight through with a 5 minute break between matches.
- Where more than one court are running; matches should be started at the same time but timed separately.
- One referee is required on court that will also be responsible for scoring – This can be a teacher/leader or qualified handball referee
- 3 points will be awarded for a win, 2 points for a draw and 1 point for a loss. In the event of a tie, winners should be decided on goal difference, goals scored and then on the result of matches between tied teams

Further rules on <http://www.schoolfixtures.org/sports/handball>

Kwik Cricket



LEVEL 2

| | |
|----------------------|---|
| Year Group(s) | Y5/6 |
| Gender | Open Mixed |
| Venue | Kibworth Cricket Club (H) Narborough & Littlethorpe CC (OW + B) |
| Date / Time | 9th June 2016 / 9.30am-2.30pm (H) 24th May (OW + B) TBC |

FINALS

| | |
|----------------------|--|
| Year Group(s) | Y5/6 |
| Gender | Open Mixed |
| Venue | Welbeck 6th Form Defence College |
| Date / Time | 28th/29th/30th 2016 June School Games Summer Championships TBC |

Format 8 players in a team

Due to capacity issues you will only be allowed to enter a maximum of 2 teams into this competition.

Rules *Batting & scoring:* The batting side shall be divided into pairs, each pair batting 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/foot. Runs will be scored in the normal way, and if a batter misses the ball or if it hits their body they may still run and score byes. A ball that is too far from the batter to strike will be called a wide. A ball will not be called a wide if the batter manages to hit it. If a ball bounces more than once before reaching the batsman, or above shoulder height without bouncing, it will be called a no ball. 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. *Bowling and fielding:* Each player on the fielding side must bowl 1 over. Bowling will take place from one end only, and 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. *The result:* The team with the highest score wins. In the event of a tie the teams taking more wickets will be the winner. If it is equal, each player bowls 1 ball at the wickets (no batter) with the team scoring the highest number of strikes the winner.

Indoor Cricket



LEVEL 2

| | |
|----------------------|--|
| Year Group(s) | U13 |
| Gender | Boys |
| Venue | Leicester Grammar (B&H) or Gartree (O & W) |
| Date / Time | 2nd February 2016 / 3.30-5.30pm (OW) 3rd February 2016 / 3.30-5.30pm (BH) |
| Year Group(s) | U13 |
| Gender | Girls |
| Venue | Leicester Grammar |
| Date / Time | 10th February 2016 / 3.45-5.30pm |

| | |
|----------------------|---------------------------------|
| Year Group(s) | U15 |
| Gender | Girls |
| Venue | Leicester Grammar School |
| Date | 27th January 2016 / 3.45-5.30pm |

| | |
|----------------------|---|
| Year Group(s) | U15 |
| Gender | Boys |
| Venue | Leicester Grammar School (B&H) Leicester Grammar School (O&W) |
| Date | 14th January 2016 / 3.45-5.30pm |

FINALS LEVEL 3

| | |
|----------------------|------------------------------------|
| Year Group(s) | U13 and U15 |
| Gender | Separate Boys & Girls Competitions |

| | |
|---------------------------------|--|
| League / Cup Venue/ Date | U13 Girls— 24th February 2016 / 3pm -7pm - Crown Hills |
| | U13 Boys—29th February 2016 / 3pm to 7pm - Crown Hills |
| | U15 Girls— 25th February 2016 / 3pm-7pm - Crown Hills |
| | U15 Boys— 1st March 2016 / 3pm to 7pm - Crown Hills |

Indoor Cricket



| | |
|---------------|---|
| Format | Squad may consist of 10 players with 8 selected for each match. The pitch will be 20yards in length for U13 and 22yards for U15. 8 overs per side, per match. |
| | Each match shall consist of one innings per side Each innings shall consist of a maximum of Eight 6 ball overs Games should last no more than one hour and umpires and officials/teachers are encouraged to have their players ready to bowl and bat There shall be no interval between innings. |
| Rules | Batters may run on any ball whether it is hit or not. Batters must retire when their total has passed 20 (all runs will count, i.e. A batter is on 19 and hits a 6 they retire on 25). Retired batters can continue their innings if only 1 batter remains. A single batter may remain with support of a runner – who can be run out. The innings will be declared closed when all batters are out or the allocated number of overs has been bowled by the fielding team. For the second innings all overs will be bowled unless all the batters are out. The LBW law will not be applied unless the batter deliberately blocks the ball from hitting the wicket with anything other than the bat Batters can be caught out off any wall or ceiling but not the boundary wall. At the fall of a wicket, the outgoing batsman is replaced by the next batsmen in line. All bowlers must bowl overarm. 2 extra runs will be added to the team score for each no ball or wide bowled by the opposing team. Extras should not be added to the batters score except for runs scored off the bat off no-balls (example – a no ball is bowled, 2 runs are added to extras, the batter hit it for 4 – this goes on the batters score and the team score – overall team runs scored for this delivery is 6). No extra ball will be allocated following a wide or no-ball, except in the final over when in addition to the 2 runs and extra bowl will be bowled. At least 50% of the team must bowl. No bowler may bowl more than 3 overs (for U13) or 25% (for U15). |

