



RULES & FORMATS 2015-16

LEICESTER-SHIRE & RUTLAND SCHOOL GAMES



**LEICESTER-SHIRE
& RUTLAND SPORT**
SPORT & PHYSICAL ACTIVITY

www.lrsport.org/schoolgames

 @LR_Sport / #LRSchoolGames



Super Series Finals—Primary

Table Tennis
Primary Sportshall Athletics
Basketball
Futsal
Gymnastics
Tag Rugby
Go Ride Cycling
Super Series Finals— Secondary
Trampolining
Disability Sportshall Athletics
Indoor Cricket
Handball
Disability Football
Softball
Go Ride Cycling

Spring Championships

Boccia
Dodgeball
Disability Basketball
Wheelchair Basketball
Netball
Indoor Rowing
Secondary Sportshall
Swimming
Volleyball

Summer Championships

Quadkids Athletics
Kwik Cricket
Girls Football
Quicksticks Hockey
Netball
Sportsability
Swimming
Tennis
Tri-Golf





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, do you 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 to 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.





SUPER-SERIES FINALS

November 2015 - June 2016



**LEICESTER-SHIRE
& RUTLAND SPORT**
SPORT & PHYSICAL ACTIVITY



TABLE TENNIS

Year 5/6 Girls & Boys

Year Groups/ Gender	Year 5/6 Girls & Boys
Date / Time	25th November Year 5/6 Girls arrive at 9.30am for 10-12noon Year 5/6 Boys arrive at 12.30pm for 1-3pm
Venue	Knighton Park Table Tennis Club Knighton Fields Road East, Leicester, LE2 6DZ
Format	2 competitions 4 boys in a team, 4 girls in a team
Rules	<p>A match consists of the best of 5 games eg 3-0, 3-1, 3-2</p> <p>A game is won by the player first scoring 11 points.</p> <p>If both players score 10 points, then the game is won when one player has a lead of 2 points eg 13-11</p> <p>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.</p> <p>For the second game, the initial receiver serves first and in subsequent games, it alternates</p> <p>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.</p> <p>A good return is made when the receiver hits the ball over the net on to the other side of the table.</p> <p>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</p> <p>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.</p> <p>A let will be called by the umpire if a ball comes into the playing area from an adjoining table</p> <p>The bat will have red on one side and black on other.</p> <p>The umpires decision is final</p>
Equipment	Table tennis tables, bats, balls





PRIMARY SPORTSHALL ATHLETICS

Year 5/6 Mixed



Year Groups/ Gender	Year 5/6 Mixed
Date / Time	w/c 30th November, arrive 9.30 for 10am-12pm
Venue	Loughborough University (Netball Centre) TBC
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
Equipment	Reversa boards, speed bounce mats, basketballs, long jump and triple jump mats, relay batons, hurdles, roll out measuring mats, soft javelins, gym mats.







GYMNASTICS

Year 1/2, Year 3/4, Year 5/6 & Disability



Year Groups / Gender	Year 1/2, Year 3/4, Year 5/6 Open Mixed
Date / Time	w/c 25th April, arrive 9.30 for 10am-1pm
Venue	New College, Leicester TBC
Format	<p>4 Competitions</p> <p>Years 1 & 2 – Key Step Level 1 (4 in the team)</p> <p>Years 3 & 4 – Key Step Level 2 (4 in the team)</p> <p>Years 5 & 6 – Key Step Level 3 (4 in the team)</p> <p>Pan Disability – Adaptive Key Step 1, Open age (4 in the team)</p> <p>Each team should be accompanied by a suitably qualified coach or teacher who should act as team manager.</p> <p>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.</p> <p>A warm up time and practice time will be given to competitors at the beginning of the competition.</p> <p>All members of the team will take part in all three exercises as follows;</p> <p>Floor Routine</p> <p>Body Conditioning Routine</p> <p>Vault</p> <p>Children in year 1 or 2 should perform Key Step Gymnastics level 1 with a start value of 10 on each apparatus</p> <p>Children in year 3 or 4 should perform Key Step Gymnastics Level 2 with a start value of 10.</p> <p>The top 3 combined scores for each of the three exercises; floor, body conditioning and vault, will be used calculate the team positions. Eg. the 3 highest individual scores for the vault will add to the 3 highest individual scores for conditioning and floor to total a final team score.</p> <p>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</p>
Rules	<p>No Gymnasts to wear jewellery, hair must be securely tied back.</p> <p>Gymnasts can be prompted by a teacher, if needed during their routine, but deductions will apply.</p>
Equipment	