Dodgeball



| | |
|----------------------|--|
| LEVEL 2 | |
| Year Group(s) | Key Stage 4 |
| Gender | Mixed (open) |
| Venue | South Wigston High School |
| Date / Time | 9th February 2016 / 3.45-5.30pm |
| FINAL | LEVEL 3 |
| Year Group(s) | Key Stage 4 |
| Gender | Mixed (open) |
| Venue | Loughborough University |
| Date / Time | 23rd March 2016 School Games Spring Championships |
| Format | 1 competition - 6 players in a team (8 in a squad) <i>Squads consist of no more than half of the team as Y11s at any one time. Therefore a maximum of 4 x Y11's in the squad, but 3 x Y11's in the team on court at any time.</i> - Best of 3 games group stage (2 points for a win 1 point for a draw 0 point for a loss) / Best of 5 games knockout rounds Round Robin Group Stage followed by Quarter Finals Semi Finals & Final |
| Rules | 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 (UKDBA Rules) FIVE SECOND RULE AND VALID THROW The leading team (the team with the most players on court) has 5 seconds from the referees call to throw the majority of the balls in their possession The leading team can always hold on to 1 ball The losing team (the team with the least players on court) can hold on to the balls for as long as they like The leading team in a game must make a valid attempt when throwing the balls (Valid attempt = throw with intent to get someone out) ELIMINATION 'GETTING OUT' Hit by a Dodgeball thrown by an opponent without a bounce An opposition player catches a Dodgeball that you have thrown In the Under 16 game a player can step on the line and still be IN. The ball you are holding is knocked from your hands by an opponent's throw Punching or kicking the ball 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. The person who threw the ball is NOT OUT. 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 |

Gymnastics



LEVEL 2 PAN DISABILITY

Year Group(s) Y1—6
Gender Open Mixed
Venue Bushloe
Date / Time 16th March 2016
 3.45-5.30pm

FINALS LEVEL 3

Year Group(s) Y1/2, Y3/4, Y5/6 & Disability
Gender Open Mixed
Venue New College Leicester TBC
Date / Time w/c 25th April 9.30 (Arrival) - 1pm

Format 4 Competitions
 Years 1 & 2 – Key Step Level 1 (4 in the team)
 Years 3 & 4 – Key Step Level 2 (4 in the team)
 Years 5 & 6 – Key Step Level 3 (4 in the team)
 Pan Disability – Adaptive Key Step 1, Open age (4 in the team)

Rules Please note the competition is open to ALL children, regardless of the number of hours they train for this sport. Children must enter the correct level for their year (as above.)

Each team should be accompanied by a suitably qualified coach or teacher who should act as team manager.
 Teams at each level will be divided into different rounds, each round will rotate around 3 set routines; there may also be rest stations included.

A warm up time and practice time will be given to competitors at the beginning of the competition.
 All members of the team will take part in all three exercises as follows;
 Floor Routine
 Body Conditioning Routine
 Vault
 Children in year 1 or 2 should perform Key Step Gymnastics level 1 with a start value of 10 on each apparatus
 Children in year 3 or 4 should perform Key Step Gymnastics Level 2 with a start value of 10.
 The top 3 combined scores for each of the three exercises; floor, conditioning and vault, will calculate the team positions.
 Eg. The 3 highest individual scores for the vault will add to the 3 highest individual scores for the conditioning and floor to total a final team score.

Key Step Competition packs can be purchase from
<https://secure.british-gymnastics.org/shop/> or downloaded free of charge by signing up to the BG Partner Schools Offer
<http://www.british-gymnastics.org/clubs/schools/schools-gymnastics>

No gymnasts to wear jewellery , hair must be securely tied back.
 Gymnasts can be prompted by a teacher, if needed during their routine, but deductions will apply.

Hockey Quicksticks



LEVEL 2

Year Group(s) Y3/4, Y5/6
Gender Mixed - *stipulation of one girl to be on court at all times*
Venue Leicester Grammar School
Date / Time 12th April 2016 / 3.45-5.30pm Y3/4
 13th April 2016 / 3.45-5.30pm Y5/6

FINALS LEVEL 3

Year Group(s) Y3/4, Y5/6
Gender *Mixed - stipulation of one girl to be on court at all times*
Venue Welbeck 6th Form Defence College
Date / Time 28/29/30th June 2016 School Games Summer Championships TBC

Team Size 6 players in a team—
Four outfield players and two officials, there are no goal keepers in quicksticks. Due to capacity issues you will only be allowed to enter a maximum of 2 teams into this competition.

Format To introduce pupils to umpiring and officiating the sport of hockey.
 Three periods of play to allow all players to take on officiating roles
 Y3&4—3 x 7 minutes playing period, with 2 minute intervals. 25 mins in total
 A Match Official (teacher, parent, coach) has overall responsibility for the game and supporting the umpires.
 The Umpire (one player from each team) shall attempt the rules as outlined below. The Umpire will rotate at the end of each playing period.
 The Manager/Coach (one player from each team) shall keep the score, attempt to observe the game and help the team with basic tactics. The Manager/Coach will rotate at the end of each playing period.

Rules A Centre Pass starts a game alternating between the teams and at the start of each period, with all players in their own half, 3 meters away from the ball.
 After a goal is scored the Centre Pass is given to the non scoring team.
 A goal is scored when the ball completely crosses the goal line from within the shooting circle. A penalty goal is awarded if a defending player deliberately stops the ball crossing the goal-line with their feet or body.
 A Free Pass is taken from where the offence occurs, opposing players must be 3 meters away from the ball. The Free Pass taker can only touch the ball once before it is touched by another player.
A Free Pass is awarded when;
 The ball crosses the side line; taken from where the ball left the pitch.
 The ball crosses the back line by the attacking team; taken from the top of the shooting circle in line with the centre spot, attacking team in defending third of Pitch. The ball crosses the back line by the defending team; taken from corner on the side of the goal the ball crossed the line.
 A player kicks, propels, picks up, throws or carries the ball (it is not an offence if the ball touches the players foot, only if it breaks down play or creates a disadvantage.)
 Attempts to play a ball above the knee with a stick. Uses the (rounded) back side of the stick. Whilst striking the ball, causes any actual or possible danger to themselves or other players. Obstructs by running between the ball and opponent.
 Holds, charges, kicks, pushes intentionally trips or strikes any player or umpire. Players can be sent to the sin bin for a 2 minute suspension if they persist in breaking the rules.

Netball (High 5)



LEVEL 2

Blaby & Harborough (Preliminary Family of Schools Rounds in Harborough
1st & Second palce teams will be invited to proceed to next round)

Year Group(s) Y5/6

Gender Mixed

Venue Brockington College

Date / Time 26th April 2016 / 3.45-5.30pm

Oadby & Wigston

Year Group(s) Y5&6

Gender Mixed

Venue South Wigston High School

Date / Time 19th April 2016 / 3.45-5.30pm

FINALS LEVEL 3

Year Group(s) Y5&6

Gender Mixed

Venue Welbeck 6th Form Defence College

Date / Time 28/29/30th June 2016 School Games Summer Chapionships TBC

Level 3 Finals

Please note any team(s) fielding less than the minimum or more than the maximum matches played will only be counted as friendlies.

Team Size **7 Minimum /9 Maximum players per squad, 5 players on court at any time
3 boys maximum per squad, 2 on court at any one time**

Format 4 quarters of 6 minutes
On-court positions: GS, GA, C, GD, GK
Off-court positions: Scorers (S), Time Keeper (TK), Centre Pass Marker (CPM)
Players must rotate positions and play at least two quarters, in two different positions (shooting, centre, defending) and must not be off court consecutively.

Netball (High 5)



Rules Start of play: Centre pass is taken alternatively—ball must be thrown within 4 Seconds

All players must be in own area, except centre, until the whistle blows

The ball must be caught or touched in the centre third

Obey the Footwork rule—no moving feet once in the centre circle.

Playing the Ball: Deliberately kick the ball. Bounce the ball more than once. Roll the ball to another player, throw the ball while sitting /lying on the ground. Use the goalpost as support in receiving the ball going out of court or to gain balance. Throw a 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.

Footwork: Player when receiving the ball - land 1 foot then the next foot (2) but the first foot that touches the ground must remain grounded until they release the ball their second foot (2) may be moved to help them pivot and face the way they are going to throw.

A player in possession of the ball may not drag or slide the landing foot, hop or jump from both feet and land without releasing the ball before landing.

A player is off-side by entering an area of the court they are not allowed

Out of court: Players touches the ball with a foot outside the court (on the line is in) or the ball goes out of court

Throw in is taken from where the ball left the court and can only be taken by the player allowed in that area.

Defending, Obstruction & Contact: Defending the ball in a player's hands by out stretching the arms is not permitted. The defending player is allowed one jump to intercept from at least 1m (Jumping up and down in front of a player is not allowed). Netball is a non-contact sport no players shall knock/push or interfere with play

Scoring a Goal: A goal can only be scored by Goal Shooter (GS) or Goal Attack (GA) within the shooting circle.

www.EnglandNetball.co.uk and visit the High 5 section

Indoor Rowing



LEVEL 2

Year Group(s) Yr9 Yr11
Gender Mixed teams
Venue South Wigston High School
Date / Time 12th January 2016 / 3.45-5.30pm

FINALs LEVEL 3

Year Group(s) Y9 & Y11
Gender Mixed teams
Venue Loughborough University
Date / Time 23rd March 2016 School Games Spring Championships

Format A school team to consist of 8 rowers (4 boys and 4 girls) **per** year group.