TAG RUGBY

Year 5/6 Mixed



Year Groups / Gender	Year 5/6 Mixed - minimum of 4 from one sex, with at least two from one sex playing at once.
Date / Time	17th May TBC, 9.00am arrive for 9.30-1.30pm
Venue	Leicester Grammar School TBC
Format	1 competition 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
Rules	<p>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.</p> <p>Scoring To score a try the ball must be placed down behind the opponents scoring line (no diving). Try's are worth 5 points.</p> <p>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 gabbed from the hands a free pass is awarded.</p> <p>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.</p> <p>Knock on A knock on occurs when a player attempting to catch the ball fumbles or drops it forwards, a free pass is awarded.</p> <p>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.</p>
Equipment	Tag belts, rugby ball size 4, cones





GO RIDE CYCLING

Year 5/6 Mixed



Year Groups / Gender	Year 5/6 Mixed
Date / Time	22nd June, arrive 12.30pm for 1-3pm
Venue	Brooksby Melton College TBC
Format	<p>1 competition</p> <p>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></p> <p>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></p> <p>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> <p>Races will be timed, so the quickest team to complete the race will win.</p>
Rules	<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	<p>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</p>



TRAMPOLINING

Key Stage 3 & Key Stage 4 Mixed

Year Groups / Gender	Key Stage 3 and Key Stage 4 Open Mixed
Date / Time	9th December 2015, arrive 3.30pm for 4-6pm
Venue	Robert Smyth Academy, Market Harborough
Format	<p>2 competitions (1 per Key Stage)</p> <p>Key Stage 3 – Next Step 2 (without body management) –</p> <p>Key Stage 4 – Next Step 3 (without body management) –</p> <p>4 students per Key Stage Team, (therefore maximum of 8 students representing each area; 4 for KS 3 and 4 for KS 4).</p> <p>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.</p> <p>Team scores will be made up of the 3 highest competitor scores from the two routines above.</p>
Rules	<ul style="list-style-type: none"> - Competitors must know the set skills and the routine without prompts. -Pupils will be given 6 bounces to commence the routine. <p>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</p> <ul style="list-style-type: none"> -1 out bounce to end the routine -At the end of the routine hold for 3 seconds <p>Judges will deduct points for the following-</p> <ul style="list-style-type: none"> -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 <p>The Judges decision is final</p> <p>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.</p> <p>See the Next Step Trampolining Resource for further guidelines.</p>
Equipment	Trampolines, crash mats, gymnastics mats.





DISABILITY SPORTSHALL ATHLETICS

Key Stage 3 & Key Stage 4/5 Mixed



Year Groups / Gender	Key Stage 3/4 and KS 5 Open Mixed
Date / Time	Friday 11th December 2015 TBC, 10am register for 10.30—2.30pm
Venue	Aylestone Leisure Centre TBC
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.
Rules	Sent out after entry.
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 20th November, 10.00am-2.30pm at Crownhills Community College and for KS4/5 on Friday 27th November, 10.00am-2.30pm at Aylestone Leisure Centre. Please contact Dan Hewins for further information or to enter a team.