Rules Events:

- Boys 8 minute team race (4 in a team, change every 30 seconds on the horn)
- Girls 8 minute team race (4 in a team, change every 30 seconds on the horn)
- Mixed 16 minute team race (8 in a team, change every 30 seconds on the horn)
- Individual races (Year 9 do 3 minutes and Year 11 do 5 minutes) - this event is new this year.

**If you choose to use any Y10 students they will have to row to Y11 stipulation.
Likewise, Y7/8 students would have to row at Y9 standard.**

Softball



Level 2

Year Group(s) Y7,8 and 9
Gender Boys
Venue TBC
Date/Time 24th May 2016 TBC / 3.45-5.30pm

FINALs LEVEL 3

Year Group(s) Year 7, 8 and 9
Gender Boys
Venue Leicester Blue Sox TBC
Date/Time w/c 13th June 2016 / time TBC

Format 1 Competition

Rules Each team of 10 fielders take up various positions in the field.
The batter stands next to home plate and the ball should be pitched underarm in an arc reaching the batter between knee and shoulder height as it passes over home plate.
A pitch that passes through this area without the batter swinging or is swung at and missed or swung at and hit into foul territory is a strike.
A pitch that misses this area without being swung at is a ball.
Three strikes and the batter is out.
Four balls the batter advances to first base.
If batter hits the ball into fair territory they have to run towards first base.
A run is scored when a batter touches all four bases consecutively from first base back to home plate—though not necessarily all on one play.
A batter can be caught out, tagged out (when not standing on a base and touched by a fielder holding the ball) and forced out (the ball beats the batter or another runner to the base they are attempting to reach).
An inning is completed when all 10 team members have batted.
The fielding and batting team then change positions.

Swimming



LEVEL 2 **Preliminary Rounds -Various Harborough Galas**

Year Group(s) Y5/Y6 - Partnership Gala
Gender Mixed teams (stipulations)
Venue LGS Primary Partnership Gala
Date / Time 20th April 2016 / 4-6pm

FINAL LEVEL 3

Year Group(s) Y5/Y6
Gender Mixed teams (stipulations)
Venue Welbeck 6th Form Defence College
Date / Time 28/29/30th June 2016 School Games Summer Championships TBC

Format Gala

Rules Areas that have Yr 5 in one school and Yr 6 in another school can bring young people from either to make up the team

Teams made up of minimum two Y5 girls, two Y5 boys, two Y6 girls and 2 Y6 boys.

Events:

- Event 1/2 4x1 Med Relay Mixed
- Event 3/4 Girls 25m Backstroke
- Event 5/6 Boys 25m Backstroke
- Event 7/8 Girls 25m Butterfly
- Event 9/10 Boys 25m Butterfly
- Event 11/12 girls 25m Breaststroke
- Event 13/14 Boys 25m Breaststroke
- Event 15/16 Girls 25m Freestyle
- Event 17/18 Boys 25m Freestyle
- Event 19/20 4 x 25m Free Relay Mixed

Swimming

LEVEL 2

Year Group(s) KS3
Gender Mixed teams (**Level 2 Format is—up to 16 swimmers, 8 boys, 8 girls**)
Venue Leicester Grammar School
Date / Time 24th February 2016 / 4-6pm

Year Group(s) KS4/5
Gender Mixed teams (**Level 2 Format is—up to 16 swimmers, 8 boys, 8 girls**)
Venue Leicester Grammar School
Date / Time 2nd December 2016 / 4-6pm

FINAL LEVEL 3

Year Group(s) KS3 & KS4 (separate competitions)
Gender Mixed teams (Level 3 Format is—8 swimmers, 4 boys and 4 girls)
4 boys and 4 girls in each age group competition (**please note this is a different format to the Level 2 format**)

Venue Loughborough University
Date / Time 23rd March 2016 School Games Spring Championships

Format Gala

Rules Swimmers can take part in a maximum of 2 individual events.
4 boys and 4 girls in each age group competition.

- Events:
- Event 1/2 KS3 50m Backstroke (girls / boys)
 - Event 3/4 Mixed freestyle relay (KS3 / KS4)
 - Event 5/6 KS4 50m Backstroke (girls / boys)
 - Event 7/8 KS3 50m Butterfly (girls / boys)
 - Event 9/10 KS4 50m Freestyle (girls / boys)
 - Event 11/12 Mixed Medley relay (KS3 / KS4)
 - Event 13/14 KS3 50m Breaststroke (girls / boys)
 - Event 15/16 KS4 50m Butterfly (girls / boys)
 - Event 17/18 KS3 50m Freestyle (girls / boys)
 - Event 19/20 KS4 50m Breaststroke (girls / boys)

Table Tennis



LEVEL 2

| | |
|----------------------|---|
| Year Group(s) | U11, U13, U16 & U19 |
| Gender | Separate Boys and Girls competitions |
| Venue | Leicester Grammar School |
| Date / Time | 29th October 2015 / 3.30-5.30pm U11 & U13 5th November 2015 /3.30—5.30 U16 & U19 |

FINALs LEVEL 3

| | |
|----------------------|--|
| Year Group(s) | |
| Gender | Separate Boys and Girls competitions |
| Venue | |
| Dates / Time | U11 Girls 25th November Knighton Park Table Tennis Club 9.30 –12 U11 Boys 25th November Knighton Park Table Tennis Club 12.30—3pm |

Format 4 boys in a team, 4 girls in a team

Due to capacity issues, you will only be allowed to enter a maximum of 2 teams per age group/gender into this competition.

Rules A match consists of the best of 5 games eg 3-0, 3-1, 3-2
A game is won by the player first scoring 11 points.
If both players score 10 points, then the game is won when one player has a lead of 2 points eg 13-11
The person who wins the toss will serve first in the first game; after 2 points, the receiver becomes the server and so on after each 2 points until the end of the game. If 10-10 is reached, the service is alternate.
For the second game, the initial receiver serves first and in subsequent games, it alternates
A good service starts with the ball resting on the palm of the hand with the ball thrown upwards about 6 inches (16 cms); the server hits the ball from behind the end of the table so it bounces on his side of the table and then on the other side.
A good return is made when the receiver hits the ball over the net on to the other side of the table.
A point finishes when the ball is hit by the player so that it does not bounce on the other side of the table – ie it goes off the table or into the net
A let service is when the server serves the ball and it touches the net and hits the other side; then the service is repeated until good.
A let will be called by the umpire if a ball comes into the playing area from an adjoining table
The bat will have red on one side and black on other.
The umpires decision is final

TAG Rugby



LEVEL 2

| | |
|----------------------|--|
| Year Group(s) | Year 5/6 |
| Gender | Mixed |
| Venue | Oadby & Wigston and Blaby Harborough Vipers RFC Market Harborough RFC |
| Date / Time | Harborough Oadby & Wigston and Blaby 24th March 2016 / 1-4.30pm 22nd March 2016 / 1-4pm |

FINALs LEVEL 3

| | |
|----------------------|------------------------------|
| Year Group(s) | Year 5/6 |
| Gender | Mixed |
| Venue | Leicester Grammar School TBC |
| Date / Time | 17th May 2016 / time TBC |

Format **Teams of 8 players, squad of 12 which must be made up with a minimum of 4 from one sex, with at least two from one sex playing at once. Pitch size 60x30m maximum**

Due to capacity issues you will only be allowed to enter a maximum of 2 teams into this competition.

Rules **Free pass**
A free pass from the centre of the pitch is used to start the game, and after every time a try is scored. It is also used at the side of the pitch when the ball goes in touch and from where the referee makes a mark after an infringement has been made.
Free passes cannot be taken nearer than 7m from the goal line. The pass must go backwards to a member of the team starting 2m away from the taker. Opponents must be 7m away.
Scoring
To score a try the ball must be placed down behind the opponents scoring line (no diving). Try's are worth 5 points.
Passing
Passes must be made sideways or backwards. If the ball is passed forward or handed to a team mate the opposition is awarded a free pass. Also if the ball is grabbed from the hands a free pass is awarded.
The Tag
The tag is the removal of one of the tags from the ball carriers belt. The ball carrier can dodge but not prevent their tags being taken. Players must have 2 tags to be part of the game.
When the ball carrier is tagged they must pass the ball within 3 seconds, the ball carrier has 1 step to score a try once tagged.
After being tagged the player must retrieve and re-attach their tag before re-joining the game. The playing making the tag must give the tag back to the player it came from and must not simply throw it on the floor.
Knock on
A knock on occurs when a player attempting to catch the ball fumbles or drops it forwards, a free pass is awarded.
Offside
When a tagged player is passing the ball all opposition players must return to behind the ball and cannot interfere with pass unless they have started behind the ball. If this does occur, a free pass will be given.

Mini Tennis (Red)



LEVEL 2

| | | | |
|----------------------|------------------------|--------------------------|-------------|
| Year Group(s) | Y3/4 | | |
| Gender | Mixed (2 boys/2 girls) | | |
| Venue | Blaby and Harborough | Leicester Grammar School | |
| | Oadby and Wigston | Wigston Tennis Club | |
| Date / Time | Blaby and Harborough | 15th June 2016 | 3.45-5.30pm |
| | Oadby and Wigston | 14th June 2016 | 3.45-5.30pm |

FINALS LEVEL 3

| | |
|----------------------|--|
| Year Group(s) | Y3/4 |
| Gender | Mixed (2 boys/2 girls) |
| Venue | Welbeck 6th Form Defence College |
| Date / Time | 28/29/30th June 2016 School Games Summer Championships TBC |

Format Pupils from Year 3 and/or Year 4. Teams of 4 — two boys and two girls. Schools are encouraged to enter multiple teams. Mini Tennis Red uses badminton sized courts, 17" to 23" Mini Tennis rackets, Mini Tennis sponge balls if played indoors, or Mini Tennis red felt balls if played outdoors.