INDOOR CRICKET

U13 & U15

Girls & Boys

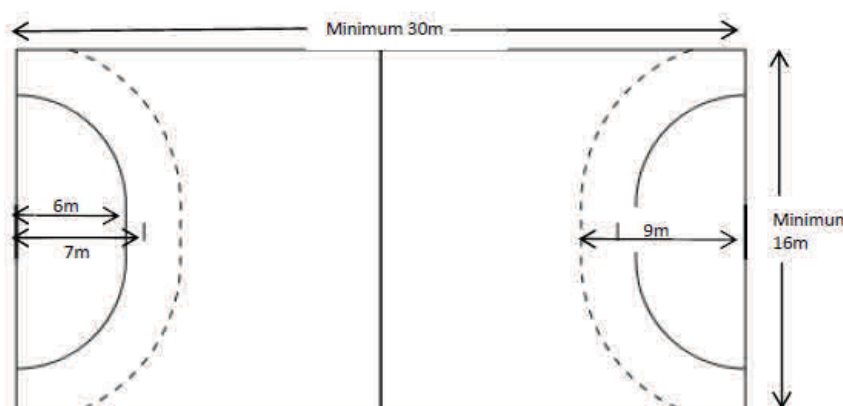


Year Groups / Gender	Under 13 & Under 15 Girls & Boys
Date / Time	Under 13 Girls - 24th February, 3-7pm Under 15 Girls - 25th February, 3-7pm Under 13 Boys - 29th February, 3-7pm Under 15 Boys - 1st March, 3-7pm
Venue	Crown Hills Community College
Format	4 competitions Squad may consist of 10 players 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.
Rules	<p>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. 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).</p>
Equipment	Junior size incrediball (for U13), incrediball (for U15), wicket x 2, marker cones or tape for inner scoring zone, Inter Cricket bats.



HANDBALL

Year 8 Girls & Boys

Year Groups / Gender	Year 8 Girls & Boys
Date / Time	w/c 18th April
Venue	TBC
Format	<p>2 competitions</p> <ul style="list-style-type: none"> - 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. <p>Minimum playing Area/Markings</p>  <p>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</p> <p>Rules</p> <p>Regulations</p> <ul style="list-style-type: none"> - 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 <p>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</p> <p>Further rules on http://www.schoolfixtures.org/sports/handball</p>
Equipment	Junior size incrediball (for U13), incrediball (for U15), wicket x 2, marker cones or tape for inner scoring zone, Inter Cricket bats.





DISABILITY FOOTBALL

Key Stage 3 Girls & Key Stage 3 Boys



Year Groups / Gender	Key Stage 3 Separate Girls and Boys competitions
Date / Time	w/c 1st June 2015
Venue	TBC
Format	2 competitions 6 a side Teams of 6 players, maximum squad of 10. Matches 16 minutes with 2 x 8 minute halves.
Rules	<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.</p> <p>The competition, all teams and players and other persons shall be subject to the Rules and Regulations of that Association.</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>
Equipment	



SOFTBALL

Key Stage 3 Boys

Year Groups / Gender	Key Stage 3 - Year 7,8 and 9 Boys
Date / Time	w/c 13th June 2016
Venue	Leicester Blue Sox TBC
Format	1 competition
Rules	<p>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.</p> <p>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.</p> <p>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.</p> <p>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).</p> <p>An inning is completed when all 10 team members have batted. The fielding and batting team then change positions.</p>
Equipment	Bat, safety softballs/tennis balls, fielders gloves, thrown down rubber mats. Diamond shaped infield with bases set 65 feet apart.





GO RIDE CYCLING

Year 7/8 Mixed

Year Groups / Gender	Year 7/8 Mixed
Date / Time	22nd June 2015, arrive 3.30pm for 4-6pm
Venue	Brooksby Melton College
Format	<p>1 competition</p> <p>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></p> <p>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></p> <p>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> <p>Races will be timed, so the quickest team to complete the race will win.</p>
Rules	<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	<p>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</p>