Due to capacity issues you will only be allowed to enter a maximum of 2 teams into this competition.

Rules It is recommended that Timed Tennis is used as the format; players play for a set period of time, until the whistle blows. The length of matches depends on time available and amount of entries, but matches normally last ten minutes. 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 should have a helper/scorer, who calls out the scores and helps out with decisions (this is a great opportunity to use Tennis Leaders).

Trampolining—Next Steps



LEVEL 2

| | |
|----------------------|----------------------------------|
| Year Group(s) | KS4 & KS3 |
| Gender | Open Mixed |
| Venue | Robert Smyth Academy |
| Date/Time | 25th November 2015 / 3.45-5.30pm |

| | |
|----------------------|---|
| FINALS | LEVEL 3 |
| Year Group(s) | KS4 & KS3 |
| Gender | Open Mixed |
| Venue | Robert Smyth Academy |
| Date/Time | 9th December 2016 / arrive 3.30pm for 4-6pm |

Rules 2 competitions (1 per Key Stage)
 Key Stage 3 – Next Step 2 (without body management) –
 Key Stage 4 – Next Step 3 (without body management) –
 4 students per Key Stage Team, (therefore maximum of 8 students representing each area; 4 for KS 3 and 4 for KS 4). Pupils will perform the 2 trampoline routines as outlined in British Gymnastics Next Step Trampoline resource at either level 2 or 3, these are; Set Skills and Set Routine. Team scores will be made up of the 3 highest competitor scores from the two routines above.
 - Competitors must know the set skills and the routine without prompts.
 -Pupils will be given 6 bounces to commence the routine.
 Before starting the routine, pupils will need to indicate to the judge that they are ready to begin, pupils must then wait for the judges to signal before starting the routine
 -1 out bounce to end the routine
 -At the end of the routine hold for 3 seconds

Judges will deduct points for the following-
 -Double bounce in between routine moves
 -Travel on the bed (remain within the boxed/marked area)
 -More than 5 bounces used to commence the routine
 -More than 1 out bounce used to end the routine
 -Inconsistence of height throughout the routine
 -Lack of Body Tension
 -Lack of Body Extension
 -Error in the routine, i.e. incorrect order
 -If more than 10 moves are performed
 The Judges decision is final

All pupils will need to wear clothing that is tight to allow judges to see body alignment, no tracksuit bottoms or jumpers. Socks / trampoline shoes must be worn when on the trampoline. All jewellery must be removed. Long hair must be tied back.
 See the Next Step Trampolining Resource for further guidelines.

Tri Golf



| | |
|----------------------|---|
| LEVEL 2 | PAN DISABILITY |
| Year Group(s) | Y3/4 and Y5/6 (separate competitions) |
| Gender | Mixed (stipulations) |
| Venue | Cosby Golf Club |
| Date / Time | |
| FINALS | LEVEL 3 |
| Year Group(s) | Y3/4 and Y5/6 (separate competitions) & KS2 PAN Disability |
| Gender | Mixed (stipulations) |
| Venue | Welbeck 6th Form Defence College |
| Date / Time | 28/29/30th June 2016 School Games Summer Championships |
| Format | 3 competitions Teams of 10 (five boys and five girls) rotating around eight skill challenges With five minutes on each game. |
| Rules | Full set of directions and 'how to' guides for each station are found within Golf Roots School Games Toolkit and online: www.golf-foundation.org |

Volleyball



| | |
|----------------------|---|
| LEVEL 2 | |
| Year Group(s) | KS4 |
| Gender | Boys and Girls (separate competitions) |
| Venue | Robert Smyth Academy |
| Date / Time | 29th February 2016 / 3.45-5.30pm |
| FINALS | LEVEL 3 |
| Year Group(s) | U15 (Y10) |
| Gender | Boys and Girls (separate competitions) |
| Venue | Loughborough University |
| Date / Time | 23rd March 2016 School Games Spring Championships |
| Format | Super mini-volley 4v4, separate girls & boys competitions. |
| Rules | SCORING 1 set to 25 (Two points clear) or 15 minutes (max) CONTACTING THE BALL Double contact rule brought in. A double contact is when the ball is played in two different motions and/or the ball's direction is changed by doing this. Catch rule brought in. A catch is classed as any ball that is caught and thrown, as opposed to a clean 'hit' off the body contact point. Contact Any part of the body can contact the ball INTERRUPTIONS TO PLAY Timeouts 2 per set – Playing the ball off the net is allowed. Serve that hits the net and falls in is legal |

Disability Events



- Any competition labelled **PAN disability** refers to anyone on your schools SEND register
- Teams for the following events can be representative (area) or school teams
- Wheelchair Basketball
- Boccia
- Disability Football

| Academy | Description | Brief description of some athletes and impairments in this group | Additional Information |
|---------|--------------------------------|---|---|
| 1 | Power Chair User | Athlete with cerebral palsy – electric wheelchair user quadriplegic – severe to moderate involvement in all 4 limbs. Athlete with quadriplegia (if using a power chair.) | Activities will be adapted wherever possible to involve athletes in ALL events These athletes use a wheelchair exclusively |
| 2 | Manual Wheelchair User | Athlete with cerebral palsy Athlete with a spinal cords injury – Quadriplegic (if using manual wheelchair) and paraplegic athletes. | All Athletes in this group CANNOT run/move freely unaided. They MAY be able to stand and walk with support and MIGHT not regularly use a wheelchair. |
| 3 | Ambulant – Moderate Impairment | Blind and moderately visually impaired athletes running with a guide. Athlete with cerebral palsy – Diplegic – functionally affected in both legs. Athlete with cerebral palsy – Ataxic/Athetoid – affected in three or four limbs. Dwarf Athletes Athlete with a single or double above knee amputation or physical impairment allowing similar movement. | All athletes in this group CAN run/move freely unaided EXCEPT for blind and visually impaired athletes who need the support of a guide runner. |
| 4 | Ambulant – Minimal impairment | Athlete who is deaf or with a hearing impairment. Athlete with minimal visual impairment (no guide required/allowed) Athlete with cerebral palsy – hemiplegic – functionally affected on one side. Athlete with very mild cerebral palsy. Athlete with single or double below knee amputation or physical impairment allowing similar movement. Athlete with a learning disability: IQ of 75 or less, limited social adaptation in day to day abilities and their learning disability must be evident during 0 – 18 years. | ALL Athletes in this group can run/move freely unaided. |

Disability Sportshall Athletics



- Level 3**
- Year Group(s)** Ks 3 / 4 / 5
- Gender** Open Mixed
- Venue** Aylestone Leisure Centre
- Date / Time** Friday 11th December 2015 / 10am register for 10.30am - 2.30pm
- Format** 2 competitions
- Min of 5 , max of 8 in a team
6 events for participants to rotate through;
- standing long jump (or wheel push),
target throw
speed bounce
hi-stepper
javelin
chest push
- Equipment** Sportshall Athletics equipment, including many adapted events.
- All equipment provided by the Leicestershire Disability Athletics Development Group
- NB** **Open Level 2 Disability Sportshall Athletics events organised by the Leicestershire Disability Athletics Development Group for KS3 on Friday 21st November at Crownhills Community College.**
- For KS4/5 on Friday 28th November at Aylestone Leisure Centre. Please contact Dan Hewins for further information or to enter a team.**

Disability MLD Basketball



Level 3

Year Group(s) KS 4

Gender Open Mixed

Venue Loughborough University

Date / Time 23rd March 2016 School Games Spring Championships

Format

1 competition
Round robin competition
5 vs. 5 on court (up to 12 in a squad)
There will be rolling subs

Jon Stonebridge, National Disability Lead for England Basketball to go into each school prior to Level 3 competition

Contact bdo@jonstonebridge.co.uk

Rules OPEN LEVEL 2 COMPETITION - (which will include ability divisioning)
Date TBC / 10am - 2.30pm at Regent College.

Contact Jon Stonebridge on above email to enter a team.

Games consist of 2 halves of 5 minutes each, against a running clock
Directional arrow will determine jump ball situations and possession
1/2 court defence only

- There is a 2 minute interval at half time in each game
Each team is allowed 1 time out per half (lasting 30 seconds against a running clock)
- (a) there will be no personal fouls recorded; however referees have the power to eject players if they are abusing this rule
 - (b) Should a team field ineligible players on the day then they cannot win the competition

Three basic rules apply to the Years 5 & 6 tournament

1. no double dribble
2. No travelling
3. No contact

Teams must retreat to the half way line once they have lost possession in their front court

Scoring

Each team will be awarded the following points per game

Win = 3 points

Draw = 2 points

Loss = 1 point

NB Please note this is a pilot competition for 2014 / 2015



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Disability Wheelchair Basketball



Level 3

Year Group(s) KS 3/4/5

Gender Open Mixed

Venue Loughborough University

Date / Time 23rd March 2016 School Games Spring Championships

Format

1 competition
5 vs. 5 on court (up to 8 players in a squad)
Minimum of 1 disabled player with a lower limb impairment in the squad (recommend 2)
Minimum of 1 disabled player must be on court in a wheelchair at all times throughout the match

Rules

Game Duration :
4 quarters of 5 minutes (stopped clock)
There will be a 1 minute break in-between quarters, and a 2 minute break at half time
Failure to be on court ready at the beginning of the time slot will result in a team forfeiting the game with a result of 20-0

Results in round - robin stages:

- 3 points for a win
- 1 point for a loss
- The final standings from the round robin fixtures shall generate a team's seeding
- Where teams are tied on points , points difference will be used