SPRING CHAMPIONSHIPS

THURSDAY 23RD MARCH 2016

LOUGHBOROUGH UNIVERSITY



**LEICESTER-SHIRE
& RUTLAND **SPORT****
SPORT & PHYSICAL ACTIVITY







DISABILITY BASKETBALL

Key Stage 4 Mixed



Year Groups	Key Stage 4 Mixed
Gender	Open Mixed
Date / Time	23rd March 2016 (Spring Championships)
Venue	Loughborough University
Format	<p>1 competition Round robin Competition - 5v5 on court (up to 12 in a squad) - There will be rolling subs.</p> <p>Jon Stonebridge, National Disability Lead for England Basketball to go into each school entering prior to Level 2/3 competition. Contact bdo@jonstonebridge.co.uk / 07808</p> <p>Open Level 2 competition (which will include ability divisioning) - date TBC, 10am-2.30pm at Regent College.</p>
Rules	<p>Games consist of 2 halves of 5 minutes each, against a running clock. Directional arrow will determine jump ball situations and possession. - ½ court defence only.</p> <p>- There is a 2 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>(a) There will be no personal fouls recorded; however referees have the power to eject players if they are abusing this rule.</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 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>Scoring</p> <p>Each team will be awarded the following points per game:</p> <ul style="list-style-type: none"> Win = 3 points Draw = 2 points Loss = 1 point
Equipment	

*Please note this a new pilot competition for 2014/15.





WHEELCHAIR BASKETBALL

Key Stage 3/4/5 Mixed



Year Groups	Key Stage 3/4/5
Gender	Open Mixed
Date / Time	23rd March 2016 (Spring Championships)
Venue	Loughborough University
Format	<p>1 competition</p> <p>5V5 on court (up to 8 players in a squad)</p> <p>Minimum of 1 disabled player with a lower limb impairment in the squad (recommend 2)</p> <p>Minimum of 1 disabled player must be on court in a wheelchair at all times throughout the match</p>
Rules	<p>Game Duration:</p> <p>4 quarters of 5 minutes (stopped clock)</p> <p>There will be a 1 minute break in-between quarters, and a 2 minute break at half time.</p> <p>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.</p> <p>Results in round-robin stages:</p> <p>3 points for a win</p> <p>1 point for a loss</p> <p>The final standings from the round robin fixtures shall generate a team's seeding.</p> <p>Where teams are tied on points, points difference will be used.</p> <p>Results in play off stages:</p> <p>A winner will be found from each match.</p> <p>In the instance of a draw, 2 minutes extra time (stopped clock) will be played until a winner is found.</p> <p>Time outs:</p> <p>1 minute in duration, with stopped clock</p> <p>1 time out per team per game</p> <p>Games going in to over time: 1 extra time out per team will be allowed.</p>
Equipment	Wheelchairs (provided at event if required)





DODGEBALL

Key Stage 4 Mixed



Year Groups	Key Stage 4 - Year 10 and 11
Gender	Open Mixed
Date / Time	23rd March 2016 (Spring Championships)
Venue	Loughborough University
Format	<p>1 competition</p> <p>- 6 players in a team (8 in a squad)</p> <p>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.</p> <p>- 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</p> <p>Round Robin Group Stage followed by Quarter Finals Semi Finals & Final</p> <p>- PLAYING THE GAME</p> <p>A Game = 2 minutes</p> <p>A Match = Best of 1, 3 or 5 x 2 minute games</p> <p>Substitutions are allowed between the 2 minute games</p> <p>You can use a ball in your possession to block a thrown ball</p> <p>Headshots do not count and both players stay in</p>
Rules	<p>(UKDBA Rules) FIVE SECOND RULE AND VALID THROW</p> <p>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</p> <p>The leading team can always hold on to 1 ball</p> <p>The losing team (the team with the least players on court) can hold on to the balls for as long as they like</p> <p>The leading team in a game must make a valid attempt when throwing the balls (Valid attempt = throw with intent to get someone out)</p> <p>ELIMINATION 'GETTING OUT'</p> <p>Hit by a Dodgeball thrown by an opponent without a bounce</p> <p>An opposition player catches a Dodgeball that you have thrown</p> <p>In the Under 16 game a player can step on the line and still be IN.</p> <p>The ball you are holding is knocked from your hands by an opponent's throw</p> <p>Punching or kicking the ball</p> <p>THE SAVE RULE</p> <p>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.</p> <p>WINNING A GAME</p> <p>Eliminating all opposition players within 2 minutes</p> <p>The team with the most players left on court at the end of 2 minutes</p>
Equipment	





INDOOR ROWING

Year 9 & Year 11

Mixed



Year Groups	Year 9 & Year 11
Gender	Mixed - 4 girls and 4 boys
Date / Time	23rd March 2016 (Spring Championships)
Venue	Loughborough University
Format	<p>A school team to consist of 8 rowers (4 boys and 4 girls) per year group</p> <p>Events:</p> <ul style="list-style-type: none">• 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.
Rules	
Equipment	Concept 2 rowers, laptop, ethernet cables, projector and screen





SECONDARY SPORTSHALL ATHLETICS

Year 7 & Year 8 Boys & Girls



Year Groups / Gender	Year 7 & Year 8 Girls & Boys—Each of the 4 teams will consist of a minimum of 5 and maximum of 8 boys / girls
Date / Time	23rd March 2016 (Spring Championships)
Venue	Netball Centre, Loughborough University
Format	<p>4 competitions</p> <p>Team Requirements - Schools may enter Year 7 Girls and Boys teams & Year 8 Girls and Boys teams</p> <p>Each athlete may compete in a maximum of three track events and two field events.</p> <p>Individual Events</p> <p>2 Lap Individual A & B Race [Boys x2 / Girls x2]</p> <p>4 Lap Individual A & B Race [Boys x2 / Girls x2]</p> <p>6 Lap Individual Race [Boys x1 / Girls x1]</p> <p>Pairs Events</p> <p>8 Lap Paarlauf (each athlete completes a chosen number of laps) [Boys x2 / Girls x2]</p> <p>Relays (4 athletes per team)</p> <p>4X1 Lap Sprint Relay (each athlete completes 1 lap) [Boys x4 / Girls x4]</p> <p>4X2 Lap Sprint Relay (each athlete completes 2 laps) [Boys x4 / Girls x4]</p> <p>Field Events</p> <p>Standing Long Jump [Boys x2 / Girls x2]</p> <p>Standing Triple Jump [Boys x2 / Girls x2]</p> <p>Vertical Jump [Boys x2 / Girls x2]</p> <p>Shot [Boys x2 / Girls x2]</p> <p>Speed Bounce (30 seconds) [Boys x2 / Girls x2]</p> <p>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</p>
Rules	<p>Each team must be accompanied by at least one teacher or team manager, who will be fully responsible for the team at all times.</p> <p>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.</p>
Equipment	Reversa Boards, Long Jump mat, Speed Bounce mat, Shot, Vertical Jump board, marker cones



SWIMMING

Key Stage 3 & Key Stage 4 Mixed

Year Groups	Key Stage 3 and Key Stage 4
Gender	4 boys and 4 girls in each age group competition.
Date / Time	Wednesday 23rd March 2016 (Spring Championships)
Venue	Loughborough University
Format	<p>2 competitions</p> <p>Swimmers can take part in a maximum of 2 individual events.</p> <p>Events:</p> <p>Event 1/2 KS3 50m Backstroke (girls / boys)</p> <p>Event 3/4 Mixed freestyle relay (KS3 / KS4)</p> <p>Event 5/6 KS4 50m Backstroke (girls / boys)</p> <p>Event 7/8 KS3 50m Butterfly (girls / boys)</p> <p>Event 9/10 KS4 50m Freestyle (girls / boys)</p> <p>Event 11/12 Mixed Medley relay (KS3 / KS4)</p> <p>Event 13/14 KS3 50m Breaststroke (girls / boys)</p> <p>Event 15/16 KS4 50m Butterfly (girls / boys)</p> <p>Event 17/18 KS3 50m Freestyle (girls / boys)</p> <p>Event 19/20 KS4 50m Breaststroke (girls / boys)</p>
Rules	
Equipment	



VOLLEYBALL

Key Stage 4 Girls & Key Stage 4 Boys

Year Groups	Key Stage 4
Gender	Girls and Boys
Date / Time	23rd March 2016 (Spring Championships)
Venue	Loughborough University
Format	2 competitions Super mini-volley 4v4, separate sex competitions.
Rules	1 set to 25 Double contact rule is introduced Time outs are introduced 2 per set Any part of the body can contact the ball Playing the ball off the net is allowed Serve that hits the net and falls in is legal
Equipment	