Results in play off stages:

A winner will be found from each match
In the instance of a draw, 2 minutes extra time (stopped clock) will be played until a winner is found

Time outs:

- 1 minute duration, with stopped clock
- 1 time out per team per game
- Games going in to over time: 1 extra time out per team will be allowed

Team selection for this event will be through our Disability Roadshow Events



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www.lrsport.org.uk

Disability Boccia MLD & SLD



Level 3

Year Group(s) KS3 MLD, KS3 SLD, KS4 MLD, KS4 SLD

Gender Open Mixed

Venue Loughborough University

Date / Time 23rd March 2016 School Games Spring Championships

Format 4 competitions
Squad of any number but 3 players on court at any one time

Disability classification : SLD, Physical Disabilities, MLD

There are various options of eligibility for this through the Special Schools Boccia League:

Option 1 – Liaise with your special school to establish if they are competing in the Schools League – this could be your School Games team

Option 2 – If 2 SSP teams are competing with the league, the top placed team can represent your SSP at the School Games

Option 3 – If no school from SSP involved in the league, local selection to take place through special schools.

Players within mainstream units may be eligible to participate but need to meet the MLD criteria.

Rules Red side always starts the first end by propelling the jack into court.

The captain chooses the player on their side to play the jack.

The jack ball must cross the 'V' line to be in play.

The player who propels the jack ball also plays their team's first coloured ball.

A player from the opposing side then propels their first coloured ball.

The side not closest to the jack must play until they either manage to get closer to the jack, or run out of balls.

The side with remaining balls then propels them.

The end is completed when all balls from both sides have been played.

The end is scored by awarding one point for every ball of the same colour closer to the jack than the nearest opposing coloured ball.

Blue side then starts the second end.

After both ends have been completed the winning side is the team with the higher accumulative score from both ends

Disability Football



Level 3

Year Group(s) KS3

Gender Boys and Girls

Venue Holmes Park

Date / Time w/c 1st June 2016

Format 2 competitions

6 a-side

Teams of 6 players, maximum squad of 10.

Matches 16 minutes with 2 x 8 minute halves.

Rules The competition shall be governed in accordance with the Rules and Regulations of the Football Association.

Matches will be played in general conformity with the Laws of Small Sided Football as issued by the Football Association.

The competition shall be sanctioned by the Football Association.

The competition, all teams and players and other persons shall be subject to the Rules and Regulations of that Association.

Substitutes shall be permitted at any time during the game, with the referee's permission.

Players may re-enter the game and all substitutes must have a period of play.

Disability Sportsability



Level 3

Year Group(s) KS2 Mixed PAN Disability

Gender Y3/4/5 & 6 Open Mixed

Venue Welbeck Sixth Form Defence College

Date / Time 28/29/30th June 2016 School Games Summer Championships TBC

Format 1 competition
Pupils from Year 3/4/5/6
Teams of up to 8 (min 6) — ideally mix of girls and boys but it is open.
This is a Pan Disability event. Any young person with a learning, physical or sensory impairment and those young people on SEN registers are eligible to enter.

Competition will include a circuit of Boccia, Kurling and Multi-skills.

Rules Further details will be available from John Duggan
jduggan@ellesmere.leicester.sch.uk

Equipment Boccia sets, Kurling sets, various equipment



Other Info and Contacts

Oadby & Wigston Primary School Sports Association

Chairperson—Tim Sutcliff (Glen Hills)

www.ow-ssa.org.uk

Blaby & Harborough Primary School Sports Association

Blaby

Chairman—Paul Taylor (Enderby Danemill)

e: ptaylor08@hotmail.co.uk

t: 0116 286 2674

Harborough

Mike Scully

e: mscully@rsacademy.co.uk

t: 01858 440770

Small Schools

Contact—Hazel Tingle (North Kilworth St Andrews)

e: htingle@claybrooke.leics.sch.uk

t: 01455 209238

Oadby & Wigston Borough Council

Avril Lennox (Sports Development Officer)

e: avril.lennox@oadby-wigston.gov.uk

t: 0116 257 2673

www.oadby-wigston.gov.uk

Legacy Maker

Isabel Martin(Oadby & Wigston)

e: Isabel.martin@oadby-wigston.gov.uk

t: 0116 2572686

Blaby District Council

Darren Farish

e: djf@blaby.gov.uk

t: 0116 272 7707

www.blaby.gov.uk

Legacy Maker

Nathan Smith(Blaby)

e: Nathan.Smith@blaby.gov.uk

t: 0116 2727707

Harborough District Council

Hollie Hutchinson (Sports Development Officer)

e: h.hutchinson@harborough.gov.uk

t: 01858 821289

www.harborough.gov.uk

www.harboroughsport.co.uk

Legacy Maker

(Harborough)

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Leicester-Shire & Rutland Sport

e: lrsport@lboro.ac.uk

t: 01509 564 888

www.lrsport.org