SUMMER CHAMPIONSHIPS

28TH/29th/30th JUNE 2016

WELBECK DEFENCE SIXTH FORM
COLLEGE



LEICESTER-SHIRE
& RUTLAND **SPORT**
SPORT & PHYSICAL ACTIVITY





QUADKIDS ATHLETICS

Year 3/4 & 5/6

Year Groups / Gender	Year 3/4 & 5/6 Mixed
Date / Time	28/29/30th June 2016 TBC (Summer Championships)
Venue	Welbeck Defence Sixth Form College
Format	<p>2 competitions Four or five boys and four or five girls compete as a team.</p> <p>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</p>
Rules	<p>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).</p> <p>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.</p> <p>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</p>
Equipment	Mini vortex howlers, standing long jump mat, stopwatches





KWIK CRICKET

Year 5/6 Girls & Mixed



LEICESTER-SHIRE
& RUTLAND SPORT
SPORT & PHYSICAL ACTIVITY

Year Groups / Gender	Year 5/6 Girls & Mixed - Quotas pertaining to mixed sex teams have been abolished.
Date / Time	30th June 2016 TBC (Summer Championships)
Venue	Welbeck Defence Sixth Form College
Format	<p>2 competition</p> <p>Team Each team comprises of 8 players. Max squad of 10.</p> <p>In the event of injury to a player, a substitute will be allowed to field, but not bowl. Should such an injury prevent the player batting, a substitute will be allowed to bat only with the permission of the opposing member of staff.</p> <p>Format Throughout the Tournament each game shall consist of one innings per team, each innings to be 8 overs long.</p>
Rules	<p>Batting & Scoring</p> <p>The batting side shall be divided into pairs, each pair batting for 2 overs, with anew pair starting at the end of the second, fourth and sixth overs.</p> <p>Team starts 200 runs. Each time a batter is out, 5 runs are deducted and the other batter of the pair faces the next ball.</p> <p>A batter may be out bowled, caught, run out, stumped, hit wicket.</p> <p>There is no LBW law unless the batter deliberately blocks the ball with a leg or foot.</p> <p>Runs will be scored in the normal way, as will byes.</p> <p>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.</p> <p>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.</p> <p>Bowling and Fielding</p> <p>Each player on the fielding side must bowl 1 over.</p> <p>Bowling will take place from one end only.</p> <p>Bowling should be over arm where possible.</p> <p>At local/ district competition overarm bowling should be encouraged with the first ball of each over overarm every time. If no amount of coaching and encouragement can achieve overarm bowling, even from a base start, then the rest of the over can be bowled underarm.</p> <p>At County Finals underarm bowling is unacceptable and the 'double bounce' rule should be applied i.e. if the ball bounces more than ONCE, or rolls along the ground before it reaches the popping crease.</p> <p>Players on the fielding side DO NOT need to rotate fielding positions.</p> <p>With the exception of the wicketkeeper no fielder may field within 10 yards of the wicket, measured from the middle stump except behind the wicket on the off-side. A fielder may move into the restricted area to field a ball provided he/ she was outside the area when the stroke was made.</p>
Equipment	Kwik Cricket sets



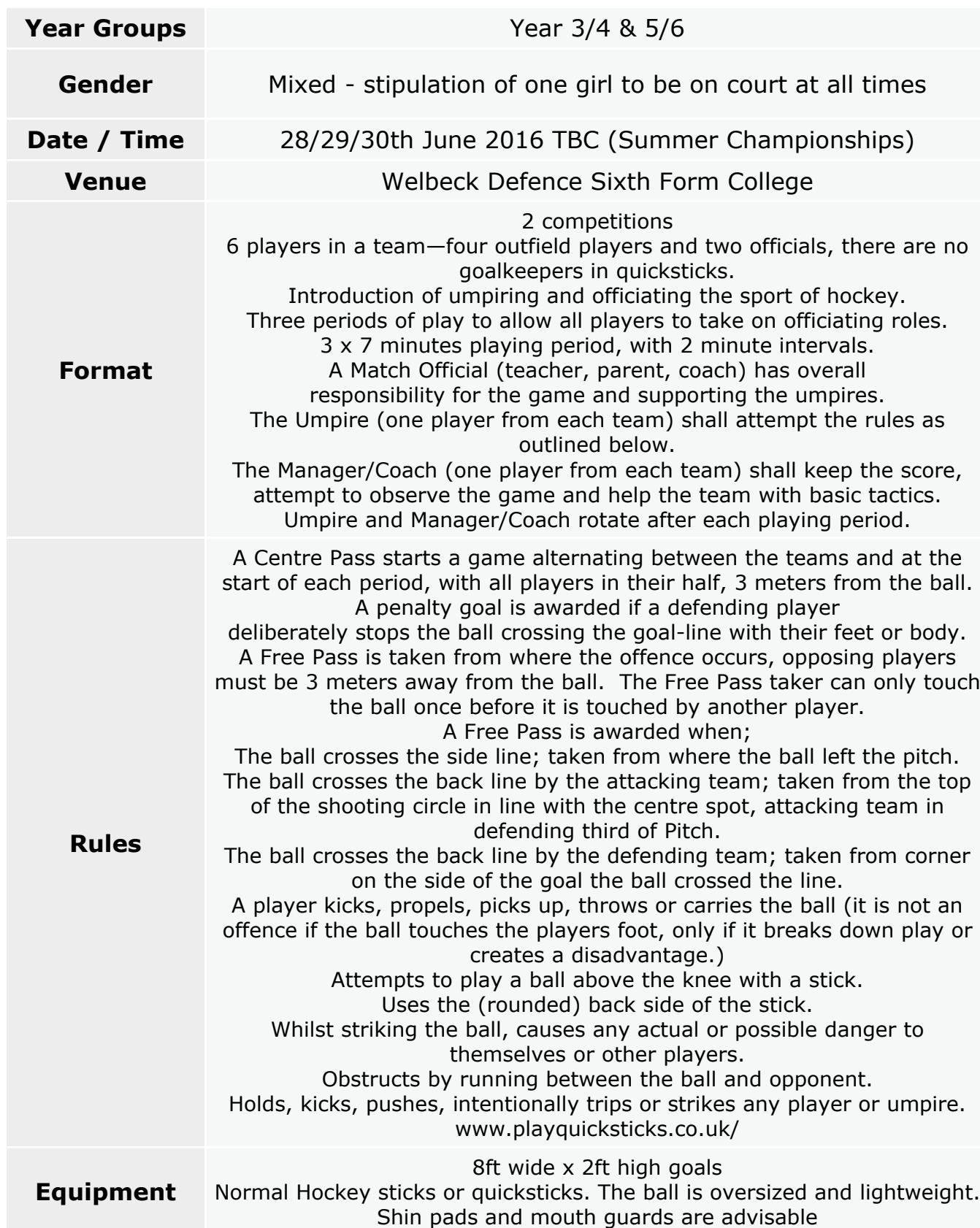


GIRLS FOOTBALL

Year 5/6

Year Groups / Gender	Year 5/6 Girls
Date / Time	28/29/30th June 2016 TBC (Summer Championships)
Venue	Welbeck Defence Sixth Form College
Format	<p>1 competition</p> <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. 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>
Rules	<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: - 4 points for a win, 2 points for a draw and 1 point for a loss.</p> <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>
Equipment	





Year Groups	Year 5/6
Gender	Mixed (stipulations below)
Date / Time	28/29/30th June 2016 TBC (Summer Championships)
Venue	Welbeck Defence Sixth Form College
Format	<p>1 competition</p> <p>7 Minimum /9 Maximum players per squad, 5 players on court at any time</p> <p>3 boys maximum per squad, 2 on court at any one time</p> <p>4 quarters of 6 minutes</p> <p>On-court positions: GS, GA, C, GD, GK</p> <p>Off-court positions: Scorers (S), Time Keeper (TK), Centre Pass Marker (CPM)</p> <p>Players must rotate positions and play at least two quarters, in two different positions (shooting, centre, defending) and must not be off court consecutively.</p> <p>Please note any team(s) fielding less than the minimum or more than the maximum matches played will only be counted as friendlies</p>
Rules	<p>Start of play: Centre pass is taken alternatively—ball must be thrown within 4 seconds</p> <p>All players must be in own area, except centre, until the whistle blows</p> <p>The ball must be caught or touched in the centre third</p> <p>Obey the Footwork rule—no moving feet once in the centre circle.</p> <p>Playing the Ball: Deliberately kick the ball. Bounce the ball more than once.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>A player is off-side by entering an area of the court they are not allowed</p> <p>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</p> <p>Throw in is taken from where the ball left the court and can only be taken by the player allowed in that area.</p> <p>Defending, Obstruction & Contact: Defending the ball in a player's hands by out stretching the arms is not permitted. The defending players 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</p> <p>Scoring a Goal: A goal can only be scored by Goal Shooter (GS) or Goal Attack (GA) within the shooting circle.</p> <p>www.englandnetball.co.uk and visit the High 5 section</p>
Equipment	Netballs, netball posts set at 9ft



SWIMMING

Year 5/6 Mixed

Year Groups	Year 5/6
Gender	Mixed
Date / Time	28/29/30th June 2016 TBC (Summer Championships)
Venue	Welbeck Defence Sixth Form College
Format	<p>1 competition</p> <p>Gala</p> <p>Teams made up minimum; two Y5 girls, two Y5 boys, two Y6 girls and 2 Y6 boys.</p> <p>Areas that need to may bring young people from one school for year 5 and one school for year 6 athletes.</p>
Rules	<p>Event 1/2 4x1 Med Relay Mixed</p> <p>Event 3/4 Girls 25m Backstroke</p> <p>Event 5/6 Boys 25m Backstroke</p> <p>Event 7/8 Girls 25m Butterfly</p> <p>Event 9/10 Boys 25m Butterfly</p> <p>Event 11/12 girls 25m Breaststroke</p> <p>Event 13/14 Boys 25m Breaststroke</p> <p>Event 15/16 Girls 25m Freestyle</p> <p>Event 17/18 Boys 25m Freestyle</p> <p>Event 19/20 4 x 25m Free Relay Mixed</p>
Equipment	



MINI TENNIS

Year 3/4 Mixed

Year Groups	Year 3/4
Gender	Mixed (Open)
Date / Time	28/29/30th June 2016 TBC (Summer Championships)
Venue	Welbeck Defence Sixth Form College
Format	<p>1 competition</p> <p>Pupils from Year 3 and/or Year 4. Teams of 4 — two boys and two girls.</p> <p>Schools are encouraged to enter multiple teams.</p> <p>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.</p>
Rules	<p>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.</p> <p>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.</p> <p>When serving, players should stand behind the baseline and the ball must not be bounced before being hit.</p> <p>The serve can be hit over or underarm and should be hit diagonally, landing in the diagonally opposite service box.</p> <p>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).</p>
Equipment	Tennis rackets, balls, nets





SPORTSABILITY

KS2 Mixed Pan Disability



Year Groups / Gender	Year 3/4/5/6 Mixed (Open)
Date / Time	28/29/30th June 2016 TBC (Summer Championships)
Venue	Welbeck Defence Sixth Form College
Format	<p>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.</p> <p>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.</p> <p>Competition will include a circuit of Boccia, Kurling and Multi-skills.</p>
Rules	<p>Further details will be available from John Duggan jduggan@ellesmere.leicester.sch.uk</p>
Equipment	Boccia sets, Kurling sets, various equipment





TRI-GOLF

Year 3/4 & 5/6

MIXED



Year Groups / Gender	Year 3/4 and 5/6 Mixed (Open)
Date / Time	28/29/30th June 2016 TBC (Summer Championships)
Venue	Welbeck Defence Sixth Form College
Format	2 competitions Teams of 10 (five boys and five girls) rotating around eight skill challenges with five minutes on each game.
Rules	Full set up directions and 'how to' guides for each station are found within Golf Roots School Games Toolkit and online: www.golf-foundation.org
Equipment	

